

Travelling Safely Internationally from the UK

A Thrive Worldwide Resource

Before you travel please ensure that you are well enough to travel and have had no signs or symptoms of coronavirus in the last seven days.

If you are due to travel abroad, make sure you understand the:

- Personal and local COVID-19 risk (Thrive can help with this)
- Public health requirements of your destination country such as a needing a COVID-19 certificate
- Restrictions on re-entering the UK
- Need for adequate insurance
- Importance of checking that vaccines are up to date and you have malaria chemoprophylaxis (if appropriate)

Check your specific plans with your airline, ferry, train operator and accommodation provider, and where relevant with your travel insurance provider.

AT THE AIRPORT

Where possible, check-in online and check in baggage into the aircraft hold and minimise hand baggage. This will speed up boarding and disembarking and minimise risk of exposure / transmission.

- Non-passengers should only enter airports where needed. For example, accompanying or picking up a passenger requiring assistance or unaccompanied children.
- Remember to wash your hands regularly or use hand sanitiser, especially if touching any surfaces.
- Wear a face covering at the airport. You should remove face coverings if asked by the border control or airport security.
- You may have your temperature taken at the airport.
- Follow instructions from the airport and airline staff.
- Remember to social distance when walking around the airport.

ON BOARD AIRCRAFT

Your airline will give you information about the measures to limit and control COVID-19 on the plane. These may change with aircrafts and destinations.

- It is recommended that you wear face covering
- Avoid touching your eyes, nose and mouth with unwashed hands
- Limit movement around the aircraft but exercise your legs and ankles to encourage blood flow from your lower leg
- Avoid close contact with anyone who is unwell
- Make the cabin crew aware if you are feeling unwell

ARRIVING AT YOUR DESTINATION WHEN FINISHING YOUR JOURNEY:

- Follow all local guidance.
- Wash your hands for at least 20 seconds or sanitise your hands as soon as possible.
- You may need to have an exit screening including temperature taken and discussion about your health and travel history at your exit port in some countries and you may be denied entry if you are symptomatic.
- Some countries may take a COVID-19 PCR swab and require you to quarantine until the result is processed. Your transport provider may put measures in place to help you follow the public health guidance of the destination country. You should leave the port, airport or station as quickly as possible. Access to ports or airports may be limited to passengers, crew members and staff.

ARRIVING IN THE UK AND TRAVELLING HOME

On arriving in the UK, you should comply with border, immigration and self-isolation requirements. If you are entering the UK from outside the Common Travel Area (CTA) you will need to:

- Provide Journey and contact details before travelling to the UK
- Self-isolate for 14 days
- If you have any symptoms then self-isolate for 7 days. Only contact NHS 111 if symptoms worsen during home isolation or you are no better after 7 days.

These measures apply to anyone entering the UK, regardless of nationality or length of trip. There are specific exemptions in place.

FOR MORE INFORMATION

Essential international travel guidance

[gov.uk/guidance/coronavirus-covid-19-essential-international-travel-guidance](https://www.gov.uk/guidance/coronavirus-covid-19-essential-international-travel-guidance)

Guidance for British citizens travelling abroad

[gov.uk/guidance/travel-advice-novel-coronavirus](https://www.gov.uk/guidance/travel-advice-novel-coronavirus)

Guidance for passengers in airports and on aircraft

[gov.uk/guidance/coronavirus-covid-19-safer-air-travel-guidance-for-passengers](https://www.gov.uk/guidance/coronavirus-covid-19-safer-air-travel-guidance-for-passengers)

NaTHNaC Coronavirus: Advice for those returning from abroad
travelhealthpro.org.uk/news/514/coronavirus-covid-19-pandemic-advice-for-those-returning-from-abroad

Coronavirus (COVID-19): safer travel guidance for passengers
gov.uk/guidance/coronavirus-covid-19-safer-travel-guidance-for-passengers#travel-safely-during-the-coronavirus-outbreak

COVID-19 EXCEPTIONAL TRAVEL ADVISORY NOTICE:

The Foreign and Commonwealth Office (FCO) currently advises British nationals against all but essential international travel.

This advice is being kept under constant review.

See gov.uk/foreign-travel-advice

Thank you for accessing this resource.
For more resources and dedicated support:
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