

# WHY YOU SHOULD SUPPORT PAID SICK DAYS & PAID FAMILY LEAVE

1 in 4 working mothers are back at work within 2 weeks of giving birth in the United States. <sup>(1)</sup>

Approximately 5 million 2009 H1N1 cases in 2009 might have been avoided with universal access to paid sick time. <sup>(2)</sup>

When parents take time to care for or be with their children during illness, child health outcomes improve, recovery is faster, and chronic illness is better managed. <sup>(3)</sup>

When workers have to care for their families, having paid leave is associated with better mental health and better physical status. <sup>(4)</sup>

Access to paid family leave is associated with lower infant mortality and longer time spent breastfeeding. <sup>(5)</sup>

(1) <http://inthesetimes.com/article/18151/the-real-war-on-families>

(2) [1.usa.gov/1MDXvit](http://1.usa.gov/1MDXvit)

(3) [1.usa.gov/1MDXvit](http://1.usa.gov/1MDXvit)

(4) <http://www.sciencedirect.com/science/article/pii/S0277953611002917>

(5) <http://inthesetimes.com/article/18151/the-real-war-on-families>

THE PA COALITION FOR

**HEALTHY FAMILIES  
AND WORKPLACES**



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# HOW MEDICAL PROFESSIONALS CAN SUPPORT PAID SICK DAYS & PAID FAMILY LEAVE

**No matter where you work, you can:**

-Support federal legislation (The Healthy Families Act and the FAMILY Act) by writing to your legislators

**If you work in or near a jurisdiction that passed paid sick days or paid family leave, you can:**

- Tell your patients
- Tell your coworkers
- Keep materials about the law in your office
- Ask a local coalition to do a presentation to staff
- Help set up a training with staff who work one-on-one with clients

**If you work outside of these jurisdictions, you can:**

- Collect stories from patients who need paid sick days or paid family leave (with permission)
- Offer to help local coalitions by writing op eds or giving public testimony

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