

Statutory Sick Pay (SSP)

By law, employers must pay Statutory Sick Pay (SSP) to employees and workers when they meet eligibility conditions, including when:

- they've been off sick for at least 4 days in a row (except when it's for self-isolation for [coronavirus](#)), including non-working days
- they earn on average at least £120 a week, before tax
- they've told their employer within any deadline the employer has set or within 7 days

Agency, casual and zero-hours workers can get SSP if they meet the eligibility conditions.

Find the full [SSP eligibility conditions on GOV.UK](#).

2. Coronavirus and Statutory Sick Pay

As of 13 March 2020, employees and workers must receive any Statutory Sick Pay (SSP) due to them from their first day of self-isolation if it's because:

- they have coronavirus
- they have coronavirus symptoms, for example a high temperature or new continuous cough
- someone in their household has coronavirus symptoms
- they've been told to 'shield' by the NHS because of an underlying health condition
- they've been told to self-isolate by a doctor or NHS 111
- they've been told to self-isolate by a government 'test and trace' service, because they've been in close contact with someone who tested positive ('NHS Test and Trace' in England, 'Test and Protect' in Scotland, or 'Test, trace, protect' in Wales)

Some employers can claim back up to 2 weeks' SSP they've paid to anyone because of coronavirus. [Find out more about claiming back SSP due to coronavirus on GOV.UK](#).

Employees who are in self-isolation need to follow their workplace's usual sickness reporting process.

Employees can 'self-certify' for the first 7 days off work. This means following their workplace process but not having to get a note from a doctor or NHS 111.

Those self-isolating due to coronavirus for more than 7 days can get an online self-isolation note from the:

- [NHS website](#)
- [NHS mobile phone app](#) – for those registered with a GP in England

[Find out more about sick pay for self-isolation.](#)

How much Statutory Sick Pay is

SSP is £95.85 a week and can be paid for up to 28 weeks. SSP must be paid from the fourth day of sickness.

The first 3 days of sickness

The first 3 days of sickness do not have to be paid, except when it's for self-isolation for [coronavirus](#). Check your employment contract or workplace's policy to see if they are paid or unpaid.

More about Statutory Sick Pay

You can find:

- [information about SSP on GOV.UK](#)
- for employers, [SSP for different employment types on GOV.UK](#)
- for employees, [SSP entitlement on the Citizens Advice website](#)

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