

National Indian  
Health Board



## DOMESTIC & PARTNER VIOLENCE DURING COVID-19

### Tips for Taking Care of Yourself & Your Loved Ones



Share your feelings and concerns with a trusted friend or family member. Or, call the Strong Hearts Native Helpline at 1-844-NATIVE.



Make a plan in the event that leaving home is the best way to assure the safety of yourself and family members.



Contact a family member, friend, shelter or hotel for safe space options. Check the shelter's policy during the pandemic.



Reach out to friends and family who may be experiencing violence. Caring for loved ones is a shared responsibility.

**NIHB is your COVID-19  
resource for Tribal health.  
[www.nihb.org/covid-19](http://www.nihb.org/covid-19)**