

## Staying Safe at Home Ways to Stay Safe for Victims of Domestic Violence

If you need support, the National Domestic Violence Hotline is available 24/7 at 1-800-799-7233, TTY 1-800-787-3224 or [thehotline.org](http://thehotline.org), or by texting LOVEIS to 22522.

You can also reach the Ohio Sexual Violence Helpline at 1-844-OHIO-HELP(1-844-6446-4357) or [ohiosexualviolencehelpline.com](http://ohiosexualviolencehelpline.com).

The Stay At Home Order announced by Governor Mike DeWine specifically exempts victims of domestic violence. The order states: “Individuals whose residences are unsafe or become unsafe, such as victims of domestic violence, are permitted and urged to leave their home and stay at a safe alternate location.”

Some ways to stay safe, from the [Rape, Abuse & Incest National Network](http://RAINN.org) (RAINN) and the [National Domestic Violence Hotline](http://NationalDomesticViolenceHotline.org):

- Create a safety plan. A safety plan is a personalized, practical plan that includes ways to remain safe while in a relationship, planning to leave, or after leaving. Learn more [here](#) and [here](#).
- Consider alternative places of shelter, such as a family or friends home or a motel, or sleeping in your vehicle.
- Try to maintain social connections online or over the phone, if it is safe to do so, and try to stick to your daily routines as much as possible.
- Make a list of supportive people and have regular check-ins via phone or video chat.
- Take breaks outside, keeping social distancing (stay at least 6 feet away from others as much as possible) in mind.
- Consider what places in your home are easy to get in and out of during a conflict.
- Create a code word to share with your support network to indicate when you need immediate help.
- Make and hide an ‘escape bag’ with your important documents, medicine, keys, and other items.

- Practice self-care. Be gentle with yourself

Ways COVID-19 could uniquely impact intimate partner violence survivors, from the National Domestic Violence Hotline:

- Abusive partners may withhold necessary items, such as hand sanitizer or disinfectants.
- Abusive partners may share misinformation about the pandemic to control or frighten survivors, to keep them away from their children or family, or to prevent them from seeking appropriate medical attention if needed.
- Abusive partners may withhold insurance cards, threaten to cancel insurance, or prevent survivors from seeking medical attention if they need it.
- Programs that serve survivors may be significantly impacted — shelters may be full or may even stop intakes altogether. Survivors may also fear entering shelter because of being in close quarters with groups of people.
- Survivors who are older or have chronic heart or lung conditions may be at increased risk in public places where they would typically get support, like shelters, counseling centers, or courthouses.
- Travel restrictions may impact a survivor's escape or safety plan – it may not be safe for them to use public transportation or to fly.
- An abusive partner may feel more justified and escalate their isolation tactics.

For additional information, visit [coronavirus.ohio.gov](https://coronavirus.ohio.gov).

For answers to your COVID-19 questions, call 1-833-4-ASK-ODH (1-833-427-5634).

If you or a loved one are experiencing anxiety related to the coronavirus pandemic, help is available. Call the Disaster Distress Helpline at 1-800-985-5990 (1-800-846-8517 TTY); connect with a trained counselor through the Ohio Crisis Text Line by texting the keyword "4HOPE" to 741 741; or call the Ohio Department of Mental Health and Addiction Services help line at 1-877-275-6364 to find resources in your community.

For more information, visit: [coronavirus.ohio.gov](https://coronavirus.ohio.gov)

# CORONAVIRUS DISEASE 2019 Ohio

Department  
of Health

Protect yourself and others from  
COVID-19 by taking these precautions.

## PREVENTION

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STAY HOME



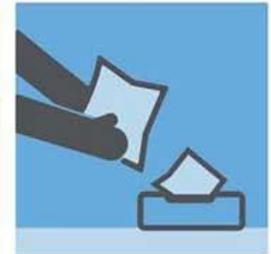
PRACTICE  
SOCIAL  
DISTANCING



GET ADEQUATE SLEEP  
AND EAT WELL-  
BALANCED  
MEALS



WASH HANDS OFTEN  
WITH WATER AND SOAP  
( 20 SECONDS  
OR LONGER)



DRY HANDS WITH  
A CLEAN TOWEL  
OR AIR DRY  
YOUR HANDS



COVER YOUR MOUTH  
WITH A TISSUE OR  
SLEEVE WHEN  
COUGHING OR SNEEZING



AVOID TOUCHING  
YOUR EYES, NOSE,  
OR MOUTH WITH  
UNWASHED HANDS  
OR AFTER  
TOUCHING SURFACES



CLEAN AND DISINFECT  
"HIGH-TOUCH"  
SURFACES OFTEN



CALL BEFORE VISITING  
YOUR DOCTOR



PRACTICE GOOD  
HYGIENE HABITS

For more information, visit: [coronavirus.ohio.gov](https://coronavirus.ohio.gov)