

Safety Plan

Safety During an Incident

- Try to be in a room with an exit—a window or a door leading outside. Avoid the kitchen, bathroom, or places near weapons
- Try to get to a room that has a phone, or have a cell phone handy if possible
- Use code word so family, neighbors, or friends can call 911 for you if needed
- Keep your purse and car keys in the same place so they can be found quickly
- Tell trusted neighbors to watch for signs of violence so they can call the police
- **If in immediate danger, call 911 if you are able**

Safety When Preparing to Leave

- Plan where you will go if you leave your house and how you will get there. Consider trusted family, friends, or organizations in your community
- Develop a code word with your family, or friends so they can call 911 or someone safe for you if needed
- Become familiar with the surroundings in your area
- Open a savings account in a new bank in your name only (if possible)
- Set aside (with friends or at home):
 - An extra set of keys
 - Money
 - Extra clothing
 - Medications
 - Important numbers
 - Critical documents (ID, birth certificate, social security card)
 - Any important legal paperwork (marriage certificate, visas, etc.)
- Consider getting a pre-paid, private cell phone that your unsafe person does not know about

My Nearest Safe Places:

Local Police Station (Name, Address, Phone): _____

Local Hospital (Name, Address, Phone): _____

Other Safe, Public Place (Name, Address, Phone): _____

Who I Can Call In An Emergency (Name, Phone): _____