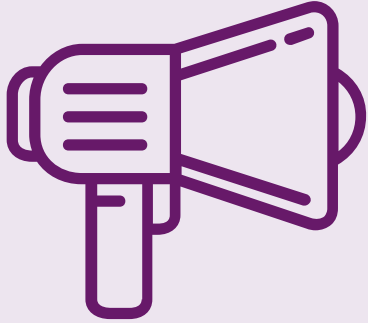


## STAYING SAFE DURING COVID-19: AN IMPORTANT MESSAGE TO SURVIVORS



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.

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.

## 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



- 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 our 24/7 free and confidential 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

