

Get out of danger!

CRITICAL STEPS TO TAKE DURING AN ATTACK

CALL FOR HELP...

Scream loudly and continuously. You have nothing to be ashamed of – the abuser does. **No one deserves to be abused.**

GET AWAY...

When an attack has begun, escape if you can. Whenever you believe that you are in danger, leave the location and take your children, no matter the time of night or day. Go to a safer location such as the house of a relative or friend, or to a public place and call for help.

CALL THE POLICE AS SOON AS YOU CAN...

Dial 9-1-1. Explain what is happening, or has happened. Tell them where you are. The dispatcher may ask questions. Answer them as clearly as possible. Let the police know whether there are weapons or drugs involved. Let them know whether you already have a Protective Order against your abuser.

SEEK MEDICAL ATTENTION IMMEDIATELY...

Always seek medical attention; you may be injured more seriously than you think. Go to your private doctor, a clinic, or an emergency room. Tell the doctor or nurse what happened to you so they can note it in their records. Ask them to take pictures of your injuries. Find out how to get copies of your medical records. Inquire about signing a waiver so that the prosecutor or your attorney can obtain copies of those medical records, when necessary. The law prohibits discrimination by your insurance company and they cannot deny your claim or drop your policy because of domestic violence.

SAVE EVIDENCE...

As much as you are able, save all evidence showing that you were attacked and the seriousness of your injuries. If you did not have photographs taken while you were receiving medical care, ask a friend, an advocate from the domestic violence program/shelter, or the police to take color photographs of your injuries as soon as possible.

Additional evidence includes medical records, torn or bloody clothing, weapons, and photographs of the destruction of property, and the disarray in the house and statements of anyone who heard or saw the attack.

The police will also make a report of their investigation. Be sure to include in your statement to the police the names and addresses of any witnesses. Ask for a copy of the police report.