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.**