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

STAY ALERT  CONTROL THE VIRUS  SAVE LIVES

HMGPHELDFT
Advice for returning travellers

* You need to complete a contact locator form at [gov.uk/uk-border-control](https://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://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.

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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.