



**NEWFOUNDLAND AND LABRADOR  
MEDICAL ASSOCIATION**

**NLMA advises employers not to send employees to doctors  
for “work from home” requests or sick notes**

**For immediate release – February 11, 2021**

Physicians have advised the Newfoundland and Labrador Medical Association that some employees are being asked by their employers to get doctor’s notes before they are permitted to work from home. In keeping with the direction issued by Chief Medical Officer of Health Dr. Janice Fitzgerald, anyone who is able to work from home should do so. Physicians of the province call on all employers to follow that direction to protect our citizens.

Employers SHOULD NOT send their employees to a doctor’s clinic to get a note to allow them to work from home. This places an unnecessary burden on the health care system at a time where we all need to focus on reducing the spread of COVID-19. It also increases the risk of exposure to COVID-19 for their employees, other patients and health care professionals. Furthermore, these are human resource administrative matters between the employer and the employee, and do not require the involvement of a physician.

The NLMA also advises employers not to ask their employees to seek a doctor’s note if they are exhibiting symptoms of COVID-19. Anyone experiencing symptoms of illness related to COVID-19 should not return to work until they have completed the Newfoundland and Labrador online self-assessment.

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