

Health Department



24 Hour Hope Line: 541-994-5959

SAFETY DURING QUARANTINE

HOW STAYING HOME CAN IMPACT SURVIVORS OF DOMESTIC VIOLENCE

People who are surviving violence in their relationships and families may be experiencing increased isolation and danger during the COVID-19 pandemic. Abuse is all about power and control. When a survivor is forced to stay in their home with an abusive partner, it creates more opportunities for the abusive partner to exert power over their victim. Social distancing and working from home can be taken advantage of when stress levels are already high and people are in fear for their own health and safety. Here's how COVID-19 could uniquely impact intimate partner violence survivors:

- Abusive partners may withhold essential items like hand sanitizers and disinfectants
- Abusive partners may share misinformation about the pandemic to control or frighten survivors.
- Abusive partners may withhold insurance cards or prevent survivors from seeking medical attention
- Survivors who are older or have chronic heart or lung conditions may be at increased risk in public places and therefore less likely to safely take space from an abusive partner.
- Travel restrictions may impact a survivor's safety or escape plan.
- An abusive partner may feel more justified and escalate their isolation tactics due to social distancing and work from home guidelines.

If you or someone you know has been experiencing any of these or similar things, there is help! You are not alone, you can call the CARE Program. The 24 Hour Hope Line is available at any time for support. If you choose to call, please be cautious. Try to make the call when your partner is not able to hear, perhaps go into another room or call when your partner is asleep or at work. Your safety is important. We are here for you.

Managing Stress & Anxiety

1. Listen to your favorite music
2. Go for a walk or hike
3. Stretch your body
4. Read a book
5. Dance
6. Journal
7. Take a nap
8. Meditate for 10 minutes
9. Disconnect from technology
10. Spend time with your pets
11. Practice yoga poses
12. Do 20 jumping jacks
13. Sit in the sun
14. Pick some flowers
15. Give yourself a neck massage
16. Drink a cup of tea
17. Focus and notice your present surroundings
18. Call a friend
19. Breathe deeply
20. Write down 10 things you are grateful for

