

November 2025

The Trump administration and Congress have taken actions that hurt many immigrant families. These include sending immigration agents into our neighborhoods, government budgets cutting immigrants out of important programs, and new rules that make people afraid to ask for the help they need. This is a scary and stressful time for many families. **Many of us are asking the same questions:**

How can I protect my family right now?

Prepare your family in case someone is detained by immigration officers.

- Always carry a “Red Card,” and take part in a “Know Your Rights” training.
- Make a family plan that includes designating a temporary guardian for children and how to transfer their benefits information.

Can we still use programs like SNAP and Medicaid?

- Congress and the White House have changed access to several programs, such as SNAP (food assistance) and Medicaid (health care).
- Some, but not all changes have started. They will take effect between now and 2027.
- Many programs will only be available to U.S. citizens, green card holders, and a few other groups. You can find more details in the QR Code on the next page.

Will using public benefits hurt my application for a green card?

- In the future, it could. A proposed rule change by the Trump administration makes it hard to know how officials will apply the “public charge” test. Using benefits programs may be one of several factors they’ll use.
- For now, the Biden rule is still in place. Food, housing, and most healthcare programs are not considered.
- If you are currently receiving public benefits, stopping them now won’t likely affect your public charge determination, but only you know what is best for your family’s future.
- The public charge test primarily applies to people seeking a green card through a family member.
- All cases are different. You can find more details in the QR Code on the next page.

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Many of us are asking the same questions:

**Can ICE use information
from my benefits applications to
find undocumented family members?**

- ICE has access to some, but not all, data from benefits applications. Several lawsuits are trying to stop this.
- Do not include the immigration status or Social Security number of people who are **not** applying for benefits themselves.
- If someone in your household is not eligible, write "Non-Applicant" on the application for them.

**Where can I get more safe and
reliable information?**

- Community organizations that you trust are working hard to share accurate and current information.
- You can also find updates at reliable websites linked at the QR code below and local community centers.

Find more
information about
all of these
questions at this
QR Code:



What else can I do to help my family?

- Don't let fear or misinformation stop you from getting the help your family needs.
- If you are concerned about governmental programs, look to community-based programs for support.
- Raise your voice! Share about how these programs have helped your family, and share what you learn with others in your community.