If your employer is physically or sexually abusing you, holding your documents or passport, threatening you or your family members, restricting you from leaving the house or talking on the phone, depriving you of food or sleep, or otherwise using force, fraud, or coercion to keep you working, contact:

**The National Human Trafficking Resource Center Hotline (24/7) at 1-888-373-7888**

These are possible indicators of human trafficking, and you can be connected to help.

**OTHER RESOURCES**

**Casa of Maryland at (301) 431-4185**

Beyond Survival

[www.domesticworkers.org/beyond-survival](http://www.domesticworkers.org/beyond-survival)
Under the M.C. Bill of Rights you are entitled to:

- A minimum wage of $7.25 an hour (in the state of Maryland, as of 2012)
- Payment for all hours worked
- Payment of wages in US dollars once every two weeks, or twice per month
- Overtime pay of 1.5 times your regular hourly wage for every extra hour you work over 40 hours in a week.
- Benefits
  - All employers in Maryland who have one or more employees, full-time or part-time, must pay into the state workers compensation fund.
    - This insurance program pays for medical bills and lost wages if an employee is injured on the job.
  - If you worked enough hours in the previous year, then you may be eligible for Unemployment Insurance if you leave your job for good cause or are fired
    - This is one law that only applies if you have lawful immigration status.
  - It is reasonable for a full time employee to ask the employer to provide health insurance, paid vacation and sick leave, but these benefits are not required by law.

It is illegal for your employer to:

- Beat or hurt you in any way
- Force you to have physical or sexual contact
- Demand sex from you
- Coercion
- Force you to do work against your will
- Prevent you from leaving the house where you work
- Enforce immigration laws

You do not have to accept lower wages because of your immigration status.

Never volunteer information about your immigration status to anyone. You have a right to remain silent and speak to a lawyer if anyone stops you and asks you for immigration papers.