

# PREGNANCY + MY JOB: A Roadmap

See our accompanying guide for more detailed information.

Your partner may also qualify for time off and pay.

1

## You're Pregnant!

Learn about your rights at [legalaidatwork.org](http://legalaidatwork.org). You may have the right to paid sick days and time off for prenatal care.



2

## Changes at Work

Talk to your doctor about your job. If you need changes at work, bring a doctor's note to your employer.



4

## Pay During Leave

When your leave begins, apply for State Disability Insurance. After you recover, apply for 8 more weeks of Paid Family Leave. Contact EDD ([edd.ca.gov](http://edd.ca.gov)) to apply for both.



## Leave from Work

Tell your employer at least 30 days before you plan to start your leave.

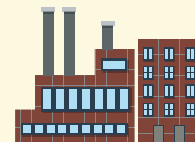
3

Disability leave can begin 4 weeks before your due date and lasts for 6 weeks after delivery (8 weeks for a c-section). Ask your employer if you qualify for 12 more weeks to bond.

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## Lactation

Before your leave, ask your employer about your right to break time and a private space to pump at work.



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[legalaidatwork.org/wf](http://legalaidatwork.org/wf)  
800-880-8047 call for free confidential advice



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