As news of COVID-19/coronavirus grows, you should know that all Oregonians get protected time off from work. The law requires it.

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 or more employees (6 or more in Portland). Otherwise, sick time is unpaid.

You can start taking 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.

If you’ve used up all of your sick time, you may qualify for 12 weeks of protected OFLA/FMLA serious health condition or OFLA sick child leave.