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COVID-19: assessing risk and advising travellers

A number of resources are available for health professionals and travellers

As the COVID-19 pandemic continues, NaTHNaC has produced a number of resources to help health professional and travellers: [COVID-19 resources](#). These include current UK travel recommendations, global updates and specific traveller guidance.

Recommendations, including travel advice or quarantine rules can change rapidly, so travellers should keep updated with current guidance before, during and after their trip.

Each of our [Country Information pages](#) contains COVID-19 advice, including information on the risk of exposure to COVID-19. Each country is classified as high, moderate or low risk of exposure to COVID-19 based on currently available information assessed by Public Health England and the National Travel Health Network and Centre (NaTHNaC).

- **HIGH** - All travellers are advised to avoid non-essential travel to these countries/areas. Travellers should discuss their plans with a health professional, this is particularly important for [those at increased risk of severe COVID-19](#). Individuals entering or returning to the UK from these countries/areas will be required to follow additional [UK border measures](#) which includes self-isolation for 14 days.
- **MODERATE** - Travellers at [increased risk of severe COVID-19](#) should consider avoiding non-essential travel to these countries/areas. Travellers should consider discussing their plans with a health professional, this is particularly important for those at increased risk of severe COVID-19. Travellers returning to the UK may be required to follow additional UK border measures which may include self-isolation for 14 days.
- **LOW** - There are no additional health advisories for these countries/areas, but travellers are reminded that on return to the UK they may be required to follow additional UK border measures which may include self-isolation for 14 days.

These risk categories are not a green light to travel, but a guide to the different levels of COVID-19 risk in countries. [Current Foreign and Commonwealth Office \(FCO\) travel advice](#) should always be checked along with their [country-specific pages](#).

We have also developed a [risk assessment](#) guide designed to help assess the risk and advise those who wish to travel internationally during the COVID-19 pandemic. Issues highlighted include individual factors for increased risk of developing serious illness and COVID-19 risks at destinations.

Additional information that will be useful includes:

- [COVID-19 \(coronavirus\): general advice for travellers](#)
- All relevant [factsheets on special risk travellers](#) have been updated to consider the risk of COVID-19.

Resources

- [Foreign and Commonwealth Office: Guidance for British people travelling overseas during the coronavirus \(COVID-19\) pandemic](#)