

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)**