ARRIVING IN THE UK FROM ABROAD

Prior to arriving in the UK

Before you travel, you should provide your journey, contact details and the address where you will self-isolate. You will be able to [complete the public health passenger locator form](#) 48 hours before you arrive. You must present these details on your arrival in the UK.

You must present a negative Covid-19 test before you embark from your destination, taken in the 72 hours prior to you leaving.

You should not travel if you have the [symptoms of coronavirus.](#)

Arriving in England after 19 July 2021

Before you embark on your journey to England, you must present a negative Covid-19 test, taken within the previous 72 hours. You must complete a [Passenger Locator Form](#).

If you are arriving in England from a country on the [Red List](#) then you must purchase a hotel quarantine package and self isolate there for 10 days. You will be tested on Day 2 and Day 8 of your quarantine.

If you are arriving in England from any country on the [Amber List](#), if you have not been fully vaccinated under the UK vaccination programme, or have been to a red list country in the last 10 days you will be required to make your way to a 'safe' space to quarantine for 10 days. You must book 2 tests to take on Day 2 and Day 8 of your quarantine. Please click [here](#) for further information.

You may be able to end your self isolation under the *Test to Release* scheme. See further details [here](#). **NB this is only available in England.**

From 19 July 2019 If you have been [fully vaccinated with a NHS vaccine](#) and you arriving from an [Amber List](#) country then you do not need to quarantine on arrival back in England. You will be required to take a test a PCR test on Day 2 of your return to England. You can purchase a Day 2 test [here](#).

If you are arriving from a [Green](#) List country then you do not need to quarantine, but you must take a Day 2 Covid test. You can purchase a Day 2 test [here](#).

Arriving in Scotland after 19 July 2021

Before you embark on your journey to Scotland, you must present a negative Covid-19 test, taken within the previous 72 hours. You must complete a [Passenger Locator Form](#).

If you are arriving in Scotland from a country on the [Red List](#) then you must purchase a [hotel quarantine package](#) and self isolate there for 10 days. You will be tested on Day 2 and Day 8 of your quarantine.

If you are arriving in Scotland from any country on the [Amber List](#), if you have not been fully vaccinated under the UK vaccination programme, or have been to a red list country in the last 10

days you will be required to make your way to a 'safe' space to quarantine for 10 days. You must book 2 tests to take on Day 2 and Day 8 of your quarantine. Please click here for further information.

From 19 July 2019 If you are arriving in Scotland from an Amber List have been fully vaccinated with a NHS vaccine and you arriving from an Amber List country then you do not need to quarantine on arrival back in the UK. You will be required to take a test a PCR test on Day 2 of your return to the UK. You can purchase a Day 2 test here.

If you are arriving in Scotland from a Green List country then you do not need to quarantine, but you must take a Day 2 Covid test. You can purchase a test here.

YOU CAN BE FINED IF YOU DO NOT SELF-ISOLATE (UP TO £10,000 IN ENGLAND AND UP TO £960 IN SCOTLAND). PERSISTANT OFFENDERS MAY BE PROSECUTED.

Please note that you may be refused permission to enter the UK (if you are not a British Citizen), or fined if you do not provide your contact details or if you do not self isolate when you arrive in the UK. You may be fined up to £500 if you fail to provide a negative Covid test on arrival into the UK.

How to travel to the place where you are self-isolating

If you develop Coronavirus symptoms whilst you are travelling immediately alert the crew or driver on your plane, train, boat or bus. They will then advise you what to do.

When you arrive in the UK go straight to your accommodation. Only use public transport if you absolutely have to. If you do have to use public transport you are required to remain 2 metres away from other people. You must use a face covering to cover your nose and mouth. **If you have any coronavirus symptoms you will not be permitted to travel on public transport.**

If you have purchased a quarantine hotel package then then transport will be arranged.

How to self-isolate at Capitol Students

If possible please let Capitol Students' staff at your scheme know that you are intending to travel and when you will arrive.

Upon arrival, you will need to go to reception in order to ensure that your key has been updated and you can get into your room. Please ensure that you are wearing a face covering. If possible do not use the lift however, if you must, only use the lift if there is no one else in it.

Living in a studio:

- You must not leave your room for 10 days (unless to visit a doctor or hospital or in case of a real fire alarm).
- You are not permitted to use any communal areas.
- Please let Capitol Students' staff know that you are self-isolating due to arriving in the UK from abroad.
- Do not invite friends or family to enter your room.
- Capitol Students' staff will assist you with grocery delivery, food delivery and waste removal (please see 'Guidelines for assisting a resident who is self-isolating').
- Capitol Students' staff are required, by law, to report anyone not adhering to the 10 day quarantine period, which may result in a £10,000 fine in England (£480 in Scotland)

Living in a cluster flat:

- You must not leave your cluster flat for 10 days.
- You are permitted to use the shared kitchen when necessary however we require you to adhere to the following guidelines:
    - do not use the shared kitchen when there are others present;
    - wear a facemask at all times when in the kitchen;
    - take your meal back to your room to eat;
    - keep your crockery and cutlery separate from your flatmate's;
    - wash all used cutlery and crockery in warm, soapy water and use your own tea towel to dry them.
    - clean all surfaces thoroughly with disinfectant after use.
- Limit all contact between yourself and your flatmates.
- Your flatmates do not need to stay at home, unless they travelled with you.

Support during your quarantine period

We understand that you may find it difficult to quarantine in your room for 10 days. Capitol Students' staff are on hand to help you as much as possible with practical matters such as grocery and food delivery and waste removal. If you are struggling mentally please contact a member of staff and we will be happy to do what we can to help you. We have a member of staff on site 24 hours a day so there is always someone to speak to!

You can also visit https://www.nhs.uk/oneyou/every-mind-matters/ for mental health advice.

The NHS Volunteer Responders are also available to speak to you if you wish to use their 'check and chat' service. Call 0808 196 3646 (8am – 8pm).

If you do develop Coronavirus symptoms during your quarantine period

If you develop any of the following symptoms:

- a new continuous cough;
- high temperature;
- loss or change to your sense of smell or taste.

You must continue to self-isolate in your room for 10 days from when you first experienced symptoms. If you live in a cluster flat, all your flatmates will be required to self-isolate for 10 days from the first day you showed symptoms.

You should apply for a test if you have any symptoms of Coronavirus by registering for a test on the NHS website. Capitol Students' staff will assist if you have any issues.

If you test positive you will be required to give details of anyone you may have come in contact to the NHS test and trace service.

If your symptoms become worse or you feel you cannot cope with them at home please use the NHS 111 online coronavirus service. Alternatively you can call NHS 111. If you feel it is a medical emergency call 999.