



# BENEFITS ARE AVAILABLE

## Paid time off when you need it the most.

**Eligible Maine workers can apply for up to 12 weeks of paid time off through the Paid Family & Medical Leave program** — giving you time to care for yourself or the people who matter most, while helping protect your job and income.



## What Can You Use Leave For?

- **Parental Leave** — Bond with a new child (birth, adoption, or foster care)
- **Family Care Leave** — Care for a family member with a serious health condition
- **Medical Leave** — Unable to work due to a serious health condition
- **Military Family Leave** — Prepare for a loved one's military service
- **Safe Leave** — Find safety for yourself or a family member from abuse, violence, or assault

## What This Means for You

- **Paid time off** when you need it most
- **Partial wage replacement** so your income stays protected
- **Job protection** if you've worked for your employer at least 120 consecutive days
- **Flexible Leave Options** — Take time all at once or in smaller amounts
- **Portable Benefit** — Stays with you even if you change jobs

**Let your employer know as soon as possible that you plan to take leave** (typically a 30-day notice)

**Ready to apply or learn more?** Visit [maine.gov/paidleave](https://maine.gov/paidleave).