



Are you and your baby safe?

If someone is hurting you...making you feel afraid...making threats...hurting your feelings...pushing you or hitting you... it is NOT right and IT IS NOT YOUR FAULT! "ABUSE" occurs when someone attacks you with words, objects, hands or fists. Abuse usually happens when one person tries to control another person.

- If you are having problems with someone who threatens you or hurts you, tell your Health Care Provider. We can help you get help and safety for yourself and your baby.
- It's not your fault, no matter what anyone tells you. Nobody deserves to be abused.
- You need to take care of yourself because, if you are hurt, it can affect your baby.
- You are not alone. There is help available.
- In an emergency, call the police, your local domestic violence hotline or a woman's shelter in your community.

It is important to know that if someone has hurt you before, he or she is more likely to hurt you or your baby when you are pregnant or after the baby is born.

Have a Safety Net

- Talk to someone you trust about what is going on.
- Call the police in an emergency.
- Get the phone number of your local domestic violence hotline from your Kaiser Health Education Center, and keep it for an emergency.
- Keep a set of car keys and money stashed where you can find them.
- Keep important papers (birth certificates, photo ID, bankbook) in a safe place.

If you need to talk or if you need help, call 1 (800) 799-SAFE (799-7233), 24 hours a day. The National Domestic Violence Hotline has counselors who speak English, Spanish and other languages, and can give you information on local resource.

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult your doctor.

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