



COVID-19 and TRAVELLING ABROAD

Dear Traveller

Within your recent travel consultation, the healthcare professional will have undertaken a pre-travel risk assessment and advised you on many risks and the management of such for your trip, recommended any appropriate travel vaccines and malaria advice if needed and given you resources to increase your knowledge to protect your health when abroad.

In these continuing uncertain times COVID-19 may also be a risk and there is a significant amount of knowledge required to enable you to travel safely. If you saw a nurse in General Practice, such individuals cover so many areas of care that it is not reasonable to expect them to have detailed knowledge on aspects such as entry and testing requirements for different destinations, vaccine status evidence etc. especially as the global picture is changing all the time. If you attended a private setting such as a private travel clinic, then they may be able to provide a little more information. However, the specifics for your trip are your responsibility.

Below are some useful resources to help you find out more:

1. Foreign, Commonwealth and Development Office (FCDO) Travel Advice <https://www.gov.uk/foreign-travel-advice>
2. UK Government Travel Abroad: Step by Step [Travel abroad: step by step - GOV.UK \(www.gov.uk\)](https://www.gov.uk/travel-abroad-step-by-step)
3. COVID-19: General Advice for Travellers from the National Travel Health Network and Centre (NaTHNaC) [NaTHNaC - COVID-19: general advice for travellers \(travelhealthpro.org.uk\)](https://www.travelhealthpro.org.uk/na-th-na-c-covid-19-general-advice-for-travellers)
4. COVID-19: Health Considerations for Travel from Fitfortravel (Public Health Scotland) <https://www.fitfortravel.nhs.uk/advice/disease-prevention-advice/covid-19-health-considerations-for-travel>
5. KnowAsYouGo App (free to use) <https://linktr.ee/knowasyougo>

Remember, it is vital to take out travel insurance, ensuring that this covers you for any COVID-19 related complications at all. Make sure you ask the insurance company about this. To see general travel health resources and more COVID links, see <https://www.janechiodini.co.uk/help/tar/>

We hope this leaflet helps you to have a safe trip!