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### **Sickness Certificates (MED3) – Paper Requests**

The NHS provides sickness certification only after seven continuous days of illness. If you need a sick note to cover this period of sickness (less than 7 days) you should complete a Self Certification (SC2) form which is available from your employer or on the HMRC website. Please visit the Direct Gov website for full information about fitness for work following a period of sickness.

#### **Do I need a note saying I'm fit for work?**

No. You decide when you are well enough to work and do not need the GP to say you are well enough even if your sick note has not expired yet

#### **Sickness Certificates for Coronavirus/COVID 19 or Self Isolation**

You can download a self- isolation certificate at the following website: <https://111.nhs.uk/isolation-note/>

### **All questions with \* must be answered**

Today's Date\* \_\_\_\_\_

First Name\* \_\_\_\_\_

Surname\* \_\_\_\_\_

Date of Birth\* \_\_\_\_\_

Email\* \_\_\_\_\_

Telephone Contact\* \_\_\_\_\_

Why do you need this sick note (please tick)\*

- For Work
- Benefits Application
- Other \_\_\_\_\_

What kind of work do you do?\* \_\_\_\_\_

Is this a sick note or an extension?\*

- New Sick Note (Fill Section 1 Below)
- Extension of previous sick note (fill Section 2 Below)

**Section 1 (New Sick Note)**

Date Became Ill? \_\_\_\_\_

Date would like note to commence \_\_\_\_\_

Date would like note to end \_\_\_\_\_

**End of Section 1**

**Section 2 (Extension of Existing Sick Note)**

When does your existing sick note expire? \_\_\_\_\_

Date you would like note to be extended to \_\_\_\_\_

**End of Section 2**

**Do you need.. (Please tick)\***

- You are not fit for work OR
- You may be fit for work taking into account the following advice (Tick all that apply below)
  - A phased return to work
  - Altered Hours
  - Amended Duties
  - Workplace Adaptations

If you selected you may be fit for work, please advise what changes to your work would allow you to work in your current state of health. The doctor will consider this when putting advice regarding changes to your job to allow you to work

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**Nature of Illness\*** - Please tell us why you need the Sick Note, why you can't work, events leading up to now and which clinicians you have seen so far (GP & Hospital)

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Date Hoping to return to work?\* \_\_\_\_\_

Signature (Please Sign Below)\*