

Have you or the community you live or work in been affected by an **emergency or disaster?**

**UNDERSTAND  
YOUR RIGHTS**  
during disaster recovery.

Help is available if you need it.



**LOOK**  
BENEATH THE SURFACE  
UNDERSTAND EXPLOITATION. #ENDTRAFFICKING

# SITUATIONS TO LOOK OUT FOR

Many people have good intentions, but some want to take advantage of others during a crisis. If someone offers support, you should ask questions about what they will provide and whether they expect something in return.

## Be careful if someone:



Gives vague or inconsistent information about where you will live or what resources they will provide.



Offers you money or a job with a salary that seems too good to be true.



Asks you to work in exchange for their help in completing forms, such as job or immigration forms, on your or your family's behalf.



Tells you to lie about the terms of your agreement or the work you are or will be doing.



Takes your passport, other identification documents, cell phone, or other personal possessions.



Tries to separate or isolate you from your friends or family.



Advertises on social media or messaging apps with offers of support such as transportation, housing, or jobs.

Jennifer and her family recently lost their home after a hurricane. They are currently living in a shelter in a new city. They meet a local business owner who says he can help by giving Jennifer a job and a place for her family to stay. She works as a seamstress for 10 hours every day without pay. The business owner says Jennifer will receive money once she has paid him back for the help he has given her family.



## Help after a Disaster

Federal Emergency Management Agency's (FEMA) disaster assistance partners can provide help with immediate needs FEMA is not authorized to provide.

**Emergency Medical Assistance:** Dial 911.

**Emergency Shelter:** Locate options by ZIP Code by visiting the [American Red Cross](#) or [Salvation Army](#), or by texting SHELTER and your ZIP Code (for example, "SHELTER 01234") to 4FEMA (43362). En Español, textea REFUGIO y tu código postal. The [FEMA Mobile App](#) can also be used to find open shelters.

**Immediate Needs:** Check with your local emergency management officials, volunteer agencies, or call your local 211. The FEMA Helpline (1-800-621-3362) may be able to provide additional referrals.

**Disaster Distress Helpline:** Are you experiencing distress or other mental health concerns related to natural or human-caused disasters? Call or text 1-800-985-5990.

## Help for Individuals and Households

FEMA's [Individuals and Households Program \(IHP\)](#) provides financial assistance and direct services to eligible individuals and households affected by a disaster who have necessary expenses and serious needs that are uninsured or underinsured.

### Worker Rights

When working in the United States, you have the right to:

- Be paid for all hours worked.
- Be paid on a regular basis.
- Be free from discrimination, sexual harassment and sexual exploitation, abuse, or violence in the workplace.
- Have a healthy and safe workplace.
- Organize and engage in group efforts to improve wages and working conditions.
- Leave any employment situation.

These rights and resources are available regardless of citizenship or immigration status.

To learn more about your rights and how to report if something goes wrong, visit [Worker.gov](#) and [YouthRules.gov](#).





# CREATE A SAFETY PLAN

Developing a safety plan can help keep you safe during risky and dangerous situations. Consider the following:

- **Keep identification documents (ID)** in a safe place. Do not give these items to anyone other than recognized authorities, such as police or immigration officers who show identification.
- **Talk** to trusted family and friends about your job opportunity, if applicable, and where you will be living.
- **Schedule check-ins** with family and friends, and plan what to do if you miss one. You might also consider a distress signal (an action you can take or a word or phrase you can say or text) to alert them that you need help.
- **Research and connect** with [local organizations](#) that can help you meet people in your community, and access benefits and services before something goes wrong. Know that resources may vary depending on where you live.
- **Keep your phone** with you, and save important numbers, including numbers for organizations and hotlines that can provide support in an emergency. Share these numbers with family and friends.
- **Include your children** in safety planning so they know what to do if there is an emergency and/or they become separated from you.

Emilio has a temporary work visa and lives in a migrant work camp harvesting fruit. In addition to covering his housing, Emilio's employer says he will pay him at the end of the season. A wildfire burns most of the crop, and the workers are told they will not be paid because they now have a debt for their housing and other living expenses. Emilio's boss threatens to report him to immigration when he confronts him about his unpaid wages.





