

Advice on Calculating Periods of Sickness from Medical Certificates

When calculating a 1 month period on a statement of fitness to work you should count one month forward and one day backwards. If your certificate is for a period of more than one month, then you count forward for that number of months and then count one day backwards.

*For example, if you have a statement signed on Tuesday 11th January 2014 for one month, I would be covered until 10th February 2014.*

When a Medical Certificate is signed on the first day of the month, do not count one day backwards. In this case you should count to the end of the next month.

*For example, if you have a statement issued on February 1st 2014 for 1 month it would cover you until February 28th 2014. If the same Medical Certificate was issued for two months it would cover you until 31st March.*

When calculating weekly periods of a statement, you should count the number of weeks forward and then one day backwards.

*For example, if you have a statement signed on Thursday 12th January 2014 for four weeks it will cover you until Wednesday 8th February 2014.*