

# Isolation note

Start date:

**4 August 2021**

End date:

**14 August 2021**

Reference number:

**1611 0280 3335 7743**

Name:

**John**

**Smith**

Date of birth:

**18 January 2000**

## What this note is for

The person named above has been told to self-isolate by an NHS service or a healthcare professional. This is because:

**they have symptoms of coronavirus**

## What you need to do next

Send this note to your employer if they ask to see it.

Find information on coronavirus and claiming benefits at:

**<https://www.understandinguniversalcredit.gov.uk/coronavirus/>**

## Health advice

Get the latest NHS information on coronavirus:

**<https://nhs.uk/coronavirus>**

If you need medical advice about your symptoms:

- England: **<https://111.nhs.uk/covid-19>**
- Scotland: **<https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19>**
- Wales: **<https://111.wales.nhs.uk/SelfAssessments/symptomcheckers/COVID19.aspx>**
- Northern Ireland: **get advice from a GP or GP out-of-hours service**

## Information for employers

Get guidance on working safely during coronavirus:

**<https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19>**

If you want to check the information on this form, go to **<https://111.nhs.uk/isolation-note/check>**