



NJ Working Parents & Guardians

Did you know you have the right to paid sick time?

Under the law, you can use it to:

- Care for your child's physical/mental health, or wellness care like doctor's check-ups
- Go to school-related conferences or events requested or required by a school teacher or other professional responsible for your child's education
- Attend meetings about care provided to your child in connection with your child's health condition or disability
- Care for your child if their school or childcare facility closes due to COVID-19 (including mandatory remote learning) or another public health crisis
- Quarantine based on the recommendation of a medical professional or public health authority or to get a COVID-19 vaccine and/or recover from side effects

Workers earn **1 hour of sick leave** for **every 30 hours they work**, up to 40 hours per year – or your employer can provide it in one lump sum.

For full details see mysickdays.nj.gov

NJ Working Parents & Guardians

Did you know you have the right to paid sick time?

Under the law, you can use it to:

- Care for your child's physical/mental health, or wellness care like doctor's check-ups
- Go to school-related conferences or events requested or required by a school teacher or other professional responsible for your child's education
- Attend meetings about care provided to your child in connection with your child's health condition or disability
- Care for your child if their school or childcare facility closes due to COVID-19 (including mandatory remote learning) or another public health crisis
- Quarantine based on the recommendation of a medical professional or public health authority or to get a COVID-19 vaccine and/or recover from side effects

Workers earn **1 hour of sick leave** for **every 30 hours they work**, up to 40 hours per year – or your employer can provide it in one lump sum.

For full details see mysickdays.nj.gov



Learn about COVID-19 Resources for Working Parents, Guardians, and Caregivers: nj.gov/labor/covidcare

Need longer term paid leave for pregnancy, childbirth, illness/injury, or to care for a loved one? Visit myleavebenefits.nj.gov to learn about NJ Paid Family & Medical Leave.



Learn about COVID-19 Resources for Working Parents, Guardians, and Caregivers: nj.gov/labor/covidcare

Need longer term paid leave for pregnancy, childbirth, illness/injury, or to care for a loved one? Visit myleavebenefits.nj.gov to learn about NJ Paid Family & Medical Leave.