

Paid Sick Days Benefit Children's Health

Parents without access to sick days are twice as likely to send a sick child to school or daycare as a parent who has paid leave. Research has shown that children recover from being sick much quicker when their own parents care for them. According to the National Partnership for Women and Families, paid sick days also allow children to complete their nine crucial check-ups recommended by physicians during the child's first two years.

Many service jobs, such as those in food service and in childcare, are centered on interpersonal contact. These low-wage workers do not have the option of paid sick leave. When these low-wage workers are sick, they cannot afford to stay home and lose wages, but their interaction with the public places children at high risk for becoming sick.



Strengthening Family Economic Security

According to a study done by the University of Chicago, nearly one-quarter of adults in the United States (23 percent) report that they have lost a job or have been threatened with losing their job for taking time off due to illness or to care for a sick child or relative. This act will ensure that if a parent needs to take time off to care for themselves, or their child, they will be able to use their earned paid sick leave and will not lose their job. Job security further creates family financial security and keeps families working and out of poverty.

The Healthy Families Act

The Healthy Families Act is sponsored by Congresswoman Rosa DeLauro (D-CT) and Senator Patty Murray (D-WA). This legislation:

- Allows workers in firms with fifteen or more employees to earn up to seven days (56 hours) of paid sick leave by accruing one hour of paid sick time for every 30 hours worked;
- Provides workers the option to use paid leave for a variety of health reasons, including for individuals to seek medical care for themselves or to help family members meet their medical needs.