**Sickness Certificates**

**Evidence that you are sick**

**If you are sick for more than 7 days, your employer can ask you to give them some form of medical evidence to support payment of SSP ( statutory sick pay).**

**Your employer can ask you to confirm that you have been ill. You can do this by filling in a form for yourself when you return to work. This is called ‘ self certification’. We have attached this for your convenience.**

**If you are sick and off work for more than 7 days , your employer will probably ask for proof of your illness. Most employers ask for a fit note from your GP. However, this will depend on the company policy on sickness absence. The policy should tell you how many days you can be off sick before you need to provide proof of illness or a fit note.**

**You could also provide evidence from someone who is not a medical practitioner, eg a dentist. Your employer will decide whether or not this evidence is acceptable. If you employer has any doubts , they may still ask for a medical certificate from your GP .**

**Statement of Fitness for Work ‘ Fit Note’**

**With your employer’s support, the note will help you return to work sooner by providing more information about the effects of your illness or injury.**

