



Sick/Fit Note

Fit Note for Self-Isolation

There is a National online system for getting a Fit note for the purpose of self-isolation. You do not need to contact or see the GP for this. Please click [here](#).

Fit notes are issued to patients by doctors following an assessment of their fitness for work. A fit note is issued after the first seven days of sickness absence (when patients can self-certify) if the doctor assesses that the patient's health affects their fitness for work.

The doctor can decide the patient is 'unfit for work' or 'may be fit for work subject to the following advice...' with accompanying notes on suggested adjustments or adaptations to the job role or workplace.

How long have you been off work?

7 Days or Less

More than 7 days

If you are off work for 7 days or less, you do not need to contact your GP for a sick note. Your employer may however require you to complete a self-certification form (SC2) which is available from your employer, or you can download it from the [HMRC](#) website.

You must give your employer a doctor's 'fit note' (sometimes called a 'sick note') if you've been ill for more than 7 days in a row and have taken sick leave. This includes non-working days, such as weekends and bank holidays.

Please follow the link below to eConsult to continue:

[eConsult](#)