

# Coronavirus self-isolation note

Valid from:

Valid to:

Reference number:

Name:

Date of birth:

## What this note is for

The person named here has been advised by NHS 111 or a medical professional to self-isolate for 14 days from the date on this form, for one of these reasons:

- they have symptoms of coronavirus
- they are at risk of getting coronavirus
- they need to care for a dependant affected by the virus

Anyone told to self-isolate must not visit a GP surgery. This means they are not expected to get a fit note from their GP to confirm they are off work due to illness.

This form replaces a fit note for people who have been told to self-isolate because of coronavirus.

## What you need to do next

### **If you are employed**

Please show this form to your employer.

### **If you are self-employed**

You could claim benefits.

### **If you are already claiming benefits**

Please send this form to the office dealing with your claim.

### **If you need to make a claim to benefits**

Visit [www.gov.uk/browse/benefits](https://www.gov.uk/browse/benefits) or phone **0800 055 6688** (8am to 6pm Monday to Friday).

Textphone users call **0800 023 4888**.