

**Doctor HEATON**  
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**EVIDENCE OF INCAPACITY FOR WORK**

Name of patient ..... Date .....

You have requested a Doctor's sick note from your Doctor in relation to being off work. The Government's rules around issuing a sick note (Med 3) are that a medical professional can only issue a Med 3 when an individual has had more than seven continuous calendar days off sick due to an illness (including weekends)

For any period of illness less than seven days, you are able to complete a self- certification certificate and provide this to your employer. You can download a self- certification form at <https://www.gov.uk/government/publications/statutory-sick-pay-employees-statement-of-sickness-sc2>

In the unlikely event that your employer does not accept a self-certification , your employer may apply in writing (not the employee enclosing a payment of £15 for the GP's private opinion, which may or may not be given, or alternatively the employer may seek advice from an Occupational Health Specialist.

In light of the current Coronavirus pandemic, it is inevitable that a number of employees may be required to quarantine themselves at home for example due to the nature of recent travel, even in the absence of any symptoms of an illness.

In these cases the Doctor **WILL NOT** be able issue a sick note as the time off work is not due to an illness, and isn't affecting your ability to work, but rather is a precaution to avoid transmission of any illness that is yet to produce symptoms.

We therefore expect your employer to be sympathetic if you are required to self-isolate for 14 days and to understand that the reason for this is to protect the welfare of your work colleagues and the wider community.

We understand that you may also be able to call NHS 111 to request an email confirmation of the suspected Coronavirus diagnosis to show your employer if needed.

Whilst we appreciate this may cause difficulties between you and your employer, equally GP's have a responsibility to prioritise the assessment and management of the healthcare needs of patients who are acutely unwell, rather than spending time dealing with patients requests for sick notes, particularly when they aren't in a position to issue one.

This briefing has been written for an on behalf of your GP surgery.

Please accept this as a reply to your request for a sick note/letter from the surgery

Dr David Heaton  
MB ChB BM BCh