



# Colchester Medical Practice

Castle Gardens  
Medical Centre  
78 East Hill  
Colchester  
CO1 2QS  
Tel: 01206 866626

Parsons Heath  
Medical Practice  
35a Parsons Heath  
Colchester  
CO4 3HS  
Tel: 01206 864395

Shrub End  
Surgery  
122 Shrub End Road  
Colchester  
CO3 4RY  
Tel: 01206 573605

Wimpole Road  
Surgery  
52 Wimpole Road  
Colchester  
CO1 2DL  
Tel: 01206 794794

## **Re: Coronavirus and Requests for Doctor's Notes (Med3)**

Dear Patient and/or Employer,

The Government's rules around issuing a sick note (Med3) are that a medical professional can only issue a Med3 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. A SC2 form can be downloaded from the internet. In the unlikely event that your employer does not accept a self-certification then your doctor may be able to issue a private sick note for which you may get charged.

Below is the address where this form can be downloaded:

<https://www.gov.uk/government/publications/statutory-sick-pay-employees-statement-of-sickness-sc2>

In light of the current Coronavirus situation, 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, or because other members of the household are showing symptoms even in the absence of any symptoms of an illness in the employee. In these cases, GPs will not be able to 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. You can now go online using the link below in order to obtain an isolation note from the NHS 111 website:

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

More recently high risk patients have now been told they need to self-isolate for 12 weeks. We are receiving a high volume of calls asking for sick notes to cover this period. Due to the immense strain on our resources we cannot provide written evidence for this and suggest giving this letter to employers to explain our situation. All at risk patients will receive a letter from NHS England telling them they fall into this group, so a copy of this letter can be given to employers who ask for evidence. In time a facility MAY be added to the NHS 111 link above to help, so please check back there regularly.

ACAS have also published guidance for employees and employers which can be referred to below:

<https://www.acas.org.uk/coronavirus>

Whilst we appreciate this may cause some difficulties between you and your employer, equally GPs 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 requests for sick notes, particularly when they aren't in a position to issue one.

This briefing has been written for and on behalf of Colchester Medical Practice. Please accept this as a reply to any request for a sick note/letter from the surgery.

Yours sincerely,

A handwritten signature in black ink, appearing to read 'Richard P Miller', with a stylized, cursive script.

**Richard P Miller**

**Business Manager**

***On behalf of the GP Partners of Colchester Medical Practice***

*Incorporating Castle Gardens Medical Centre, Parson Heath Medical Practice, Shrub End Surgery and Wimpole Road Surgery*