

PERSONAL SAFETY IN THE TIME OF COVID-19

It is important to continue to engage in safe health measures such as practicing social distancing and staying home during this time. However, numbers show that there has been an increase in domestic violence calls as for some, their safety is compromised now that they are mandated to stay home.

The following are some safety tips to maintain your personal safety during COVID-19:

PERSONAL SPACE



is important during these times. If things heat up between you and your partner leave if you can.



If you have access to a vehicle, create some distance and sit in your vehicle until things calm down.



If it is safe to do so, reach out to friends and family for help.



For supporters, check on family and friends and make sure they are safe.

(1-866-863-0511)

**ASSAULTED
WOMEN'S
HELPLINE**



(416) 523-1445

(1-800-663-3060)



saferspaces@
dandelioninitiative.ca

Here are some resources

Domestic violence organizations and hotlines continue to operate during COVID-19.



CUPID'S sting™
Interpersonal Violence Reduction Program

Cupid's Sting is a non-profit that teaches women life-saving skills to protect themselves inside and outside the home. If you need assistance, please email info@cupidssting.org. Visit our website www.cupidssting.org.