

# SICK TIME

**All Oregon workers get protected sick time.**  
If you work for an employer with 10+ employees (6+ if they have a location in Portland), **you get paid sick time.**



- ▶ **Your employer must give you sick time.** You get at least 1 hour of protected sick time for every 30 hours you work up to 40 hours a year.
- ▶ **You can use sick time for many reasons, including if you or a family member is sick, injured, experiencing mental illness, or need to visit the doctor.**
- ▶ Your employer must pay you your regular wage when you take sick time if they have 10+ employees (6+ if they have a location in Portland). Otherwise, your sick time is protected but unpaid.
- ▶ You can start taking protected sick time after you've worked for at least 90 days. Your employer must regularly let you know how much sick time you have earned.

## CONTACT US

If your employer isn't following the law or something feels wrong, give us a call. The Bureau of Labor and Industries is here to enforce these laws and protect you.

Call: 971-673-0761

Email: [help@boli.state.or.us](mailto:help@boli.state.or.us)

Web: [oregon.gov/boli](http://oregon.gov/boli)

Se habla español.



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Protect You At Work