

Information on COVID-19 for Survivors, Communities, and DV/SA Programs

We know health, economic, and natural crises can add to the pressures and inequities facing survivors and others who are already more vulnerable to economic and health insecurity. People who are surviving violence in their relationships and families may be experiencing increased isolation and danger due to the current outbreak of Coronavirus Disease 2019 (COVID-19). Survivors may have specific needs around safety and health, and it is crucial to take those needs into consideration. It is also important to share accurate information and resources with your community to make sure that friends + family, survivors and service providers have the tools they need to respond in ways that are safe and supportive for survivors.

Resources + Information for Survivors:

- Remember that you are not alone and there are supports available to you at all times, including this health crisis.
 - The National Domestic Violence Hotline is 24/7, confidential and free: **1-800-799-7233** and through [chat](#).
 - The National Sexual Assault Hotline is 24/7, confidential and free: **800.656.HOPE (4673)** and through [chat](#).
 - The [StrongHearts Native Helpline](#) for domestic/sexual violence is available 7am-10pm CT, confidential, and specifically for Native communities: **1-844-762-8483**.
 - The [Trans LifeLine](#) for peer support for trans folks 9am-3am CT: **1-877-565-8860** *This hotline is staffed exclusively by trans operators is the only crisis line with a policy against non-consensual active rescue.*
 - [National Parent Helpline](#) Monday -Friday 12pm-9am CT emotional support and advocacy for parents: **1-855-2736**.
- Consider identifying and reaching out to a trusted friend, co-worker, or family member who could check in with you about your safety and support needs, should you have to quarantine at home. If you need help identifying support people in your life, take a look at the Bay Area Transformative Justice Collective's [pod mapping worksheet](#).
- Are you connected with close friends or family members of the person who is hurting you? Are they aware of what is happening or a safe person to reach out to? Consider connecting with them in case you need someone to help you in an emergency.
- More and more local jurisdictions may be recommending that people start "[sheltering in place](#)" or practice social distancing. If this happens in your area, are there other friends and family who you could stay with during this time? Consider reaching out to

these people now to make a plan.

- Review other options for [safety planning](#) when [someone you are living with is hurting you](#) from the National Network to End Domestic Violence and The National Domestic Violence Hotline.
- Your health and wellness are important. Follow the [CDC recommendations for COVID-19 prevention and care](#) that are safe and possible in your circumstances and consider these additional resources:
 - [Holistic Support for Immunity & Virus Prevention by Dr. Diana Inlak'ech](#)
 - [Preparing For and Dealing with COVID-19 Coronavirus](#) by Crissaris Sarnelli, MD
 - [Safer Drug Use During The Covid19 Outbreak](#) by the Harm Reduction Coalition
 - [COVID-19 guidance for people experiencing homelessness without shelter](#) from Multnomah County
 - [What if you can't stay home?](#) from StreetSheet (some CA specific info)
 - [Half Assed Disabled Prepper Tips for Preparing for a Coronavirus Quarantine](#) by Leah Piepzna-Samarasinha
 - [COVID-19 Financial Security Requests](#) Google Sheet
 - [What do older adults and people with disabilities need to know?](#) from the Administration for Community Living
 - [Coronavirus, Survivors, and the Workplace](#) from the Workplaces Respond National Resource Center (see more at bottom of page).

Resources for Communities:

Social distancing may not always be safe for people who are surviving violence in their relationships or in their families. Our response to this virus must include taking care of each other and reaching out to make sure that loved ones, friends, and colleagues have the care and support they need and if they feel safe at home. The following resources and articles may be useful information for community care and support:

- [CDC Updates and Information on Coronavirus Disease 2019 \(COVID-19\)](#)

Supporting Survivors and People Who are Hurting Their Partner:

- [Friends + Family Guide: How to help someone who is in an abusive relationship](#) from the Washington State Coalition Against Domestic Violence
- [Home Is Not A Safe Place For Everyone](#)
- [Why the Coronavirus Outbreak Could Hit Women Hardest](#)
- [Trapped at home: Coronavirus could be disastrous for domestic violence victims](#)
- Start to identify people in your networks who you can support and get support from using the Bay Area Transformative Justice Collective's [pod mapping worksheet](#).
- Are you close with someone who you know or suspect may be hurting or controlling their partner or a family member? Stress and close quarters may increase their

opportunities for violence and feeling of need to use violence. Can you reach out at this time to be a resource for de-escalation, stress regulation, and a listening ear (without colluding in the violent or harmful behavior)? Something like, “Hey X, I know things feel real scary and stressful right now. Could we talk on the phone sometime later today so we can support each other and check in?”

