

# Information when on sick leave

*If a physician makes an assessment on your inability to work or study due to illness or injury, the physician can give you a sick note.*

## Medical certificate when on sick leave

When visiting your physician, it is good if you can describe what symptoms you have and how they limit your ability to work.

In the event of a sick leave, the physician will write a medical certificate which you must submit to your manager. The physician will submit the certificate to the Swedish Social Insurance Agency if you give your consent, but you can also submit it yourself. The medical certificate is for the employer and the Swedish Social Insurance Agency in order for them to be able to assess your ability to work and whether you are entitled to financial compensation.

## What can you do to feel better during sick leave?

Sick leave can affect your weekday in different ways. It is easy to lose one's usual routines, such as reversed sleep patterns, exercising less or eating worse. Perhaps you feel alone or isolated at home.

In order to feel as good as possible and be able to recover during your sick leave, it is good to think about a few things:

- **Routines and sleep:** Maintain your daily routine by trying to get up in the morning and going to bed at night.
- **Daylight:** Try to be outdoors for a while every day. It will also help you sleep better.
- **Regular meals:** Eat breakfast, lunch and dinner at regular hours.
- **Exercise:** Move as much as you can and are able. Physical activity will help against stress, sleep deprivation and depression.
- **Be kind to yourself:** Do things you like and feel good about, such as socializing with friends, listening to music or reading books.
- **Keep in touch with friends:** Get in touch with the people you like to socialize with.
- **Thinking about your work:** Keep in touch with your co-workers and your manager. You can ask the health service, the union or someone close to you for support if you need it.

## Rehabilitation plan

When you have contact with your employer and with the health care, it is good if you write down what you are planning. It will then be easier to remember what you said and to follow up what you planned.

## Your and the physician's planning

This is especially important for me during my sick leave:

### Apply for sickness benefit from the Swedish Social Insurance Agency

Information about Swedish Social Insurance Agency's rules and how to apply for sickness benefit can be found on its website [forsakringskassan.se](https://forsakringskassan.se). There you can read more about what rights and obligations you have as a person on sick leave. The information is available in Swedish and English.

You can also call or book an appointment for a conversation with the Swedish Social Insurance Agency in several languages. Read more at [forsakringskassan.se/sprak](https://forsakringskassan.se/sprak).

### If you are a looking for work and have compensation via the Swedish Public Employment Service or the unemployment benefit fund.

On the Swedish Public Employment Service's website [arbetsformedlingen.se](https://arbetsformedlingen.se), you can get information about what applies. The information is available in several languages.

### If you have income support

For information about what applies to sick leave when you have income support, contact your municipality.

### Important to think about

- Your manager submits a notification of illness to the Swedish Social Insurance Agency and you must apply for sickness benefit. If you are not employed, you will have to make a notification of illness to the Swedish Social Insurance Agency.
- You can view your medical certificates by logging in with e-identification at [1177.se](https://1177.se).
- Make sure you have the correct information about the collective agreements and insurances that apply to your employment. Ask your manager or your union representative.