

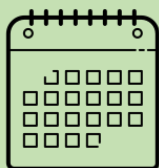
# Domestic Violence during Public Health Emergencies: STAYING SAFE WHEN STAY-AT-HOME RESTRICTIONS ARE IN PLACE

Domestic violence organizations are prepared to support women during public health emergencies. Women experiencing violence are encouraged to connect with these organizations whenever needed.

However, women experiencing violence may also need other ways to promote safety during COVID-19 related restrictions. We interviewed more than 100 service providers and women with lived experience of domestic violence about 33 possible safety strategies that were gleaned from interviews and a systematic review of literature.

Below are those rated most often as “highly recommended”

## Plan for Safety



- Duplicate or put aside important papers
- Keep your phone & keys close by
- Create a safety plan with children
- Pack an emergency kit
- Keep important numbers handy
- Create a mental list of potential safe havens
- Use distancing techniques in the home
- Keep a record of incidents of abuse
- Consider strategies for keeping pets safe
- Work out an escape plan

## Increase Safety Online



- Delete text, web-browser, and other online records more frequently
- Change passwords to phone, email, accounts, etc. more often

## Connect with Others



- Talk to a doctor or nurse about the violence
- Alert a neighbour to the situation
- Talk to friends and/or family members
- Reach out to others who have experienced violence (in person or online)
- Access online, virtual, or app-based counselling
- Have someone call to check in on you regularly
- Seek out legal advice