

TAKE ACTION TO STAY SAFE

DOMESTIC ABUSE & COVID-19

Staying safe when living with an abusive partner is always difficult. But with COVID-19 stay-at-home orders, intimate partner abuse may intensify as vulnerable victims are confined with their abuser for extended periods of time. According to the National Domestic Violence Hotline, abusive partners may use the COVID-19 pandemic to:

- Prevent partners from seeking treatment, working or communicating.
- Withhold important items such as hand sanitizer or medical insurance cards.
- Share misinformation about COVID-19.
- Escalate their isolation tactics.

GET HELP

Prince George's County has emergency shelter and counseling services available during COVID-19.

- If you are in immediate danger, please call 911.
- **Community Crisis Services, Inc.:** Call 24/7 helpline 211 or 301-731-1203 to get immediate assistance or visit communitycrisis.org.
- **Community Advocates for Family and Youth (CAFY):** Call 24/7 helpline 301-882-2002, text NOMORE to 71441 or visit cafyonline.org.
- **The National Domestic Violence Hotline:** Call 24/7 1-800-799-7233, text LOVEIS to 22522 or visit thehotline.org.
- **Prince George's County Family Justice Center:** Services are available Monday through Friday from 8:30 a.m. to 5:00 p.m. Call 301-780-8008 and an intake specialist will follow up with you.
- **House of Ruth Maryland 24/7 Hotline:** Call 410-889-7884 or visit hruth.org. Emergency shelter, legal clinic and counseling available.

MAKE A SAFETY PLAN NOW

- Tell a friend or family member about the abusive relationship.
- Have a code word or phrase ready to use in a phone call or text. A friend or family member should recognize this code and call for assistance.
- To leave in an emergency, pick a safe public place to go unknown to the abuser.
- Gather these important items for a quick exit: identification, insurance card, keys, ATM card, cell phone and charger, medication, clothes, baby supplies, birth certificates, comforting stuffed animal or photograph.

   @pgchealth



For additional information about domestic violence programs, services and resources, please visit: <https://www.princegeorgescountymd.gov/1671/Domestic-Violence>