

Self-Certification of Sickness Absence

selfcertificationform.uk

Employee statement of sickness (SC2-style) - for absences of 7 calendar days or less

Reflects the Statutory Sick Pay rules in force from 6 April 2026. No doctor's note is required for the first 7 days.

ABOUT YOU

Full name

Job title

Employer / company

Payroll no. (optional)

ABOUT YOUR SICKNESS

First day of sickness (DD/MM/YYYY)

Last day of sickness - leave blank if still off

These dates may include weekends, bank holidays and days you would not normally work - they all count within your 7.

Did the absence include days you would not normally work? ☐ Yes ☐ No

Brief reason for absence

A general category is enough, e.g. 'viral illness', 'stomach bug', 'migraine', 'stress'. You do not have to give a diagnosis or symptoms.

Was this caused by an accident at work or an industrial disease? ☐ Yes ☐ No

If Yes, ask your employer about Industrial Injuries Disablement Benefit.

GOOD TO KNOW

- You can self-certify for the first 7 calendar days of sickness. From day 8, your employer may ask for a doctor's fit note.
- Since 6 April 2026, Statutory Sick Pay is payable from your first day of sickness, with no minimum earnings requirement.
- Give this completed form to your employer and keep a copy for yourself.

DECLARATION

I confirm that I was unfit for work on the dates given above and that the information on this form is accurate.

Signature

Date