

COVID-19 - Travelling Safely after COVID-19

Travel safely during the coronavirus outbreak in and around the UK

You can help control coronavirus and travel safely by:

- face masks will be compulsory in shops and supermarkets from 24th July
- shopping locally and less often
- considering all other forms of transport, such as cycling and walking, before using public transport
- avoiding the busiest times and routes
- keeping your distance when your travel, where possible
- washing or sanitising your hands regularly
- **Areas under local lockdown in the UK** - You should only travel into, out of and within areas under local lockdown if your travel is essential.

You should not travel at all if you:

- are experiencing any coronavirus symptoms
- are self-isolating as a result of coronavirus symptoms or sharing a household or support bubble with somebody with symptoms
- are clinically extremely vulnerable and cannot shield during your journey
- have been advised by the NHS test and trace service that you should self-isolate
- If anyone in your household or support bubble has symptoms of coronavirus you should self-isolate.

Checklists for safer travel:

Plan your journey

- can I walk or cycle to my destination?
- have I checked the latest travel advice from my transport operator?
- have I booked my travel ticket online, bought a pass or checked if contactless payment is possible?
- have I planned my journey to minimise crowded areas and allow for delays?
- am I taking the most direct route to my destination?

What to take with you

- a face covering -for longer journeys, take more than one face covering and a plastic bag for used face coverings
- a plan for the journey
- tickets, contactless payment card or pass
- phone, if needed for travel updates, tickets, contactless payments
- hand sanitiser
- essential medicines
- tissues

International travel restrictions

As the international response to the Covid-19 pandemic continues, the public's health and safety continues to be the UK Government's priority. The government is satisfied that it is now safe to ease these measures in England and has introduced travel corridor exemptions for some countries and territories.

The Foreign and Commonwealth Office (FCO) currently advises British nationals against all but essential international travel. Travel to some countries and territories is currently exempted. This advice is being kept under constant review.

Travel disruption is still possible and national control measures may be brought in with little notice. Check [FCO coronavirus travel guidance](#).

From 8 June 2020, if you're a resident or visitor travelling to the UK, you must:

- provide your journey and contact details
- not leave the place you're staying for the first 14 days you're in the UK except in very limited situations (known as 'self-isolating')

From 10 July 2020 you **will not** have to self-isolate when you arrive in England, Scotland or Wales if you:

- are travelling or returning from one of the travel corridor countries for each respective nation - please check before travelling

[England travel corridor countries](#)

[Scotland travel corridor countries](#)

[Wales travel corridor countries](#)

- have not been to or stopped in a country that's not on the travel corridor list for that nation in the previous 14 days. Coronavirus regulations mean that you must self-isolate for 14 days if you arrive in the UK from a country outside the [common travel area](#).

This applies to all international travel to England, Scotland and Wales by train, ferry, coach, air or any other route.

If you have **been to or stopped** in a country that's not on the travel corridor list **you will** have to self-isolate until 14 days have passed since you left that country.

England, Northern Ireland, Scotland and Wales have different timelines for the reopening of tourism businesses and facilities.

If you have coronavirus symptoms

- Do not travel if you have coronavirus symptoms.
- Tell a member of the staff or crew if you develop symptoms while travelling.

Arrival in the UK

It is the law that you must wear a face covering when travelling in England on public transport and you could face a fine if you do not. [Scotland](#), [Wales](#) and [Northern Ireland](#) have different rules and laws from England.

Before your arrival in the UK, you must complete a [passenger locator form](#). You must present these details on your arrival in England. This applies to both visitors and UK residents. There are a small number of [groups of people who are exempt](#).

Countries and territories with no self-isolation on arrival in England

Unless you have visited or made a transit stop in any other country or territory in the preceding 14 days, you don't need to self-isolate when you arrive in England from the following countries and territories:

- [Akrotiri and Dhekelia](#)
- [Andorra](#)
- [Anguilla](#)
- [Antigua and Barbuda](#)
- [Aruba](#)
- [Australia](#)
- [Austria](#)
- [The Bahamas](#)
- [Barbados](#)
- [Belgium](#)
- [Bermuda](#)
- [Bonaire, St Eustatius and Saba](#)
- [British Antarctic Territory](#)
- [British Indian Ocean Territory](#)
- [British Virgin Islands](#)
- [Cayman Islands](#)
- [The Channel Islands](#)
- [Croatia](#)
- [Curaçao](#)
- [Cyprus](#)
- [Czech Republic](#)
- [Denmark](#)
- [Dominica](#)
- [Falkland Islands](#)
- [Faroe Islands](#)
- [Fiji](#)
- [Finland](#)
- [France](#)
- [French Polynesia](#)
- [Gibraltar](#)
- [Germany](#)
- [Greece](#)
- [Greenland](#)
- [Grenada](#)
- [Guadeloupe](#)
- [Hong Kong](#)
- [Hungary](#)
- [Iceland](#)
- [Ireland](#)
- [The Isle of Man](#)
- [Italy](#)
- [Jamaica](#)
- [Japan](#)
- [Liechtenstein](#)
- [Lithuania](#)
- [Luxembourg](#)
- [Macao \(Macau\)](#)
- [Malta](#)
- [Mauritius](#)
- [Monaco](#)
- [Montserrat](#)
- [The Netherlands](#)
- [New Caledonia](#)
- [New Zealand](#)
- [Norway](#)
- [Pitcairn, Henderson, Ducie and Oeno Islands](#)
- [Poland](#)
- [Reunion](#)
- [San Marino](#)
- [Seychelles](#)
- [South Korea](#)
- [South Georgia and the South Sandwich Islands](#)
- [Spain](#)
- [St Barthélemy](#)
- [St Helena, Ascension and Tristan da Cunha](#)
- [St Kitts and Nevis](#)
- [St Lucia](#)
- [St Pierre and Miquelon](#)
- [Switzerland](#)
- [Taiwan](#)
- [Trinidad and Tobago](#)
- [Turkey](#)
- [Turks and Caicos Islands](#)
- [Vatican City State](#)
- [Vietnam](#)

This list may be added to over the coming days following further discussions between the UK and international partners.

Travel guidance –

<https://www.gov.uk/guidance/coronavirus-covid-19-safer-travel-guidance-for-passengers#history>

Travel corridors –

<https://www.gov.uk/guidance/coronavirus-covid-19-travel-corridors>

If you feel you may need some support, you can contact Care first. Care first is a leading provider of confidential, professional counselling, information and advice services. All employees are eligible to use Care first, our services include; telephone counselling, information services and online support. Call Care first on the Freephone number provided by your organisation and you can speak to a professional in confidence.

If you would like to view the Webinar on **‘Traveling safely after COVID-19’** this is being delivered live on Thursday 23rd July at 2pm, please use the below link to register for this session -

<https://attendee.gotowebinar.com/register/4903873945219925263>

If you are unable to join the webinar live, a recording of the session can be accessed using the same link above after the webinar has taken place.