Prepare an Emergency Escape Plan:

- Identify an escape route (window or door) and practice using it;
- Determine a room with access to an exit where you can go. Avoid rooms with no outside doors and those containing dangerous objects;
- Decide on a place to go (friends, family or shelter);
- Always have the phone close to you;
- Have a readymade excuse to go out: a routine that allows you to leave (e.g. taking the bin out);

Notice:

- Learn to recognize the warning signs of domestic violence: fast breathing, fist tightening, behavior and facial expressions;
- LEAVE BEFORE VIOLENCE STARTS!
- IF YOUR PARTNER HITS YOU, PROTECT YOUR FACE WITH YOUR HANDS AND ARMS. IF KNOCKED DOWN, CURL UP IN A BALL TO PROTECT YOUR HEAD, FACE AND STOMACH. SCREAM LOUD!

If you have children:

- Always take your children with you: your partner cannot then harm them or use them to blackmail you;
- Teach your children how to call the police (112) for help if you cannot use the phone.
- Inform your children that you may be of leaving in case of an emergency;
- TALK WITH YOUR CHILDREN ABOUT THE SITUATION AND WHAT TO DO IN CASE OF EMERGENCY
Keep an **emergency suitcase/bag** packed and ready to go.

**Content of the emergency bag:**
- Money
- Spare house keys
- Change of clothes for you and the children
- Toiletries
- Phone (phone cards and important phone numbers)
- Prescription and medication
- Important documents and cards (KELA cards, passports, bank cards)
- Children’s favorite toys
- Others