



# Top Ten Reasons Why You Should Support Paid Sick Days for NH

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<p><b>10. Keeping Pace with Today's American Family.</b> The demographics of the U.S. workplace have witnessed a dramatic change over recent decades. We live during a time where 70% of households have all adults in the labor force. It is important to adopt family-responsive policies like paid sick days before the work-family conflicts experienced by an escalating number of Granite Staters reach crisis level.</p>
<p><b>9. Good Global Policy.</b> U.S. policies to ensure decent working conditions for families still lag dramatically behind those of all high income countries and many middle- and low-income countries, according to a study released by Harvard and McGill Universities. At least 145 out of 173 countries studied provide paid sick days for short- or long term illness, with 127 providing a week or more annually. It is time for us to catch up with the rest of the world.</p>
<p><b>8. Net Savings for the Economy.</b> Workers who come in sick to their jobs cost our national economy \$180 billion annually in lost productivity.</p>
<p><b>7. Decreasing Costs to our Health Care System.</b> Regular medical care saves money by preventing illness and injury from escalating in severity and by decreasing the need for emergency care. Preventive care is key to decreasing the number of avoidable hospitalizations. Many people with chronic illnesses (e.g. asthma) could avoid hospitalization if they had paid sick days and were better able to attend outpatient visits to manage their illness.</p>
<p><b>6. Increasing Population with Elder Care Responsibilities.</b> Nearly two-thirds of Americans under the age of 60 expect to be responsible for the care of an elderly relative within the next ten years. Seventy percent of caregivers for elderly relatives work full time. They desperately need the flexibility of paid sick days so that they can handle health emergencies, take their aging parents or spouses to routine medical appointments, and provide ongoing oversight and management of health problems.</p>
<p><b>5. Kids Get Sick.</b> The National Association for Sick Child Daycare estimates that, on any given day, more than 350,000 children under 14 years of age are too sick to go to school or child-care but do not have a parent at home full-time. Studies show that children fare better in school and recover faster from serious illnesses if their parents can spend time helping them recuperate.</p>
<p><b>4. Healthy Business Need Healthy People.</b> When workers are provided with paid sick time, they demonstrate increased job satisfaction, commitment, and morale, and their employers reap the benefits of high performance and productivity. Employees with paid sick days are less likely to leave their jobs.</p>
<p><b>3. Preventing the Spread of Illness.</b> There is no question as to the public's interest in limiting the spread of common diseases such as the flu, which causes tens of thousands of deaths every year. This risk increases when ill workers have high levels of contact with the public, especially those employed in food service, nursing homes, child care centers, and the retail industry. Despite this risk, workers whose jobs necessitate exposure to the public disproportionately lack paid sick days and as a result public health is jeopardized.</p>
<p><b>2. Voters Want It.</b> In a nationwide telephone poll conducted in June 2007, nearly nine in ten likely voters support guaranteeing all workers a minimum number of paid sick days to care for themselves or immediate family members. Support crossed socio-demographic and political groups as well as geographical regions.</p>
<p><b>1. Real Family Values.</b> It's simple: we say we're a nation that supports family values, but we're not doing a good job of valuing families. It's time to back our words with action.</p>

For more information about the NH Work and Family Sustainability Coalition and our campaign on Paid Sick Days, please contact Nikki Murphy at 603-978-1032 or visit us online at [www.nhwomen.org](http://www.nhwomen.org).