

## **Information for patients re sick notes**

Information from:

<http://www.nhs.uk/chq/Pages/1062.aspx?CategoryID=68>

### **If you're off work sick for seven days or fewer, your employer should not ask for medical evidence that you've been ill.**

If you're off work sick for more than seven days, your employer will usually ask you to provide proof that you've been ill. They will normally ask for a fit note from your GP. A fit note is the informal name for the Statement of Fitness for Work.

The seven days includes days that you don't normally work. So when you work out how long you've been off sick, you should include weekends and bank holidays.

Sickness of seven days or fewer

Your employer can ask you to confirm that you've been ill. You can do this by filling in a form yourself when you return to work. This is called self-certification.

Self-certification forms

Self-certification forms usually include details such as:

- information about your sickness or illness
- the date your sickness started
- the date your sickness ended

These dates may be days that you don't normally work. For example, your sickness could start or end on a Saturday, Sunday or bank holiday.

Many employers have their own self-certification forms.

If your employer doesn't have its own form, instead it may use an SC2 form from HM Revenue & Customs: Employee's Statement of Sickness (PDF, 53kb).

Patients can print off an online sick note from:

<http://www.hmrc.gov.uk/forms/sc2.pdf>