

STAYING SAFE DURING COVID-19: AN IMPORTANT MESSAGE TO SURVIVORS

Stay at home measures may help prevent the spread of COVID-19, but home may not be the safest place.

The pandemic is causing stress and economic pressures. You may be in greater isolation and danger.

If you are experiencing violence because you are now forced to stay in close proximity with an abusive partner, remember, help is available.

Various shelters are taking COVID-19 precautions through social distancing measures and by providing masks and sanitizers. Shelters remain a safe refuge, being in an abusive situation is not.



CRISIS RESPONSE AND SURVIVOR EMPOWERMENT

You do not have to suffer in silence. Help is available. Domestic violence victims have access to:

- Shelter and temporary hotel lodging
- Safety planning
- Domestic violence services through program partners



PLAN YOUR SAFETY AT HOME

The moment you decide to leave puts you in most danger, so planning your safety in your relationship or prior to leaving can save your life.

- If things escalate, stay in a room with quick access to an exit
- Keep your phone fully charged
- Give your children, friend or family members a 9-1-1 code word
- Know where weapons are stored in the house
- Take breaks from the house and get outdoors, if possible
- Call the 24/7 free and confidential domestic violence hotlines
- In an emergency, call 911



IMPORTANT RESOURCES

Houston Area Women's Center Domestic Violence Hotline:

713.528.2121 (24/7, free and confidential)

TTY- 713.528.3625

National Domestic Violence Hotline:

1-800-799-7233

#NOCOVIDABUSE



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Ending domestic and sexual violence for ALL

