

Safety at home

When abuser is there:

- Stay out of rooms with no exit.
- Avoid rooms that may have weapons.
- Select a code word that alerts friends and children to call police.
- Leave suitcase and checklist items with a friend.

When abuser has moved out:

- Obtain an order of protection.
- Change locks on doors and windows.
- Insert a peephole in the door.
- Change telephone number, screen calls and block caller ID.
- Install/increase outside lighting.
- Consider getting a dog
- Inform landlord or neighbor of situation, and ask that police be called if abuser is seen around the house.

Safety at work

What to do:

- Tell your employer:
- Give security a photo of abuser and order of protection.
- Screen your calls.
- Have an escort to your car or bus.
- Vary your route home.
- Consider a cell phone for your car.
- Carry a noisemaker or personal alarm.

Protecting your children

- Plan and rehearse an escape route with your children.
- If it is safe, teach them a code word to call 911, and how to use a public telephone.
- Let school personnel know to whom children can be released.
- Give school personnel a photo of abuser.
- Warn school personnel not to divulge your address and phone number.