

Travelling Safely after COVID-19

[Travel safely during the coronavirus outbreak in and around the UK](#)

An easy to use guide can be found here: [Travel Guide](#)

If you're going to travel, plan ahead and travel safely. This means you should:

- check the rules on what you can and cannot do
- check your route before you leave
- walk or cycle if possible
- follow the guidance on the safe use of public transport
- follow the guidance on the safe use of private cars and other vehicles – where possible only car share with members of your own household or support bubble
- download the NHS COVID-19 app before you travel, if possible, and check in where you see official NHS COVID-19 QR code posters

Help keep yourself, other passengers and transport staff safe by taking the following precautions:

- maintain social distancing
- limit the number of people or households that you come into contact with, for example, by avoiding the busiest routes, as well as busy times, such as the rush hour
- wash or sanitise your hands regularly
- avoid touching your face
- cover your mouth and nose with a tissue or the inside of your elbow when coughing or sneezing
- travel side by side or behind other people, rather than facing them, where seating arrangements allow
- only touch surfaces where required for safe travel
- stay outdoors, rather than indoors, where possible
- minimise the time spent close to other people, where possible
- avoid loud talking, shouting or singing
- dispose of waste safely, including items such as used disposable face coverings
- You must wear a [face covering](#) on public transport and in substantially enclosed areas of transport hubs in England, unless you are exempt.

You should follow this guidance even if you have been vaccinated, as you could still spread COVID-19 to others. Check the guidance on [what to expect after your vaccination](#).

You must not travel at all if you:

- have been told by the [NHS Test and Trace service to self-isolate](#)
- are experiencing any [coronavirus \(COVID-19\) symptoms](#)
- are [self-isolating](#) as a result of COVID-19 symptoms or sharing a household or [support bubble](#) with somebody with [symptoms](#)

This guidance applies to England only. See:

- [guidance for Northern Ireland](#)
- [guidance for Scotland](#)
- [guidance for Wales](#)

Checklists for safer travel:

Plan your journey

- can I walk or cycle to my destination?
- have I checked the latest travel advice from my transport operator?
- have I booked my travel ticket online, bought a pass or checked if contactless payment is possible?
- have I planned my journey to minimise crowded areas and allow for delays?
- am I taking the most direct route to my destination.

What to take with you

- a face covering -for longer journeys, take more than one face covering and a plastic bag for used face coverings
- a plan for the journey
- tickets, contactless payment card or pass
- phone, if needed for travel updates, tickets, contactless payments
- hand sanitiser
- essential medicines
- tissue

Travelling abroad

You can leave England to travel internationally but you should check which countries are on the red, amber and green lists for entering England before travelling abroad.

If you have received 2 doses of a vaccine you may be required to demonstrate your vaccination status depending on which country you are travelling to.

Different rules apply in Northern Ireland, Scotland and Wales.

If you are traveling internationally, even if you are returning to a place you've visited before, you should look at the rules and public health advice at your destination and the FCDO travel advice.

Entry restrictions

There are restrictions in place on travel to some countries and what you can do when you are there. For example, you may need proof of a negative COVID-19 test to travel to some countries.

Before you travel, you should:

- Check [government travel advice for the latest information on COVID-19 entry requirements and travel warnings](#) for the country you are travelling to.
- make sure you understand the [restrictions on re-entering the UK](#)

Also read the following guidance:

- [guidance for British citizens travelling abroad](#)
- [guidance for passengers in airports and on aircraft](#)