



ARRIVING IN THE UK - WHAT YOU NEED TO KNOW

Last update: 15th February 2021

ARRIVING IN THE UK

- All arrivals must have proof of a negative coronavirus test to enter the UK.
- All arrivals must complete a [passenger locator form](#) before arrival.
- All arrivals will be required to take a COVID test on day 2 and day 8 after arrival. These must be paid for in advance.
- All arrivals must quarantine for 10 days. There are different rules when arriving in the UK depending on where you are coming from. You will either have to:
 - quarantine in the place you're staying for 10 days, or
 - quarantine in a government approved hotel for 10 days
- The rules on arrival are slightly different for [England](#), [Scotland](#), [Wales](#) and [Northern Ireland](#).

NO FLY LIST

- Arrivals from the government's '[no fly list](#)' cannot come into the UK unless you are a British or Irish National, or you have residence rights in the UK.
- If you are a British or Irish National, or you have residence rights in the UK you will be allowed to enter, but you must book and pay to stay in a quarantine hotel for 10 days.

WHAT YOU NEED TO DO

We have prepared an overview of the steps you must take when travelling to the England. See our guides here:



If you are arriving in England from a country **not** on the no-fly list, [see page 3](#).



If you are arriving in England from a country that **is** on the no-fly list, [see page 4](#).

USEFUL LINKS



[Coronavirus Testing for people travelling to England.](#)



[Government guidance on coronavirus \(COVID-19\)](#)



[NHS \(National Health Service\) guidance on COVID-19](#)



[Travel-ban country list – known as the 'red list'](#)



[Current COVID statistics for the UK](#)

CONSIDERATIONS

You should make sure you plan for your time in quarantine as this will impact you in several ways over the 10 days. Some of the key things you should consider are below, and we have included further resources in this guide to help you prepare for and manage being in quarantine.

Food

You should try and have food delivered or arrange for someone to do shopping for you and bring it to where you are in quarantine. We have prepared some guidance here.

Exercise

You should not leave your property to exercise. You are only permitted to exercise within the property.

Medicine and health needs

You should try and have any medication delivered to you.

RSS CAN HELP

If you require assistance whilst self-isolating, Relocation Support Services will be able to help.

Please contact us to discuss:

Tel: +44(0) 1628 631111

Email: info@relocationsupport.co.uk

TRAVELLING TO ENGLAND - WHAT YOU NEED TO DO

What you need to do when arriving from a country that is not on the government's no fly list. *There are different rules when arriving from a country on the red list.*

BEFORE YOU TRAVEL



COVID TEST

You must have a negative COVID test result within 3 days of arrival.

BOOK

Book a **travel test package** to pay for your COVID tests on day 2 and 8 of quarantine – this costs £210.

COMPLETE

a **public health passenger locator form**.

ARRIVAL



YOU MUST:

- Have the documentation ready for inspection.
- Go straight to the place you are staying.
- Wear a facemask if using public transport.

QUARANTINE FOR 10 DAYS



DAY 0

You must self-isolate at the address you provided on the Public Health Passenger Locator form.

DAY 2

You must take a COVID test on day 2.

DAY 8

You must take a COVID test on day 8.

DAY 10

If you do not have symptoms after 10 days, you can stop self-isolating.

You must follow [national lockdown rules](#)

QUARANTINING

You must quarantine in one place for the full quarantine period. This must be at the address you provided on the **passenger locator form**.

This can be:

- your own home
- staying with friends or family
- a hotel or other temporary accommodation

You cannot leave the premises where you are in quarantine. This means:

- You cannot go out to work or school.
- You cannot visit family or friends who do not live in the premises where you quarantine.
- You must only exercise in your home or garden.
- You should arrange to have food delivered where possible.

TEST TO RELEASE

An optional step – if you wish to shorten your 10 day quarantine, [you can pay to take a private COVID test after being in England for 5 full days](#). If you receive a negative result, you can stop quarantine.

TRAVELLING TO ENGLAND FROM A TRAVEL BANNED COUNTRY

If you have been to or travelled through one of the countries on the [travel ban red list](#) you will not be allowed to enter the UK, unless you are a British or Irish National, or you have residence rights in the UK. *If you are a British or Irish National, or you have residence rights in the UK, you will be able to enter and the below will apply.*

BEFORE YOU TRAVEL



COVID TEST

You must have a negative COVID test result within 3 days of arrival.

