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](http://mysickdays.nj.gov)


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

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