

Date: _____

To: _____

Re: Confirmation of Absence for Personal Illness/Injury

Please accept this letter as formal confirmation that I was unable to attend work due to personal illness or injury during the following dates:

Start Date: _____

End Date: _____

I am submitting this signed statement to provide "reasonably sufficient proof" of my entitlement to leave, as outlined in the British Columbia Employment Standards Act.

Sincerely,

Name: _____

British Columbia's Sick Note Policy

Do I need a doctor's note?

Did you know that in British Columbia, you no longer need a doctor's note for work or school for short term absences?

An employer can't request a doctor's note, and an employee isn't required to provide one, unless at least one of the following applies:

- Their leave lasts longer than 5 consecutive days
- They take more than 2 health-related leaves, of 5 consecutive days or less, in the same calendar year

Even if an employer is allowed to request a sick note, an employee may be able to meet the requirement for reasonably sufficient proof without providing one.

As of November 2025, "reasonably sufficient proof" that you are sick can include:

- A signed confirmation from you stating that you are sick
- Receipt from a drugstore or pharmacy
- Medical "bracelet" from a hospital

The Official Rule: For things like a cold or flu, your own written statement is often enough.

- With these new rules many BC physicians will no longer be providing sick notes for short term leave.
- **Writing Your Own Note:** You can use the form on the reverse of this page to create your own statement of absence.

For more information see getnote.ca