BOOK

book a managed quarantine hotel where you will quarantine. This costs £1,750 and includes the cost of COVID tests on day 2 and day 8.

COMPLETE

a public health passenger locator form.

ARRIVAL



YOU MUST:

Travel to your managed quarantine hotel by the transport specified in your quarantine package and **not** by public or private transport. You will be escorted through the airport.

QUARANTINE FOR 10 DAYS



DAY 0

You must self-isolate in the hotel room for 10 days. You will not be able to leave your room, with a few exceptions.

DAY 2

You must take a COVID test on day 2.

DAY 8

You must take a COVID test on day 8.

DAY 10

If you do not have symptoms after 10 days, you can leave quarantine. You will be transported back to the airport. You must follow [national lockdown rules](#)

QUARANTINE HOTEL PACKAGE

The quarantine hotel package includes the costs of transport from the port of arrival to the designated hotel, food, accommodation, security, other essential services and COVID testing. For more info about quarantine hotels, see [here](#).

ARRIVING IN ENGLAND

If you are travelling from a red list country, you can only arrive in one of the designated airports. [Here is the current list](#).

If you are required to quarantine in a managed quarantine hotel and do not arrive in England at one of the designated ports of entry, you may face a penalty of up to £10,000 and will be charged for the cost of transportation to the nearest designated port or entry.

FOOD DELIVERY



You should make plans for having food delivered during the period of quarantine. You should not leave the property to buy food unless it is not possible to have food delivered.

GROCERY DELIVERY

Most of the main UK supermarkets offer delivery services, which are an easy and convenient way to get groceries delivered to your home. Click the icons below to be taken to the relevant websites for each.



TAKE AWAY

There are several services that allow you to order food to be delivered to your door. These usually deliver from local restaurants and fast-food outlets, though some will also deliver groceries from near-by shops.

These services are not all available nationwide so you will need to check which ones operate in your area. Click each icon to be taken to their website where you can enter your postcode to see if they operate in your area.



OUR ADVICE

These are some tips for ensuring you have sufficient food whilst in quarantine:

- **PICK UP PROVISIONS AT THE AIRPORT:**

As you leave the airport pick up some supplies to tide you over. Look out for M&S Food, which are a great option, they offer a very good selection of fresh food, ready meals, bread, milk, wine and beer.



- **SET UP ACCOUNTS FOR SUPERMARKET GROCERY DELIVERY AHEAD OF TIME.**

Use the links to the left to set up accounts so you can start shopping online and book a delivery slot. Some require a UK credit/debit card, so we recommend trying [Sainsburys](#) if you do not yet have a UK card.

- **MAKE USE OF FOOD DELIVERY SERVICES.**

Utilize food delivery services. As well as the usual take-away options, many offer deliveries from local, quality restaurants, and cab also deliver items from local grocery shops.

HEALTH, MEDICINE & WELLBEING



THE NHS

The NHS (National Health Service) has full information and advice on coronavirus, including what to do if you require medical care for matters not related to COVID-19.

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

EMERGENCY

999 is the emergency number in the UK. Call this for genuine emergencies where this is an immediate threat to life. If there is no immediate threat to life, call the NHS 111 by **dialling 111** to get health and medical advice.

IF YOU SUSPECT YOU HAVE CORONAVIRUS

If you have coronavirus symptoms, get advice from the NHS 111 coronavirus service by **dialling 111** or online: <https://111.nhs.uk/>

PHARMACIES

Pharmacists are experts in medicines and can help you with minor health concerns.

You should get your medicines delivered or ask someone to collect them where possible. You can [order repeat prescriptions online](#).

Try to call your pharmacy or contact them online before going in person.

Do not go to a pharmacy if:

- you have [symptoms of coronavirus](#) (a high temperature, a new, continuous cough or a loss or change to your sense of smell or taste)
- you live with someone who has symptoms.
- you are at high risk from coronavirus.

COPING WITH SELF ISOLATION

Staying at home may be difficult, frustrating or lonely, but there [are things that you can do to help make it easier](#).

NHS Volunteer Responders are also on hand to have a friendly chat. If you would like a telephone 'check in and chat' please call 0808 196 3646 (8am to 8pm) to arrange volunteer support.