

(Correct as of 12/08/2020 at 12:45)

Travel advice for dentists and their teams – England

Health Protection Regulations in England outline COVID-19 self-isolation requirements for travellers.

The initial list of exempt countries came into force on 7th July 2020, we've amended this to help you and your practice keep up-to-date. We've also outlined what self-isolation requires below.

Which countries are exempt?

The following list outlines countries where people arriving in England DO NOT have to isolate (assuming that they have not been in/transited through a country NOT on the list in the previous 14 days).* Countries that have been removed from the exempt list are also noted.

| EXEMPT COUNTRY | COMMENT |
|----------------------------------|---|
| Andorra | Removed on 9 th August 2020 (Amendment No. 7) – no longer exempt |
| Antigua and Barbuda | |
| Aruba | |
| Australia | |
| Austria | |
| The Bahamas | Removed on 9 th August 2020 (Amendment No. 7) – no longer exempt |
| Barbados | |
| Belgium | Removed on 9 th August 2020 (Amendment No. 7) – no longer exempt |
| Bonaire, Sint Eustatius and Saba | |
| Brunei | Added on 11 th August 2020 (Amendment No. 7) – now exempt |
| Croatia | |
| Curaçao | |
| Cyprus | |
| Czech Republic | |
| Denmark | |
| Dominica | |
| Estonia | Added on 28 th July 2020 (Amendment No. 3) – now exempt |
| Faroe Islands | |
| Fiji | |
| Finland | |
| France | |
| French Polynesia | |
| Germany | |

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| Greece | |
| Greenland | |
| Grenada | |
| Guadeloupe | |
| Hong Kong | |
| Hungary | |
| Iceland | |
| Italy | |
| Jamaica | |
| Japan | |
| Latvia | Added on 28 th July 2020 (Amendment No. 3) – now exempt |
| Liechtenstein | |
| Lithuania | |
| Luxembourg | Removed on 31 st July 2020 (Amendment No. 6) – no longer exempt |
| Macau | |
| Malaysia | Added on 11 th August 2020 (Amendment No. 7) – now exempt |
| Malta | |
| Mauritius | |
| Monaco | |
| The Netherlands | |
| New Caledonia | |
| New Zealand | |
| Norway | |
| Poland | |
| Réunion | |
| Saint Barthélemy | |
| Saint Kitts and Nevis | |
| Saint Lucia | |
| Saint Pierre and Miquelon | |
| Saint Vincent and the Grenadines | Added on 28 th July 2020 (Amendment No. 3) – now exempt |
| San Marino | |
| Serbia | Removed on 11 th July 2020 (Amendment No. 2) – no longer exempt |
| Seychelles | |
| Slovakia | Added on 28 th July 2020 (Amendment No. 3) – now exempt |
| Slovenia | Added on 28 th July 2020 (Amendment No. 3) – now exempt |
| South Korea | |
| Spain | Removed on 26 th July 2020 (Amendment No. 4) – no longer exempt |
| Switzerland | |
| Taiwan | |
| Trinidad and Tobago | |
| Turkey | |

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|--------------------|--|
| Vatican City State | |
| Vietnam | |

| EXEMPT OVERSEAS TERRITORIES | COMMENT |
|---|---------|
| The Sovereign Base Areas of Akrotiri and Dhekelia in the Island of Cyprus | |
| Anguilla | |
| Bermuda | |
| British Antarctic Territory | |
| British Indian Ocean Territory | |
| British Virgin Islands | |
| Cayman Islands | |
| Falkland Islands | |
| Gibraltar | |
| Montserrat | |
| Pitcairn, Henderson, Ducie and Oeno Islands | |
| Saint Helena, Ascension and Tristan da Cunha | |
| South Georgia and the South Sandwich Islands | |
| Turks and Caicos Islands | |

What does self-isolation mean?

The requirement to isolate *applies where a person:*

- (a) arrives in England from a non-exempt country or territory, or*
- (b) arrives in England from within the common travel area or from an exempt country or territory, and has at any time in the period beginning with the 14th day before the date of their arrival in England departed from or transited through a non-exempt country or territory.”*

If this is the case, you must, “*on arrival in England, travel directly to the place at which they are to self-isolate and must then self-isolate until whichever is earlier:*

- (a) the end of the 14th day after the day on which they last departed from or transited through a non-exempt country or territory, or*
- (b) their departure from England.”*

As set out by Regulation 4 of the Health Protection (Coronavirus, International Travel) (England) Regulations 2020, and amended by The Health Protection (Coronavirus, International Travel and Public Health Information) (England) (Amendment) Regulations 2020.