



HM Government

# CORONAVIRUS

## JUST ARRIVED IN THE UK?



**You must self-isolate for 14 days if you have arrived from outside the UK.**

Head straight home. Only use public transport if you have no other option.

You should, where possible, self-isolate in one place for the full 14 days.

There are different requirements if you arrive from within the Common Travel Area (CTA: Ireland, Channel Islands and Isle of Man) and have spent less than 14 days there:

- » You will only be required to provide locator details and self-isolate if you entered the CTA within the last 14 days. You will only have to self-isolate until you have spent a total of 14 days in the CTA.
- » If you have been in another part of the CTA for longer than 14 days, you will not have to provide locator details or self-isolate.

You should, where possible, self-isolate in one place for the full 14 days.

Follow the guidance on [gov.uk/coronavirus](https://www.gov.uk/coronavirus)

**STAY ALERT ▶ CONTROL THE VIRUS ▶ SAVE LIVES**

HMGPHLDFT

## Advice for returning travellers

- » You need to complete a contact locator form at [gov.uk/uk-border-control](https://www.gov.uk/uk-border-control) to show at the border. If you fail to do this you may face prosecution or a fine.
- » Head straight home or to your accommodation.
- » Do not go to work, school, or public areas.
- » The people you are staying with do not need to self-isolate with you if they have not travelled from outside the UK or have been in the CTA for longer than 14 days before coming to England, unless you or a member of your household develop symptoms of coronavirus.
- » Some people are exempt from needing to self-isolate when they arrive in the UK, unless they have symptoms of coronavirus. Visit [gov.uk/coronavirus](https://www.gov.uk/coronavirus) for the list of groups.
- » You must safely self-isolate in your own accommodation.
- » If you cannot safely self-isolate, you should tell Border Force Officers when you arrive in the UK.
- » If you are travelling to the UK for less than 14 days you will be expected to self-isolate for the length of your stay.

Keep a safe distance (at least 2 metres) from others.

Wash your hands more often and for 20 seconds.

Use soap and water or a hand sanitiser:

- » **when you** get home
- » **after you** blow your nose, sneeze or cough
- » **before you** eat or handle food

Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze and throw the tissue away and then wash your hands or use sanitiser.