Community Care

- [Coronavirus: Wisdom from a Social Justice Lens](#) from Healing Justice Podcast
- [In a Disaster that Calls for Isolation, Your Community will Help You Survive](#)
- [Holistic Support for Immunity & Virus Prevention](#) by Dr. Diana Inlak'ech
- [21 Ideas for Free At-home Activities For this Anxiety-provoking Time](#) from Healing Honestly
- [#WeGotThis: To Our Positive Women Network \(PWN\) Family Regarding the Coronavirus Epidemic](#) from Positive Women's Network
- [coronavirus, climate change and community care](#) by Susan Raffo
- [Caring Across Distance: Some Things to Consider Before Movement Gatherings During COVID-19](#) By Maryse Mitchell-Brody
- [How to Talk to Your Kids About Coronavirus](#) from PBS
- [Traditional Indigenous Kinship Practices at Home: Being Child-Centered During the Pandemic](#) from Indigenous Motherhood

Offering Financial Relief for Vulnerable Communities

- [COVID-19 Relief Fund for LGBTQI+ BIPOC Folks](#) organized by Amita Swadhin
- [Coronavirus Care Fund for Domestic and Low Wage Workers](#) organized by The National Domestic Workers Alliance.
- [COVID-19 Financial Security Offering](#) Google Sheet

Resources for Domestic and Sexual Violence Advocacy Organizations and Service Providers:

What DV/SA programs can do right now, adapted from the [Washington State Coalition Against Domestic Violence](#):

- Reach out to your [local health department](#). Make contact with health officials in your county who can provide guidance as the situation changes.
- Review your agency's protocols for influenza or other infectious disease prevention. Following these guidelines will be helpful to preventing the spread of COVID-19. If you are unable to find supplies of hand sanitizer or other hygiene and cleaning products, contact your [local health department](#).
- Plan with program staff and community partners for how you will continue to provide essential services and meet the needs of vulnerable populations. See the Emergency Preparedness Resources for your state and [VAWnet](#) for more information.

- Actively encourage employees to stay home if they are feeling sick. Information about virtual DV/SA advocacy are being developed by NNEDV and will be posted here as soon as they are available.
- This may be a frightening and isolating time for survivors and their children. It is a good time to activate friends and family and community support.

Resources for DV/SA programs from the [National Network to End Domestic Violence](#) (NNEDV) and others national groups:

- [Preventing and Managing the Spread of COVID-19 Within Domestic Violence Programs](#) from the National Coalition Against Domestic Violence
- [COVID-19: Coalition Guidance for Programs](#) from NNEDV
- [COVID-19 Prevention & Response Forum for Advocates](#) from House of Ruth Maryland (Intimate Partner Violence Topics” and look for “COVID-19 Prevention & Response”)
- [Using Technology to Communicate with Survivors During a Public Health Crisis](#) (find additional related resources in NNEDV’s [Digital Services Toolkit](#))
- [Best Practices for Mobile Advocacy](#) from NNEDV
- [How to Operate as a Remote Workplace During a Public Health Crisis](#) from NNEDV
- [Emergency Preparedness Toolkit](#) from the California Partnership to End Domestic Violence
- [Coronavirus Resources: Resources for Community-Based Service Providers](#) from the National Network for Youth
- [Coronavirus and Homelessness](#) from the National Alliance to End Homelessness
- [Health Preparedness for Homeless Assistance Providers](#) from the HUD Exchange for Homeless Assistance Providers
- [Infectious Disease Preparedness Among Homeless Assistance Providers](#) from HUD
- [Infectious Disease Toolkit for Continuums of Care](#) from HUD
- Texas Council on Family Violence (TCFV) [Information about How Disasters can Impact Survivors and Ways to Respond to Survivors and Staff: “Understanding the Impact of Hurricane Harvey on Family Violence Survivors in Texas and Those Who Serve Them”](#)
- [Shelter Health: Essentials of Care for People Living in Shelter](#) from the National Health Care for the Homeless Council
- [Wellness Orientation For Uncertainty in the Time of COVID-19](#) from the Full Frame Initiative

Resources for Workers from Workplaces Respond National Resource Center

The coronavirus pandemic has revealed what survivors of domestic and sexual violence have always known: [a living wage](#), [paid leave](#), and [flexible scheduling](#) are critical lifelines that allow

workers the ability to take time off or adjust their schedules to attend to health and safety needs without losing income. Get more information on [survivors, workers, and the coronavirus](#).

- Some states and localities allow workers who are forced to miss work by having to stay home, or who are subjected to reduced hours or missed shifts to file for unemployment insurance. Find out more info about your [state's unemployment insurance benefits](#).
- The Family Medical Leave Act may be available to protect some workers from losing their job when experiencing a serious health condition or taking care of family members under certain circumstances. Find out more about using [FMLA](#).
- Workers who have been diagnosed as having the virus or have been exposed and quarantined, may be able to file a disability claim if available in your state. Contact the [labor office](#) in your state to ask what protections are available or a [local legal aid office](#) that can advise you of your rights and your employer's responsibilities.

Last updated 3/16/2020. If you have resources to share, please contact the National Health Resource Center on Domestic Violence at health@futureswithouviolence.org with the subject line "COVID19 Resource."