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How Migrants Are Struggling During the Pandemic and the Help That's Out There

It's hard enough to deal with the many repercussions of this pandemic — especially the economic and financial ones — when you're safe and sound at home. Just imagine the quandary that those who have traveled long distances from their home countries to live and work are facing now as they find themselves fearful, uncertain, and unsupported in a foreign land. Such is the situation that many migrant workers are facing today, despite their many contributions to society. Resources are few and far between, as well — though thankfully, increasing in number by the day. Here are a few that can help.

Understanding the Struggles

The struggle is real in this pandemic, but no doubt, few are struggling as much as migrant workers at the moment. Recognizing how and where the system is failing to help migrants today is an important step closer to ensuring that help is on its way.

- There's no denying that migrant workers are a significant chunk of the workforce, [particularly as frontliners](#) in the pandemic.
- Despite this, they're mostly [ineligible for federal relief](#) as stipulated by the Coronavirus Aid, Relief, and Economic Security (CARES) Act.
- Many immigrants also have [inadequate health coverage](#), or even none in many cases, making them even more vulnerable to COVID-19.

Leveraging Available Resources

Although few, there are, in fact, some resources available to help migrant workers navigate the world during this pandemic. Ranging from local to federal governments, as well as the private sector to NGOs, here are some good places to start.

- The International Labour Organization (ILO) has [recommendations](#) for governments and policy-makers to ensure that migrant workers are protected during the pandemic.
- There are also non-profits [committed to fighting](#) for immigrant rights in this pandemic and disseminating accurate information.

Getting Much-Needed Help

As dire as the situation may seem for migrant workers in this pandemic, there's help to be had for those who need it. Due diligence will not only uncover the much-needed assistance that migrants need, but maybe even ensure survival at this difficult time and beyond.

- State-wide communities are rallying to [provide aid](#) to help migrant neighbors and community members, so it's a good idea to start your search in your location.
- There are also [healthcare centers](#) providing services to migrant workers and even those who are uninsured and/pr undocumented immigrants.
- You can even choose to take matters into your own hands when you hire a [freelance attorney](#) who specializes in immigration to look into your particular situation, like if you need your visa changed and the like.

Indeed, at a time like this, it's important for everyone to band together, regardless of race, nationality, or immigration status. Migrant workers are truly valuable members of the community and should not be left by the wayside as we fight this virus. Ultimately, if everyone looks out for each other, everyone wins.

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