



HM Government

**Wash your hands more often for 20 seconds**

**CORONAVIRUS**

**PROTECT YOURSELF & OTHERS**

**NHS**

Use soap and water or a hand sanitiser when you:

- Get home or into work
- Blow your nose, sneeze or cough
- Eat or handle food

**Coronavirus (COVID-19) and domestic abuse  
West Berkshire Support and Guidance**

Are you experiencing or feel at risk of domestic abuse during the coronavirus (COVID-19) outbreak?

**Support is available and if you are in immediate danger, you can leave.**

It is likely that your home life has changed drastically since the coronavirus outbreak, we recognise that there is a particular pressure in households for those who are experiencing or feel at risk of domestic abuse.

Domestic abuse is unacceptable in any situation, no matter what stresses a person could be under and you do not need to feel as if this behaviour should be accepted.

**West Berkshire Council has created support and guidance for those that are experiencing domestic abuse during the pandemic. For a full version of this guidance including links to support services, please click the image above.**

# COVID-19/Coronavirus: Safety Advice for Survivors

women's aid  
until women & children are safe

We know that COVID-19 will have serious impacts on the lives of women and children. Survivors are telling us that they are feeling unsafe with the prospect of being isolated in the house with their perpetrator. We want to reassure survivors and local specialist services that we are here for you and we will be doing everything we can to support you during this challenging time.

Try and keep a mobile phone with you at all times if possible. The police are a key service when in immediate danger. Do not be afraid to call 999 in an emergency. Please click on the image above or below to get more information.

## COVID-19: Resource hub

Practical **support** and **advice**

women's aid  
until women & children are safe

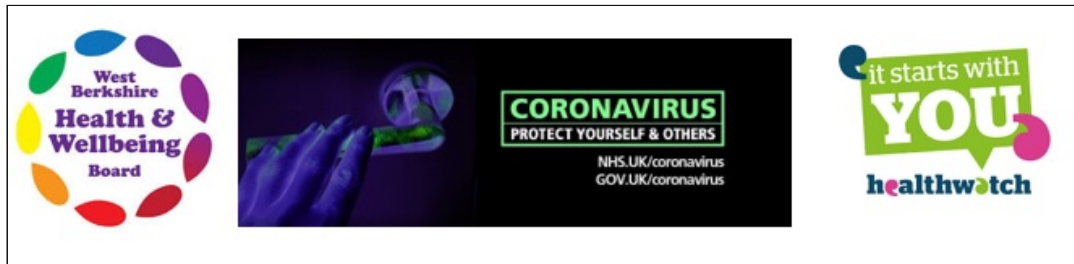

**Respect**  
Mens advice line

Freephone 0808 8010327

Male victims ↓ Friends & family Frontline workers Contact us 🔍

Domestic abuse affects men too.

Talk it over.



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