

AT A GLANCE GUIDE FOR ARRIVALS TO THE UK FOLLOWING IMPLEMENTATION OF THE 'TRAFFIC LIGHT SYSTEM'



MEASURE REQUIRED	GREEN	AMBER	RED
COMPLETE A PASSENGER LOCATOR FORM WITHIN 48 HOURS OF ARRIVAL	✓	✓	✓
PRE-DEPARTURE TEST AT DESTINATION WITHIN 72 HOURS OF TRAVEL	✓	✓	✓
MANDATORY PCR TEST UPON ENTRY TO UK-ON/BEFORE DAY 2	✓	✓	✓
MANDATORY ADDITIONAL PCR TESTING	✗	Required on day 8. From 19 th July no longer required for fully vaccinated UK residents.	Required on day 8
SELF ISOLATION	✗	For 10 days at a defined address. From 19 th July no longer required for fully vaccinated UK residents.	✗
TEST-TO-RELEASE (OPTIONAL)	Not required	Complete on Day 5	✗
HOTEL QUARANTINE	✗	✗	For 10 days at a Government managed location

KEY STEPS FOR TRAVELLING TO THE UK

It is the responsibility of all passengers to check and understand the current UK Government requirements as it applies to them. More information can be found on the [gov.uk](https://www.gov.uk) website. All passengers, with a limited number of exceptions, travelling to the UK must complete the following steps before departure:

1



All persons (including UK nationals and residents) arriving into or transiting through the UK from outside the [common travel area](#) must provide proof of a negative COVID-19 test taken within 3 days of departure to the UK. Results must be in English, French or Spanish. For further information please visit: [gov.uk](https://www.gov.uk).

2



To protect your health and others', everyone travelling to and transiting through the UK must complete an online [passenger locator form](#). You can submit the form any time in the 48 hours before you arrive in the UK. You'll need to show your form when you check in for your flight to travel to the UK. To complete the Passenger Locator Form, you need your booking reference for your testing and quarantine arrangements. You'll also need to add your flight and seat numbers.

3



All arrivals from a green list country are not required to quarantine on arrival. All arrivals from an amber list country must quarantine for 10 days on arrival unless exempt. From the 19th July, fully vaccinated UK residents will no longer need to quarantine when returning from an amber list country. If you have travelled through a [red list country](#) in the last 10 days, you must have a valid [managed quarantine facility](#) booked prior to departure. For information please visit: [gov.uk](https://www.gov.uk). Check the list of [exempt countries](#) immediately before travel.

4



Everyone arriving from a green list country is required to take a coronavirus PCR test on day 2 of arrival. All arrivals from an amber and red list country must take a further coronavirus PCR test on day 8 of their quarantine. You must have this booked prior to departure. For information please visit: [gov.uk](https://www.gov.uk). From the 19th July, fully vaccinated UK residents will no longer need to take a PCR test on day 8 when returning from an amber list country. If you quarantine in England, you may opt into Test to Release. For further information please visit: [gov.uk](https://www.gov.uk).

All passengers arriving from an amber or red list country will be required to **self-isolate for 10 days** on arrival. [Find out more](#). If passengers are travelling to England for less than 10 days, they will need to quarantine for the whole of their stay. They must travel directly to their place of quarantine when they arrive in England and directly from their place of quarantine to the port or airport when they leave. From the 19th July, fully vaccinated UK residents will no longer be required to self isolate when returning from an amber list country.