NJ Workers
Now have the right to paid sick time. Full-time, part-time and temporary workers are eligible under the law.

Use sick time to care for yourself or a family member – the definition of family is generous:
- for physical/mental illness or wellness care
- to get the COVID-19 vaccine and/or recover from side effects
- to cope with domestic or sexual violence
- to attend a meeting at your child's school

Workers earn **1 hour of sick leave for every 30 hours they work**, up to 40 hours per year.

It's against the law for your employer to punish you for using sick leave you've earned, or to make you find a replacement for your shift. Your employer may not ask for documentation unless it's more than 3 days in a row.

To learn more, visit [mysickdays.nj.gov](http://mysickdays.nj.gov)

For information on other rights and benefits, visit [nj.gov/labor](http://nj.gov/labor)