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