

# PREVENTING VIOLENCE IN THE HOME

COVID-19 may mean that people are isolated in homes that may not be safe. We want people to know they are NOT alone during this pandemic.

## Helpful Tips:

- Reach out to trusted friends, coworkers, or family for support and to create a safety plan.
- Practice self-care. Take time for health & wellness checks with yourself when possible.
- Consider if you can stay with friends or family while sheltering in place.

## Resources:

- **Washington State Coalition Against Domestic Violence:**  
<https://bit.ly/WSCADV19>
- **Futures without Violence:**  
[https://bit.ly/FWV\\_19](https://bit.ly/FWV_19)
- **National Domestic Violence Hotline:**  
1-800-799-7233  
[https://bit.ly/NDVH\\_19](https://bit.ly/NDVH_19)



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