

Safety Planning While Under Quarantine

Social distancing due to the spread of COVID-19 coronavirus may force some survivors of violence to spend a lot more time with their abusers, exposing many people to dangerous situations. Below are some ideas and tools survivors can use to protect themselves and their loved ones during these challenging times.

If you are at home and you are being threatened or attacked:

- Stay calm and remember that emergency services are still available even now!
- Pack an “overnight bag” with your important documents (ID, Social Security, Passport, Immigration docs), a change of clothes, cell phone charges, and anything else you might need if you need to vacate the house. Place this bag somewhere you can get to easily if you need to leave.
- Agree on a “code word” you can have with close friends, family, or a coworker. If you call them and say the word “lamp”, for example, they know you are in danger and they might need to call for help or show up at your house?
- Stay away from the kitchen, where the perpetrator could find knives and other weapons.
- Stay away from bathrooms, closets, or small spaces where the perpetrator could trap you.
- Get to a room with a door or window to escape.
- Come up with a list of excuses that you can use to leave the house like:
 - I need to buy supplies for storage
 - I need to walk the dog
 - I need to go to work
 - I need to pick up prescription medicine refill
- Get to a room with a phone to call for help. Lock the perpetrator out if possible.
- If you have a smartphone, download apps like “My SOS Family,” which can allow you to send a message requesting help to preprogrammed numbers by holding down the lock button. These messages would include your GPS location and your last time stamp.
- Call 911 (or your local emergency number) right away. Get the dispatcher's name.
- Social distancing and staying indoors are a high priority. If you are in danger at home, think of trusted friends, family, and coworkers who you can contact during this period of quarantine.
 - If you can identify solid, dependable relationships with a few specific individuals, those people are part of your “pod.” The [Bay Area Transformative Justice Collective \(BATJC\)](#) provides a useful framework on “Mapping your Pod,” that we have adapted to meet your needs: [click here to read more on how to “Activate Your Pod.”](#)
- If a police officer comes, tell him/her what happened and get his/her name and badge number. Record any complaint or report numbers that you can.
- Get medical help if you are hurt.
- Take pictures of bruises or injuries.
- Call a rape crisis center and ask them to help you make a safety plan.