

# Staying Safe in Intimate Relationships During COVID- 19

The global public health crisis caused by COVID19 has led to government directives on individual self-

Some suggestions for protecting physical safety:<sup>x</sup>

- Identify areas of the home that don't have weapons and/or that you can quickly exit from. If an argument starts, try moving to those areas.
- Create a plan with loved ones to signal when you need help.
- If possible, have a phone accessible at all times or identify the closest place you can go to access a phone. Memorize the phone numbers to call for help.

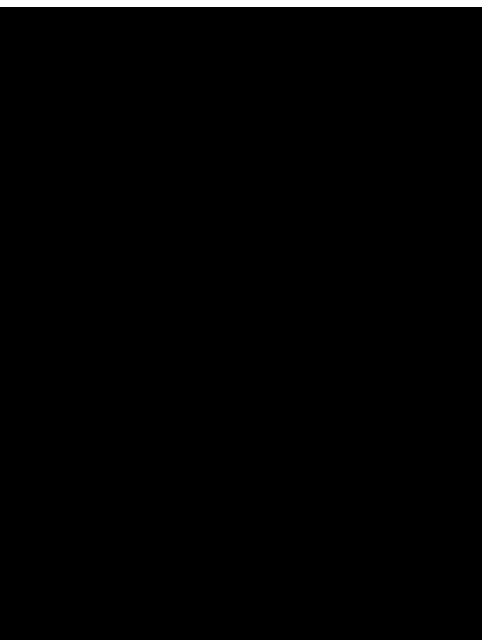
Some suggestions for protecting emotional safety:<sup>x</sup>

- Reach out to your support network for care and help you think through your situation and potential options.
- Create a peaceful space for yourself, if possible. Designate an area where you feel safe to work through difficult emotions and decisions.
- Identify and work towards achievable goals that you feel comfortable and ready for, like calling a hotline or identifying available local services. You can start small and work towards larger goals as needed.

Protecting technological safety can also help reduce the risk of an abusive partner accessing and monitoring a victim/survivor's information and whereabouts. For a comprehensive resource on strategies and tips for technology use, see [Technology Safety & Privacy: A Toolkit for Survivors](#)<sup>xi</sup>

Self-Care and Community Care

It is particularly important during this time that we take care of ourselves and each other. Victims/survivors of IPV may feel that self-



## References

<sup>1</sup> Matthew J. Breiding, et al. "Intimate Partner Violence Surveillance: Uniform Definitions and Recommended Data Elements"