

[Intro]

We're really glad you came to see us. We made this video just for you to remind you of some important things that you need to know.

This video is about managing any injuries or effects you might have from this recent incident and the things to watch for in the upcoming days. You might have been given a lot of information already. We know it can be hard to keep it all straight so we hope you find this video helpful.

We want you to know that you are not alone. You have already made a big and brave step in visiting us. We have a team of people ready to support you.

[Trigger Warning]

Before we begin, we want you to know that this video does talk about trauma and violence. For some people, it can trigger strong feelings. If you're feeling overwhelmed, please reach out to us. We're here to help. Our website lists resources as well. [website on screen]

[Clinic services]

We have a specialized medical clinic to help you. This clinic is called Embrace Clinic. At this medical clinic, we can assess your injuries, monitor your recovery, and provide treatment. We can help you manage your pain, your emotions, and any problems sleeping. We can refer you to specialists and community services. We can even give medical notes to take time off from school and work. You do not need a referral to see us.

[Head Injury and Strangulation]

If you were hit in the head or fell and hit your head during this most recent incident, you might have a head injury, also known as a concussion. Please watch our video on head injuries as well. Most people with head injuries caused by violence recover fully. The video explains how to deal with the effects of a head injury and what to do to help you recover more quickly.

If you were strangled or "choked" during this incident you could have serious injuries to your neck as well. We recommend you also watch our video about strangulation. It will help you know what to expect after being strangled, what to watch out for and how to manage your symptoms.

[What you can do to manage your injuries]

You might have bruises, aches, and pains from this recent incident. These do not always show up right away. You might start to feel them over the next few days.

If you have general body aches, try to keep your body moving. Even just stretching and walking around your home can help. Sometimes laying down or sitting for too long can make you feel more sore. You can also try taking a warm bath with Epsom salts.

If you have any cuts, scratches, bites, open wounds, or stitches to close wounds, keep the area clean with mild soap and water. Do not use rubbing alcohol or hydrogen peroxide to clean wounds.

Go for medical care if you have any of these signs of infection:

- Redness around the wound
- The wound feels hot
- Pus or liquid around the wound
- Increasing pain around the area

If you have any injuries to your genitals or anus, these usually heal quite quickly. However, if you have pain that is not getting better or is getting worse, please get medical care from an urgent care centre, Embrace Clinic, or your regular health care provider. If you have pain when you pee or poop, if you have abnormal bleeding or discharge, or develop any rashes or sores, please get medical care as soon as possible.

If you were tested for sexually transmitted infections at the hospital, it is important to know that these test results might not be accurate from this incident. This is because it takes time for infections to develop and show up in a test. The Embrace Clinic can repeat the test for you to make sure you get accurate results over time. We highly recommend this if you have any concerns about sexually transmitted infections, including HIV.

You might find that you are having trouble falling asleep or staying asleep. You might even feel more anxious, irritable, or depressed. You might be craving alcohol or drugs to help you cope. These are all normal reactions to trauma. The Embrace Clinic can help you cope with each of these.

[If you are pregnant]

If you are pregnant, please follow up with your prenatal care provider as soon as possible. Violence of this kind can affect your pregnancy and cause harm to you and your baby. If you do not have a prenatal care provider, Embrace Clinic can help you find one.

If you think you might be pregnant, please contact Embrace Clinic to talk with us about your options. We treat everyone with compassion and without bias.

[Closing]

Seeing a Forensic Nurse Examiner was an important first step. There will be many more steps along the way. Remember that you are not alone in this.

You have survived a serious violent incident. No matter how difficult recovery might be, you are capable of surviving and overcoming serious trauma. You are not alone. You have a team of compassionate and professional health care providers who are here to support you.