

In the Workplace

Some people with cancer continue to work while they get treatment, and others do not. Learn how to communicate with your employer and co-workers, and understand your rights as an employee.

TRY THIS

Be prepared. Determine who you want to share the information with and prepare for different types of reactions.

Know your rights. Determine your capabilities during treatment, and keep records of your discussions.

Plan your return to work. Talk to your employer about your needs. This may include a flexible schedule or other workplace accommodations.

Find balance. Take your medications, take breaks from sitting, and avoid taking on too much work.

CHECK THIS OUT

Visit the Springboard page In the Workplace.

<https://survivorship.cancer.gov/springboard/get-support/in-the-workplace>

Learn more about working during cancer treatment.

<http://goo.gl/zjiAf0>

Read about going back to work. <http://go.usa.gov/xaKGj>

Look into the Patient Advocate Foundation. <http://goo.gl/vSjPm>