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 at least 40 hours a year.

- **You can use sick time for many reasons** including if you (or a family member) are sick, injured, experiencing mental illness, or need to visit the doctor. Also covered: bereavement, parental leave, and leave to care for a child whose school or place of care is closed for a public health emergency.

- 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: 971-245-3844  
Email: BOLI_help@boli.oregon.gov  
Web: oregon.gov/boli  
Se habla español.