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Paid Sick Leave: Health Impact
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Workers who interact the most with the public are least likely to have paid sick days.

The vast majority of people working in food service (81 percent) & at child care centers (75 percent) lack access to paid sick days.

Workers in these occupations are more likely to be exposed to contagious illnesses and, therefore, to spread illnesses to the public when they work sick.

People without paid sick days are 1.5 times more likely than those with paid sick days to report going to work with a contagious illness.
Increased Risk of Community Contagion and Workplace Injury

- Nearly 60 percent of food service workers reported working while sick, and nearly half of those workers said they went to work because they didn’t have paid sick days (CDC).
- Nearly half (46 percent) of restaurant-associated illness outbreaks involve an infected food service worker, and there are approximately 48 million cases of foodborne illness in the United States each year.
Increased Risk of Injury

• Lack of paid sick days increases workers’ likelihood of being injured on the job
• Illness reduces workers’ functional capacity, such as physical capability and ability to focus
• Greater impact in more dangerous occupations
  – Construction worker without paid sick days is 21% more likely to experience a non-fatal occupational injury than one with paid sick days
Parents without paid sick days are nearly twice as likely as those with paid sick days to send a sick child to school or day care.

Parents without paid sick days are 2.5 times more likely than those with paid sick days to report taking a child or family member to the emergency room.

Children whose parents have paid sick days are more likely to receive preventive health care – 13% more likely to receive a flu vaccine & annual checkup.

Children whose mothers lack paid sick days are less likely to receive routine well-child checkups, dental care and flu shots.
Workers who do not have paid sick days three times more likely than those with paid sick days to neglect medical care for themselves, and nearly two times more likely to forgo medical care for their families.

Workers without paid sick days are less likely to go to the doctor or access preventive care.

When workers cannot take time off to seek medical care during normal work hours, they are more likely to go to the ER for care.

Preventable emergency room visits among workers without paid sick days cost the United States more than $1.1 billion per year, with nearly half of the costs coming from taxpayer-funded programs.

1.3 million emergency room visits could be prevented and public and private costs would be saved if all workers had paid sick leave.
About APHA

APHA is a global community of public health professionals and the collective voice for the health of the public. APHA is the only organization that combines 140 years of perspective, a broad-based constituency and the ability to influence federal policy to advocate for and improve the public’s health.

- Founded – April 18, 1872
- 501C(3) & Nonpartisan
- Over 50,000 individual & affiliate members