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I ..... (fill in name)

Have been advised to self-isolate for the government recommended interval of 7 days (if living alone) 14 days if part of a family who are symptomatic.

As I appreciate the stress this crisis is putting the NHS under I have this letter in place of a sick note during this illness, this course of action has been endorsed by my surgery.

To independently issue medical certificates for all those affected by the need to self -isolate would add further pressure to the already stretched health services.

This action is recommended by the management of Seascale Health Centre.

Drs Carhart, Sowton, Miles , Blyth & Harnor



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