



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.

COVID-19 may also be a risk in another country 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 requirements for different countries, vaccine status evidence etc. especially as the global picture is changing all the time. If you attend a 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:

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| 1. Foreign, Commonwealth and Development Office (FCDO) Travel Advice and see Coronavirus information on the country specific page. | Foreign travel advice - GOV.UK (www.gov.uk) |
| 2. UK Government COVID-19 guidance has a travel section | COVID-19: guidance and support - GOV.UK (www.gov.uk) |
| 2. COVID-19: General Advice for Travellers from the National Travel Health Network and Centre | NaTHNaC - COVID-19: general advice for travellers (travelhealthpro.org.uk) |
| 4. NaTHNaC e mail enquiry service for COVID-19 entry requirements (scroll down the page) | NaTHNaC - Contact Us (travelhealthpro.org.uk) |
| 5. COVID-19: Health Considerations for Travel from Fitfortravel (Public Health Scotland) | COVID-19: Health Considerations for Travel - Fit for Travel |

Remember, it is vital to take out travel insurance, ensuring that you consider cover 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!