

Covid-19 and Requests for Doctor's Notes (the MED3 'Fit Note')

1. Personally affected so isolating for seven days

You can and should self-certify for the first seven days as normal if you are unfit to work.

You do not need to contact your GP.

2. Personally affected and remaining unwell for over seven days

If you remain unwell and unfit to work after seven days the current advice is to visit www.111.nhs.uk where there is an online self-assessment tool; patients may be invited to call 111 and given further advice and a MED3 certificate emailed to them.

You do not need to contact your GP.

3. Household contact affected so isolating for fourteen days as per government advice

4. At risk group so following government advice

GPs cannot and are not the gatekeeper of the statutory sick pay system. Employers are responsible for putting in place arrangements for home/remote working where this is possible. Where it is not, the employee may self-certify and return to work following the relevant absence which their employer may authorise as per government advice. Where they do become unwell during or after this time, point 1 and 2 applies.

You do not need to contact their GP.

5. Those in full time education.

There is no NHS requirement to issue certification to schools or colleges to confirm absence. These organisations must work with parents and students to ensure that any absence is appropriately recorded, obviating the need for a 'doctor's note'.

They do not need to contact their GP

Use this link if you have to stay at home because of coronavirus and you need a note for your employer www.111.nhs.uk/isolation-note