

# COVID-19 Safety Plan

HOPE IS STILL HERE



Guilford County  
**Family Justice Center**  
*One Safe Place: Many Partners, United Mission*

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The Guilford County Family Justice Center is open and here to help.

336-641-7233 (SAFE)

@GuilfordFJC

Walk - in Hours

M-F 8:30 am - 1 pm

Greensboro:

201 S. Greene St.

High Point:

505 E. Green Dr.

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Family Service of the Piedmont 24/7

Crisis Hotline:

336-273-7273

24/7 National Domestic

Violence Hotline:

1-800-799-7233

# COVID-19 and Domestic Violence

- Even with the North Carolina Stay at Home order you can leave your home to access safety resources.
- Your safety is essential and there are resources available to help.

## Safety Tips

- Have a plan before the crisis. Most places are closed, know what public places are open in your area. Use a work reason or essential errand ( ex: grocery shopping or picking up prescriptions) to leave the home, if needed.
- Pay attention to your abuser's daily routine.
- Be aware of your surroundings. If an argument begins to escalate while at home, try to move into the bedroom or living room.
- Avoid wearing items around neck that can potentially be used to strangle you.
- Check - in daily with a neighbor or family member that you trust. Develop a code word or signal when you need help.
- Gather essential items that you may need if you have to leave your home quickly. ( ex: Carry your ID, extra set of keys & any Credit Cards).
- Memorize the FJC phone number. It's easy! 336-641-SAFE.
- If you are in immediate danger, call 911

## Online Resources

- [www.thehotline.org](http://www.thehotline.org)
- [www.myplanapp.org](http://www.myplanapp.org)
- [www.thevigor.org/vigor-safety-planning-tool](http://www.thevigor.org/vigor-safety-planning-tool)
- [www.smart911.com](http://www.smart911.com)

