**COVID-19 and Requests for Doctor’s Notes (the MED3 ‘Fit Note’)**

Requests for certification of absence from the workplace may fall into five categories:

* Personally affected so isolating for seven days
* Personally affected and remaining unwell for over seven days
* Household contact affected so isolating for fourteen days as per government
* advice
* At risk group so following government advice
* Those in full time education.

**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. They do not need to contact their GP.

**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; you may be invited to call 111 and given further advice and a MED3 certificate emailed to yourself by them. You do not need to contact your GP.

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

**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 you do become unwell during or after this time, the first two points above apply. You do not need to contact their GP.

**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.