

Alternative Text for Visually Impaired Audience

Domestic Violence and COVID-19. For some people, sheltering at home can be dangerous.

One in four women and one in nine men are survivors of domestic violence.

Having a safety plan is important. Steps include 1) assess risk, 2) identify safe areas in the home, 3) have emergency numbers ready, 4) develop a plan with trusted neighbors or friends, 5) practice how to get out safely, 6) create plausible reasons for leaving the house, and 7) have a to-go bag packed with essential items.

Types of violence include physical, emotional/verbal, sexual, reproductive coercion, financial, and digital. Restraining orders are still considered an essential service.

Remember, you are not alone.

For more information, call the National Domestic Violence Hotline Number (1-800-799-SAFE), text LOVEIS to 22522, or call the Georgia Domestic Violence Hotline number (1-800-33-HAVEN) or (1-800-334-2836).

Learn more at www.thehotline.org.