

COVID-19

ADDRESSING DOMESTIC VIOLENCE IN THE CONTEXT OF COVID-19

As people are asked to stay at home, reports of partner and domestic violence are on the rise. Women and children are at particular risk of violence in their homes. Preventing and responding to violence is an important component of the COVID-19 response.



WHAT CAN COMMUNITIES DO?



Be aware of the increased risk of domestic violence during the COVID-19 pandemic and remember: Violence is never justified.

Reach out to keep in touch with and support women and children.

Be careful when contacting the survivor, as the abuser may be present in the home.

Get and share information on available support with survivors and communities.

Be prepared to call emergency services in case someone needs urgent help.



WHAT CAN SURVIVORS DO?

Be aware that isolation and distancing measures can affect your well-being and that of your family.

Reduce and manage stress as much as possible – e.g., through physical exercise and relaxation techniques.

Reach out to trusted family and friends for practical help and support.

Make a plan to protect yourself and your children any way you can.

Find out about available services and support and **seek support** from a hotline, shelter or other health or protection services.



**VIOLENCE AGAINST YOU IS NEVER YOUR FAULT.
YOU DESERVE TO FEEL SAFE IN YOUR HOME.**

