

You are here: Home / Work / Sick leave

Sick leave

Find out when you can get sick leave from work. If you're not eligible for sick leave, there may be other types of leave you can apply for.

Working for someone else

Find out how much sick leave you're legally entitled to. Employment New Zealand sets out if you're eligible.

[Sick leave entitlements — Employment New Zealand \(external link\)](#) [Link: 1]

Contracting or working for yourself

If you're self-employed, you do not earn any paid sick leave.

[Employee or contractor? — Employment New Zealand \(external link\)](#) [Link: 2]

When you can take sick leave

You can take sick leave if you're sick or you need to look after:

- your partner
- your dependent children
- someone else who depends on you.

If you've been injured

Sick leave arrangements are different if you've been injured. They depend on whether your injury is:

- covered or not by the Accident Compensation Corporation (ACC)
- an accident not related to work
- a work-related accident.

[Injuries we cover — ACC \(external link\)](#) [Link: 3]

[When you are on ACC — Employment New Zealand \(external link\)](#) [Link: 4]

Other types of leave for helping you

Depending on your situation, a different type of leave might be able to help you, such as:

- [parental leave \(external link\)](#) [Link: 5]
- [bereavement leave \(external link\)](#) [Link: 6]
- [domestic violence leave \(external link\)](#) [Link: 7].

How to take your sick leave

Let your employer know as soon as possible.

[Telling your employer you want sick leave — Employment New Zealand \(external link\)](#) [Link: 8]

Employment New Zealand also explains what happens when you:

- [take unpaid leave \(external link\)](#) [Link: 9] — a possible option if you do not have any sick leave
- [have unused sick leave \(external link\)](#) [Link: 10].

How you'll be paid for sick leave

Find out how you'll be paid for sick leave.

[Payment for sick leave — Employment New Zealand \(external link\)](#) [Link: 11]

Employment New Zealand also sets out what happens if you're sick on:

- [annual holidays \(leave\) \(external link\)](#) [Link: 12]
- [a public holiday \(external link\)](#) [Link: 13].

Proof of sickness or injury

Find out when an employer can ask for proof that you or someone you're taking care of is sick or injured.

[Proof of sickness or injury — Employment New Zealand \(external link\)](#) [Link: 14]

Questions or problems with your sick leave

Talk to your employer if you have any questions about your sick leave. Employment New Zealand has some helpful advice for arranging and preparing for such a meeting.

[Talking to your employer — Employment New Zealand \(external link\)](#) [Link: 15]

Contact your union representative or Employment New Zealand if you are having trouble understanding your employment rights.

[Contact us — Employment New Zealand \(external link\)](#) [Link: 16]

Employment has a process called Early Resolution — you can use it to quickly sort out workplace issues before they become more serious.

[Early Resolution — Employment New Zealand \(external link\)](#) [Link: 17]

Who to contact for more help

If you need more help or have questions about the information or services on this page, contact the following agency.

- Employment New Zealand

[Contact and agency details](#)

Index of page links

1. <https://www.employment.govt.nz/leave-and-holidays/sick-leave/sick-leave-entitlements/>
2. <https://www.employment.govt.nz/starting-employment/types-of-worker/employee-or-contractor>
3. <https://www.acc.co.nz/im-injured/what-we-cover/injuries-we-cover/>
4. <https://www.employment.govt.nz/leave-and-holidays/sick-leave/taking-sick-leave#scroll-to-8>
5. <https://www.employment.govt.nz/leave-and-holidays/parental-leave/types-of-parental-leave/>
6. <https://www.employment.govt.nz/leave-and-holidays/bereavement-leave/>
7. <https://www.employment.govt.nz/leave-and-holidays/family-violence-leave/taking-family-violence-leave>
8. <https://www.employment.govt.nz/leave-and-holidays/sick-leave/sick-leave-entitlements/#:~:text=%5BPDF%20600KB%5D-,Telling%20your%20employer%20you%20want%20sick%20leave,-You%20need%20to>
9. <https://www.employment.govt.nz/leave-and-holidays/other-types-of-leave/leave-without-pay/>
10. <https://www.employment.govt.nz/leave-and-holidays/sick-leave/sick-leave-entitlements/#scrollto-unused-sick-leave>
11. <https://www.employment.govt.nz/leave-and-holidays/sick-leave/sick-leave-entitlements/#:~:text=you%20are%20sick.-,Payment%20for%20sick%20leave,-Payment%20for%20sick>
12. <https://www.employment.govt.nz/leave-and-holidays/sick-leave/sick-leave-entitlements/#:~:text=take%20unpaid%20leave.-,Sick%20leave%20during%20annual%20holidays,-If%20an%20employee>
13. <https://www.employment.govt.nz/leave-and-holidays/annual-holidays/managing-annual-holidays#e1534>
14. <https://www.employment.govt.nz/leave-and-holidays/sick-leave/taking-sick-leave#scroll-to-6>
15. <https://www.employment.govt.nz/resolving-problems/how-to-resolve-problems/talking-to-your-employer>
16. <https://www.employment.govt.nz/employment-new-zealand/contact-us>
17. <https://www.employment.govt.nz/resolving-problems/steps-to-resolve/early-resolution/>

Page title: Sick leave | New Zealand Government

Printed: 6 November 2025

Printed from: <https://www.govt.nz/browse/work/sick-leave/>