

# Safety Plans During COVID-19

Being confined to your home during COVID-19 can be extremely challenging for victims who live with their abuser. Here are some ways you can stay safe, both physically and emotionally, while in your home:

## Physical Safety:

- Stay in an area with an exit and avoid letting your abuser get between you and the exit.
- Avoid rooms with weapons, such as the kitchen.
- Tell trustworthy neighbors about the violence. Ask them to call the police if they hear or see any disturbance.
- Devise a code word or signal to use with your children, family, friends, and trustworthy neighbors when you need the police.
- Teach children how to use the telephone to call 911 and when to call 911.
- Trust your instincts and judgment. You have the right to protect yourself.



## Emotional Safety:

- Seek out and connect with supportive people. Reach out (via text, call, email, social media) to connect with those who you trust, listen to you without judgment, and build you up. DVCC is available 24/7 at 888-774-2900.
- Find ways to care for yourself. These can include exercising, relaxing with a good book, meditating, coloring, journaling, and doing things that you can enjoy by yourself or with your household.
- Find a peaceful space for yourself. This will look different for everyone, but try to find a physical place where you can relax and feel safe. To enhance this space, consider adding music, low lights, candles, or plants.
- Say affirmations out loud. You are strong, important, and special. No matter what your abuser says to you, you matter.
- Remember to be kind to yourself. There is a lot of uncertainty in the world, and things are not operating as they normally do. You are particularly under a lot of pressure if you live with your abuser. Be gentle with yourself, as this is uncharted territory.

