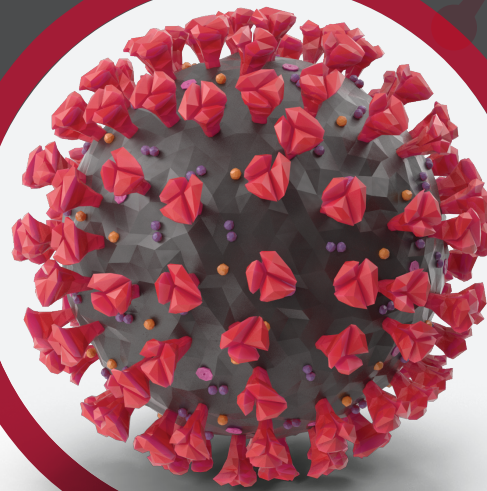


# COVID-19

Here are 15 tips for workers wellbeing during Covid 19



**IF YOU NEED HELP,  
PLEASE CONTACT:**

Whatsapp: 0770825825

E-mail: [mrc@ituc-arabregion.org](mailto:mrc@ituc-arabregion.org)

 Facebook

Arab Migrant Ressource Center

**MIGRANT  
RESOURCE CENTER (MRC)**

الاتحاد العربي للنقابات  
ARAB TRADE UNION CONFEDERATION



## Here are 15 tips for workers wellbeing during Covid 19

1. You have the right to get informed about COVID-19 situation in the country and get the information in a language you understand, If you think you don't have the required necessary material please contact us.
2. Don't forget to get enough time for daily and weekly rest and recuperation this is especially relevant now because all members of the household are in the house at all times.
3. Make sure to take necessary precautions with household workers instructions in cleaning tasks taking into account safety measures when using certain types of detergents.
4. Ensure that your basic needs of domestic workers are met without any deductions from you. Salary in particular, access to hygiene products and quality food.
5. Try to help in your community Support workers who wish to transfer money abroad by identifying the opening hours of the closest money transfer agency.

If you think that anyone need support please don't hesitate to contact us.

6. Your employment contract can't be terminate in the time of lockdown

7. Given the limitations on mobility, if you stay home on your rest days, make sure you do not work on those days.
8. You have the right to have access to means of communications to enable you to keep in touch with your family, friends and migrant workers' associations. Don't hesitate to contact us if needed
9. If any family members test positive for COVID-19, make sure that you are also tested, if no contact us soon
10. If you test positive for COVID-19, you have the right to get access to health care and access to psycho-social support, and inform your embassy.
11. If you test positive for COVID-19, you have the right to paid sick leave without terminating their contract.
12. The Arab Migrant resource center encourage Employers who can no longer afford to pay salaries of domestic workers to help the worker find another job.
13. Keeping the worker against her will especially if they want to join a deportation flight arrange by their embassies is a sign of forced labor.
14. If you are not treated with respect and you are facing violence and harassment contact us directly
15. Keep in touch friends and your migrant worker community this will have a positive impact on your mental wellbeing. You can also contact us will be happy to hear from you.