

Solutions to Your Problem of Not Being Able to Take Off Work

You might consider some of the following ways to work on the problem you identified of not being able to take off work to get your child's asthma medicine or take him/her for the doctor's appointment.

Use sick time

Ask your supervisor at work if you can use some of your sick time to pick up your child's medicine or take him/her to the doctor's appointment.

Use vacation time

Ask your supervisor at work if you can use some of your vacation time to pick up your child's medicine or take him/her to the doctor's appointment.

Find doctor with evening or Saturday hours

Ask your doctor or a friend to recommend a doctor who could see your child on a weekend or in the evening.

Get medicine from place with free delivery

Ask your doctor or a friend for the name of a pharmacy with free delivery. Or see if you can find one on the internet.

Ask family member to bring child to visit

Ask a family member to bring your child to the doctor's appointment.

Ask friend to bring child to visit

Ask a friend to bring your child to the doctor's appointment.

Get family medical leave

Ask your supervisor or the human resources department at work if you can use family medical leave to pick up your child's medicine or take him/her to the doctor's appointment.

Get note from doctor

Ask your child's doctor for a note to show to your supervisor at work why you were absent.

Refer to social worker

Ask your child's doctor for the name of a social worker who can help you solve this problem

Consider longer interval between visits

Ask your doctor if you can wait longer between visits, especially if your child is doing better.