

The Health Protection (Coronavirus) (International Travel) (Scotland) Regulations 2020

What is this easy read about?



Coronavirus has meant lots of changes

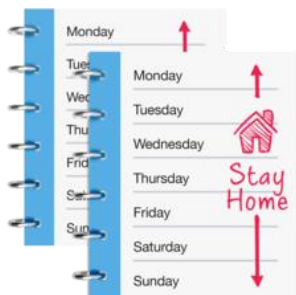


There are now changes for people coming into the UK

These changes are for people who live here and who are visiting

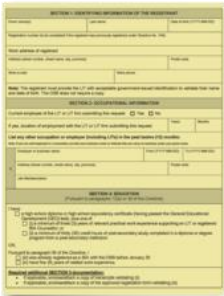


You need to provide contact details when you come to the UK



You must self-isolate in the place you are staying for 14 days. This means you must stay in this place

What should I do before I arrive?



Before you travel you need to provide details of your journey on an online form



This will be information like your passport number



This will be information like which airline you are flying with



This will be information like your booking reference



The booking reference is some numbers and letters written on your ticket and e-mail



You will need the address of the place of where you are staying. This might be with friends or at a hotel.



You need to provide these details on this online form

<https://www.gov.uk/provide-journey-contact-details-before-travel-uk>



You could get a fine of **£60** if you do not complete this form,



You could be fined a higher amount of money or you could have to go to Court if you keep breaking the rules.

What should I do during my journey?

Signs of coronavirus are:



A cough

Feeling hot



Changes to your taste or smell



If you develop any of these signs please tell the crew or driver



The crew or driver will then tell the station that you are coming and will need help



When you arrive go straight to the place you are staying



Only use public transport if you have to



Wear a face covering if you do use public transport



You will not be allowed to use public transport if you have signs of illness from coronavirus



You must provide details of any overnight stops you take when you are in the UK



How do I stay in the same place for 14 days?

You can stay in different types of places when you self-isolate for 14 days



You can stay in your house



You can stay with family and friends



You can stay in a hotel





If you do not have anybody that can help you can phone the national assistance helpline on 0800 111 4000



You can only leave the place you are staying if you have a very important reason like an emergency



You can leave if you need to get food and medicine because nobody can bring you some



You can leave for something you have to do for a legal reason



You change the place where you are staying for a legal reason



This might be because a child needs to move house because of shared custody



An easy read guide on how to self-isolate and stay in one place can be found at <https://www.nhsinform.scot/translations/formats/easy-read/coronavirus-covid-19>



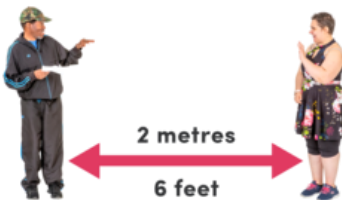
If you don't comply with self-isolation guidance and stay in one place you could get a **fine of £480**.



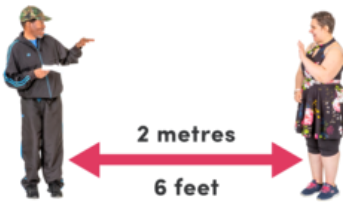
You could be fined a higher amount of money or you could have to go to Court if you keep breaking the rules.

What should I do in the place where I am staying?

You should avoid being close to the people you are staying with



Stay away from friends and family if you are staying with them



If you are in a hotel stay away from other people



An easy read guide with advice on how to stay away from other people can be found at <https://www.nhsinform.scot/translations/formats/easy-read/coronavirus-covid-19>



What are the exemptions to these rules?

There are reasons why you do not need to follow these rules. These are called exemptions.





People who are doing special jobs do not need to stay and self isolate in the same place for 14 days when they come to the UK



A list of these special jobs can be found here <https://www.gov.uk/government/publications/coronaviruses-covid-19-travellers-exempt-from-uk-border-rules/coronavirus-covid-19-travellers-exempt-from-uk-border-rules>

What if I come from the Common Travel Area?

There is a group of places called the Common Travel Area.

These places are:



The United Kingdom



Ireland



The Isle of Man



The Channel Islands



You do not need to fill in the online form if you are coming from these countries



But you do need to fill in the form if you were somewhere else less than fourteen days before coming to the UK



Say you were in another country and then went to Ireland and then came to the UK. You do need to fill in a form

What happens after 14 days?



If you do not have any signs of illness from coronavirus after 14 days you can stop self-isolating at the same place



You still need to follow the rules. These can be found here <https://www.gov.scot/coronavirus-covid-19/>