

I Need a Fit Note for Work?

(Fit notes are what Sick Notes are called nowadays)

This advice is for those who have to isolate because of being affected with Coronavirus OR WHO LIVES with someone who is affected.

DO NOT GO TO YOUR DOCTOR THIS IS BEING HANDLED ONLINE ONLY

The service is only for people who:

- have symptoms of coronavirus **and** have used the [111 online coronavirus service](#)
- **have been told** by a healthcare professional they have symptoms of coronavirus
- or lives with someone who has symptoms of coronavirus

(If a person has not used the 111 online coronavirus service, they must do that BEFORE a Fit Note can be issued. The 111 online coronavirus service can be found here <https://111.nhs.uk/covid-19>)

A Fit Note can ONLY be applied for here:

<https://111.nhs.uk/isolation-note/>

It can only be applied for by the affected person, or unable to do so, by their immediate family.