

Safety Planning COVID-19

A Guide for Survivors of Domestic Violence

"Safest Room"

If an argument arises, find the "safest room" to go to. This room would have zero access to weapons and an exit such as a window, door, or fire escape.

Planning with Children

To communicate the urgency of a situation safely to children, survivors can create a "code word" to signal children to go to a safe room, call 911, or run to a neighbor for help if a phone is not available.

Emergency Bag

If you can, pack a bag with clothing for yourself and your children, important documents, an extra set of keys and medications. If you are unable to keep a bag packed because you are afraid your partner may find it, is there a trusted friend, neighbor, or family member that can keep it at their house? If not, are you able to keep some of these items close together to grab quickly if necessary?

Important Documents

Do you have a trusted friend or family member that can keep a copy of your important documents at their home? If not, try to keep the essential documents together so you can grab them quickly if you need to flee.

24 Hour Crisis Line

605-665-1448



"We Believe"

River City Domestic Violence Center

Cell Phone Access

In times of uncertainty, it is important to try to keep a cell phone on you if possible. Try to wear clothing with pockets so you can easily carry your device with you and conceal it if necessary.

Planning Ahead

Reach out to at least 2 trusted people to discuss a "code word" or phrase that could let them know discretely they need to call 911 for you. You could also notify police and share your concerns with being quarantined with your partner and the potential for issues.

Exit Plan

In case you have to flee during the COVID-19 pandemic think of an exit strategy ahead of time. Do you have a trusted friend or family member you can go over this plan with? Do you have somewhere safe to go? Practice safe measures such as hand washing, avoiding touching your face, and social distancing once you have left.

Self Care

If leaving your home isn't an option, try to create a safe, calming space for yourself to practice self care. Draw a picture, read a book, or do a fun activity with your children. Enjoy a walk, work in the yard, or run an errand if needed to get out of the house. Practice any self care that you can while still maintaining social distancing.