



**We're making a
healthy change:**

No more sick notes for short-term illnesses.

Why?

Because sick notes take up your valuable time, healthcare resources, and can delay recovery.

What's changing:

- No more sick notes for common, short-term illnesses
- You may be asked to complete a self-attestation form
- Open, respectful communication is expected – we trust you to be honest
- Patterns of absences will still be reviewed

Have questions? Need the form? Talk to your supervisor or human resources.