

Not fit for work

A healthcare professional might say someone is not fit for work. They should say how long the fit note lasts.

When the fit note runs out, the employee will either:

- return to work, if they are well enough
- get another fit note, if they need more time off

While the employee is off, their employer should:

- support them
- [keep in touch](#)
- plan for how they will support their [return to work](#)

Returning to work before the fit note runs out

An employee can return to work before their fit note has run out, if they want to.

However, they should make sure they're well enough. They could talk with their doctor about this.

The employer should talk with the employee to make sure they're not putting their health at risk by returning early.

Contact the Acas helpline

If you have any questions about what to do with a fit note, you can [contact the Acas helpline](#).