

COVID-19: FIT NOTE (MED3) INFORMATION

Updated 26 March 2020

**Introduction**

Where absence is related to having symptoms of coronavirus or living with someone who has symptoms, an isolation note can be used and not a MED3 to provide evidence of the advice to self-isolate. This can be obtained without going near a GP.

Isolation notes will provide employees with evidence for their employers that they have been advised to self-isolate due to coronavirus, either because they have symptoms or they live with someone who has symptoms, and so cannot work. These are people who are at heightened risk of having COVID-19 or already may exhibit signs of having it but the government is stopping them from asking the GPs for MED3 forms.

If a patient has to stay at home but feels well enough to work, they should ask their employer if they can work from home, in this case they will not need an isolation note.

**Employment and Support Allowance**

People who need to claim Universal Credit or [Employment and Support Allowance](https://www.gov.uk/employment-support-allowance/eligibility) because of coronavirus will not be required to produce a fit note or an isolation note. More details on coronavirus and claiming benefits can be found [here](https://www.understandinguniversalcredit.gov.uk/coronavirus/).

GPs are not responsible for employee relations regarding to statutory sick pay and certification where the employee is not ill. Patients do not need MED3 forms from their GPs and patients should be signposted to the 111 or NHS web pages dealing with this.

**How patients access the isolation note**

The notes can be accessed via this link <https://111.nhs.uk/isolation-note> .

After answering a few questions, an isolation note will be emailed to the user. If they don’t have an email address, they can have the note sent to a trusted family member or friend, or directly to their employer. The service can also be used to generate an isolation note on behalf of someone else.

There is confusion about patients who have been written to as being in the vulnerable category advised to isolate for 12 weeks. They are not able to obtain an isolation note unless they or a household contact exhibits symptoms. 2

**Guidance on specific circumstances**

Below is a breakdown of potential requests for fit notes, advisc and outcome (which in each case is that they do not need to contact their GP for a fit note/MED3.

If a patient feels up to working remotely, they should agree this with their employer and they won’t need an isolation note. This would be the case for an employee who is shielding due to being vulnerable and has to isolate for 12 weeks after receiving a letter. This letter can be used as proof to the employer of the need to isolate. If fit and well, the employee can still work in isolation if the means to do so are there. They are not sick or need a MED3.

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| Issue | Advice | Outcome |
| 1. Symptomatic so isolating for seven days - use NHS website/111 online/been told by Health Care Professional that they have symptoms | Patients can use isolation note | **They do not need to contact their GP** |
| 2. Symptomatic and remaining unwell for over seven days | If they remain unwell and unfit to work after seven days, the current advice is to visit [www.111.nhs.uk](http://www.111.nhs.uk) where there is an online self-assessment tool | **They do not need to contact their GP** |
| 3. Household contact has symptoms so isolating for fourteen days as per government advice | Patients can use isolation note | **They do not need to contact their GP** |
| 4. At risk group so following government advice and isolating for 12 weeks | If asymptomatic they would let employer know who may be able to set work to do remotely. Most will have letters as proof of need to isolate, employee-employer issue.  Where they do become unwell during or after this time, point 1 and 2 applies and they can get an isolation note | **They do not need to contact their GP** |