

# INTERNATIONAL TRAVEL GUIDANCE



You **must show proof** of a **negative COVID-19 test** taken no more than **3 days before** your departure, unless you're exempt.



All arrivals must complete the **Passenger Locator Form** before entering the UK.



All passengers arriving in the UK are **required to self-isolate** for ten days, regardless of the test result.



If you **opted-in to the Test to Release Scheme**, you may take a test at **home** or at a **private test centre** from day 5 of your self-isolation.

**STAY HOME ▶ PROTECT THE NHS ▶ SAVE LIVES**