



Safety & Pets

Please note The Centers for Disease Control and Prevention (CDC) and the World Organisation for Animal Health have issued advisories saying there is no evidence at this time that companion animals can spread the COVID-19 virus. Check with your local vet about their current hours of operation and ask what to do in case of an emergency.



Self-Care

Find and continue the things you love to do like going for a walk, listening to music, working out etc. Additionally, continue to try and meet your basic needs like drinking water and getting enough sleep.



Mission: To support survivors on their journey of healing and empower our community through education and awareness.

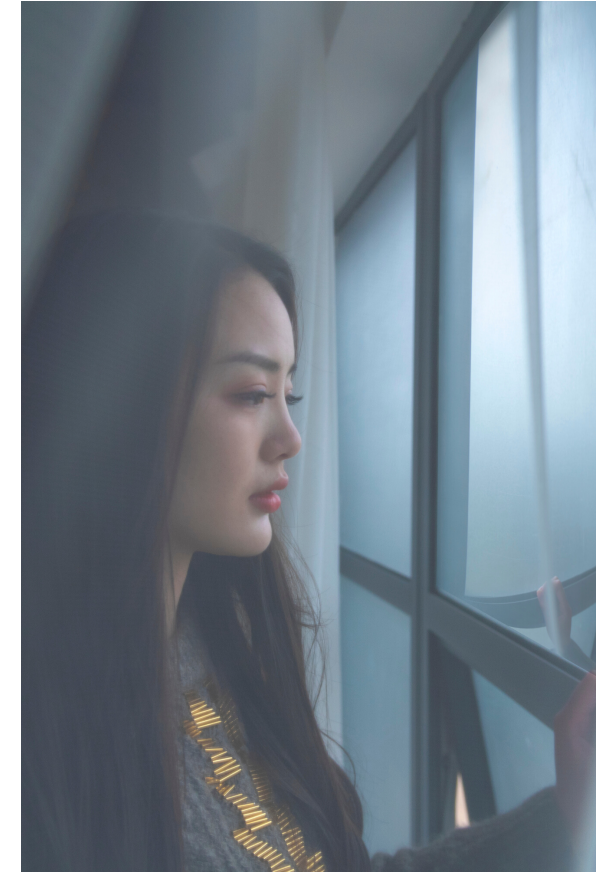
Services Offered:

- Emergency Shelter Services
- Counseling and Support Groups
- Advocacy Services
- PPO Technical Assistance
- Sexual Assault Services
- Medical Advocacy
- 24-Hour Crisis Line
- Elder Abuse Advocacy
- Children's Services
- Community Education

24-Hour Crisis Line: 517-372-5572
www.eveinc.org

Domestic Violence During A Pandemic

Safety Planning Tips During Covid-19



 **END VIOLENT ENCOUNTERS**

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Here's how COVID-19 could uniquely impact intimate partner violence survivors:*

- Abusive partners may withhold necessary items, such as hand sanitizer or disinfectants.
- Abusive partners may share misinformation about the pandemic to control or frighten survivors, or to prevent them from seeking appropriate medical attention if they have symptoms.
- Abusive partners may withhold insurance cards, threaten to cancel insurance, or prevent survivors from seeking medical attention if they need it.
- Programs that serve survivors may be significantly impacted -- shelters may be full or may even stop intakes altogether. Survivors may also fear entering shelter because of being in close quarters with groups of people.
- Survivors who are older or have chronic heart or lung conditions may be at increased risk in public places where they would typically get support, like shelters, counseling centers, or courthouses.
- Travel restrictions may impact a survivor's escape or safety plan - it may not be safe for them to use public transportation or to fly.
- An abusive partner may feel more justified and escalate their isolation tactics.

*Adapted from National Domestic Violence Hotline

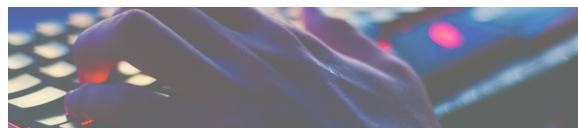


Safety in the Home

Know the safest places in your home. Stay away from the kitchen or small enclosed places like the bathroom, if possible take shelter in a room that has a phone and second door or window to call for help or escape if needed. Develop code words with children to know when to seek safety.

Phone & Digital Safety

Make sure your phone is well charged in case it's needed for an emergency, and save numbers such as the EVE crisis line number as 'Mom's Work' Create an email account your partner does not know of and keep the password secret. Utilize the quick escape buttons from domestic violence websites and clear your search browsing history frequently.



Continued Support System

As best and as safe as possible maintain social connections with close family and friends to help ease isolation and provide safety check-ins.



Staying Knowledgeable

Stay knowledgeable on the facts surrounding the Covid-19 Virus. Abusers will try to skew facts or use threats of the virus to prevent you from seeking help or medical attention.