Kelani met Eddie, the adult son of the property manager, at the apartment complex she was living in with her mother. Eddie helped with some longstanding repairs needed in their apartment and after seeing each other socially, he asked Kelani out. They began a relationship. Eddie would drive Kelani to and from work and help her mother with errands, while Kelani would cook and clean for him.

Months later, Kelani was unexpectedly laid off from her job. Eddie knew Kelani and her mother were struggling to make ends meet and their rent was past due. At a friend's party one night, Eddie asked Kelani to have sex with another man. In exchange, Eddie would speak to his father about giving them more time to pay their rent before pursuing their eviction.

After severe flooding, Diego was hired to work on a construction project focused on repairs and rebuilding. At their worksite, the site manager tells Diego and his coworkers that the cost of their housing and safety gear for working in such hazardous conditions will come out of their paychecks—which was not what they agreed to when they were hired. Diego is forced to live in a trailer with a dozen other men and told he will be reported to the authorities if he does not work around-the-clock shifts to pay off his debt.



Christine was working two jobs to pay her rent before a tornado hit her town, destroying her home and place of business. A friend introduces her to David, who tells her she can easily make a lot of money going on dates. On her first date, she meets David at an apartment where he tells her she has to have sex with him and other men he brings to the apartment. He threatens to hurt her if she refuses.

# GET HELP IF SOMETHING GOES WRONG

It is common for people to take risks or stay in dangerous situations if they don't know what other options exist. Sometimes people are threatened or hurt if they try to leave. If you or someone you know is threatened or harmed, you have rights, and you can get help!

## Ask for help if someone:



Says you owe them something and requires you to work to pay it off.



Does not follow the agreed-upon work, housing, or financial arrangements.



Hurts, or threatens to hurt, you or your family.



Threatens to report you to U.S. immigration officials or law enforcement.



Forces you to have sex in exchange for something of value (such as food, housing, or money).



Forces you to live somewhere unsafe or dangerous.



Takes your passport, other identification documents, cell phone, or other personal possessions.



Tries to control or monitor your ability to move freely.

## If you are in trouble or are being exploited, report it immediately.

U.S. immigration or local law enforcement officials should not take any immigration or criminal action against you for reporting an exploitive, abusive, or other negative situation that you have experienced after arriving in the United States. If you have concerns, contact one of the hotlines on the next page.

**If you are in immediate danger, call the police by dialing 911.**

## Hotlines


There are hotlines in the United States that you can call or text to be connected to resources and services.

**Free | Always Open | Confidential | Interpreters Available**

### Human Trafficking

If you or someone you know is forced, tricked, or pressured into working or having sex in exchange for something of value (food, shelter, money), help is available. This hotline can help with safety planning, urgent needs, and connecting you to services in the community such as travel, shelter, medical services, and separation from unsafe people. The hotline also accepts anonymous reports of human trafficking.

#### National Human Trafficking Hotline

 call: 1-888-373-7888 | TTY: 711

 text: 233733 (BEFREE)

 chat: [humantraffickinghotline.org/chat](https://humantraffickinghotline.org/chat)

#### Suicide and Mental Health Crisis > Suicide and Crisis Lifeline

 call: 988

 chat: [988lifeline.org/chat](https://988lifeline.org/chat)

#### Sexual Assault > National Sexual Assault Hotline

 call: 1-800-656-4673

 chat: [hotline.rainn.org/online](https://hotline.rainn.org/online)

#### Domestic Violence > National Domestic Violence Hotline

 call: 1-800-799-7233

 text: “[START](#)” to 88788

**If you experience a crime in the United States,  
you have rights, such as:**

- » The right to protection from intimidation and harassment.
- » The right to restitution from the offender and to apply for crime victim compensation.
- » The right to be treated with fairness, dignity, sensitivity, and respect.

**For information on other rights, visit [Victim Law](#) and  
the [National Crime Victim Law Institute](#).**