**A SICK DAY EMAIL TEMPLATE**

Here’s a standard [email template](https://www.careercontessa.com/resources/networking-email-templates/) that you can use for almost any form of sick day.

Hi [Your Boss’ Name],  
  
Due to a personal illness, I’m going to take a paid sick day today. I plan on checking my email periodically throughout the day but will let you know if my condition worsens and I need to go fully offline. I am going to email [Name of Colleague] to ask her to run the morning check-in meeting I scheduled with the team [or whatever else she needs to help cover].  
  
Please let me know if you have any questions. I hope to be back in the office tomorrow!  
  
Best,  
[Your Name]