

# Arriving in the UK from abroad?

**Stay indoors and avoid contact with other people if you've travelled to the UK from the following places in the last 14 days, even if you do not have symptoms:**

- Italy
- Iran
- Hubei province in China
- Special care zones in South Korea (Daegu, Cheongdo, Gyeongsan)

**Stay indoors and avoid contact with other people if you've travelled to the UK from the following places in the last 14 days and have a cough, high temperature or shortness of breath, even if your symptoms are mild:**

- Mainland China outside of Hubei province
- South Korea outside of the special care zones
- Cambodia

**Use the 111 online coronavirus service to find out what to do next.**

- Do not go to a GP surgery, pharmacy or hospital.
- In Scotland call your GP or NHS 24 on 111 out of hours.
- In Wales call 111 (if available in your area) or 0845 46 47.

# **CORONAVIRUS**

## **WASH YOUR HANDS MORE OFTEN FOR 20 SECONDS**

**Use soap and water or a  
hand sanitiser when you:**

Get home or into work

Blow your nose, sneeze or cough

Eat or handle food



For more information and the Government's  
Action Plan go to **[nhs.uk/coronavirus](https://www.nhs.uk/coronavirus)**