



Relocation
Support Services

ARRIVING IN THE UK -
WHAT YOU NEED TO KNOW

ARRIVING IN THE UK

There are different rules when arriving in the UK depending on which country you are travelling from.

- Arrivals to the UK must self-isolate for 14 days unless they are travelling from a country on the Government's '**Travel Corridor**' list.
- Where self-isolation is required, you must travel directly to the property you have nominated to self-isolate in.
- You must then remain in self-isolation in that property for 14 days. Fines can be issued if you do not self-isolate.
- After the 14 days you can cease self-isolation as long as you do not have symptoms.
- If you arrive from a country on the travel corridor list, self-isolation is not required.
- Use the link below to check the current Travel Corridor list of countries.
- *This list is subject to change and may be updated by the Government without warning.*

QUICK LINKS



[Coronavirus Travel Corridors](#)



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



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

WHAT YOU NEED TO DO

BEFORE YOU TRAVEL

Check whether you will be required to self-isolate on arrival in the UK and make plans accordingly. All arrivals will need to complete a **Public Health Passenger Locator Form**. This will ask for details about yourself as well as details on where you will be staying and how you will be getting there.

ON ARRIVAL TO THE UK

If you are required to isolate, go straight to the place you are staying. You should only use public transport if you have no other option. If you do use public transport, you must wear a face covering.

HOW TO SELF ISOLATE

You should self-isolate in one place for the full 14 days, where you can have food and other necessities delivered, and stay away from others. You must self-isolate at the address you provided on the public health passenger locator form.

AFTER 14 DAYS

If you do not have symptoms you can stop self-isolating after 14 days.

CONSIDERATIONS

You should make sure you plan for your time in self isolation as this will impact you in several ways over the 14 days. Some of the key things you need to make sure you consider are below, and we have included further resources in this document to help you manage being in self isolation.

Food

You should try and have food delivered or arrange for someone to do shopping for you and bring it to where you are self-isolating. In exceptional circumstances where this is not possible, you can leave the property to get food yourself.

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

FOOD DELIVERY WHILE ISOLATING



GROCERY DELIVERERS

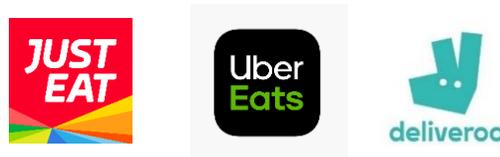
You should try to have food delivered where possible as you are only allowed to leave the property you are isolating in for exceptional circumstances. Most of the main UK supermarkets offer delivery services, which are an easy and convenient way to get groceries delivered to your home. The icons on the right are the major UK supermarkets that deliver. Click the logos to be taken to the relevant websites for each.



TAKE-AWAY FOOD DELIVERY

There are several services that allow you to order food to be delivered to your door.

We've compiled a list of the main delivery services. 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.



HOW TO SET UP ONLINE GROCERY DELIVERIES:

1. Check which supermarkets deliver to your property
Click each logo to be taken to the relevant website where you input your postcode to check they deliver to your area
2. Sign up for an account
Use the website to sign up for an account using your details. This only takes a few moments to do.
3. Book a delivery slot
4. Add food to your order

Notes:

- Availability of delivery slots varies across the UK. Some locations and some supermarkets still have limited delivery slots as the slots are in such high demand. If this is the case, you may need to try multiple times until you are successful in booking a slot.
- Some Supermarkets may ration certain items where stock is limited.

RSS CAN HELP

If you require assistance with groceries, RSS can go shopping and deliver groceries to the property you are self-isolating in.

Please contact us to discuss:

Tel: +44(0) 1628 631111

Email: info@relocationsupport.co.uk

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.