



ARE YOU HERE FOR A SICK NOTE?

You may not
need one.

New B.C. regulations limit when employers can require sick notes for short-term illnesses.

For most minor illnesses and short absences, sick notes are no longer required. Visiting a doctor just for a sick note takes time away from patient care, can spread illness, and won't help you recover faster.

Scan the QR code to access a B.C.
Physician-approved sick note, ready
to share with your employer.

<https://specialistsofbc.org/wp-content/uploads/2026/04/Sick-Notes-joint-letter-dated.pdf>



Visit: <https://news.gov.bc.ca/releases/2025LBR0041-001106>

Thank you for helping us keep our clinics safe,
comfortable, and protected for everyone.

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