

**SYMPTOMS TO LOOK OUT FOR  
DAYS, WEEKS AND MONTHS AFTER  
ANY PRESSURE TO YOUR NECK**

## **VISIBLE SIGNS**



Blood  
red eye



Red spots  
on skin



Bruising

Swollen Neck



## **Things You Can't See**

## Seek Medical Advice if you Experience any of These

**BREATHING** - Difficulty breathing, hyperventilation, unable to breathe.

**SWALLOWING** - Trouble swallowing, painful swallowing, neck pain, nausea/vomiting, drooling.

**VOICE** - Raspy and/or hoarse, coughing, unable to speak, complete loss of voice.

**PHYSICAL** - unconsciousness, dizziness, headaches, involuntary urination or defecation, loss of strength, going limp, seizures or fitting of any kind.

**VISION** - Complete loss of sight or black and white vision, seeing stars, blurry vision, darkness, unusual feeling around eyes.

**HEARING** - Complete loss, gurgling sounds, ringing, buzzing, popping pressure, tunnel like hearing.

**BEHAVIOURAL** - Memory loss, restlessness, problems concentrating, amnesia, agitation, hallucinations, changes in mood.

*Adapted with permission from the PARVAN team,  
WNSWLHD, NSW Health, Australia*