

Domestic Violence

During COVID -19

How COVID-19 Could Affect Domestic Violence

- Abuser may share misinformation about the pandemic to control or frighten
- Abuser may withhold items such as sanitizers and disinfectants
- Abuser may withhold medical/insurance cards to prevent survivor from seeking medical help
- Shelters may be at capacity or survivor may fear being in close proximity to others
- Abuser may escalate their isolation tactics
- Travel restrictions may impact survivor's escape or safety plan if it is unsafe to use public transportation or to fly

Recognize the warning signs!

National Domestic Hotline
1-800-799-7233

<https://www.thehotline.org/2020/03/13/staying-safe-during-covid-19>

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“Avoiding public spaces and working remotely can help to reduce the spread of COVID-19, but for many survivors, staying home may not be the safest option. We know that any external factors that add stress can negatively impact survivors and create circumstances where their safety is further compromised.”

“Abuse is about power and control. An abuser may take advantage of an already stressful situation.... like COVID-19 to gain more control”



Reach out to help a survivor

- ✚ Encourage them to make a safety plan
- ✚ Promote self-care while being at home
- ✚ Maintain social connections online or over the phone.
- ✚ Suggest that they try to adhere to a daily routine.
- ✚ Recommend considering alternatives such as staying with extended family or friends

Behavioral Health and Wellness
Prevention Services-Virginia Beach