

## SAFETY PLANNING DURING THE COVID-19 PANDEMIC



A safety plan **DOES NOT** replace urgently calling the police for help, but will help you be prepared. Call the police for urgent help when needed.

### THINGS TO CONSIDER UNDER THE TRAVEL RESTRICTIONS

- » **Keep up to date** on transportation availability.
- » During an urgent crisis, **call the police** or the nearest women's organization.

### THINGS TO PACK IN YOUR **EMERGENCY BAG**



Identification



Legal documents



Extra keys



Cash and cards



Extra clothes



Sanitary products



A prepaid cell phone



Phone charger



Regular medications



Important contact numbers

## THINGS TO KNOW IF YOU ARE A WOMAN MIGRANT WORKER

- » You **ALWAYS** have a right to safety and protection no matter your migration status.
- » Call the nearest **women's or workers' organization** or other services you need.
- » Ask for **translation services** when you seek services.
- » Link with peer support networks that can provide information and services.
- » Contact the number of your **embassy and consular services** if you are abroad.



**Spotlight Initiative**  
To eliminate violence against women and girls



## TO GET SUPPORT, CALL THE FOLLOWING NUMBERS

COUNTRY	POLICE	SERVICES FOR SURVIVORS
Cambodia	1288	1280 (Helpline Number)
Indonesia	112	081317617622 (P2TP2A)
Lao PDR	191	1362 (Lao Women's Union)
Malaysia	999	03 7956 3488 (Women's Aid Organisation)
Myanmar	199	067 3 404 222 (Union Government)
Philippines	177	0919 777 7377 (PNP Women and Children's Protection Center)
Singapore	999	1800 777 5555 (AWARE) 6341 5535 (Home*)
Thailand	191	1300 (One Stop Crisis Centre)
Viet Nam	113	1900 96 96 80 (Viet Nam Women's Union)

\* Specialized for women migrant workers in Singapore.