

Frequently Asked Questions on new Covid-19 health measures at the border and impacts on Defence

Background

These FAQs support Defence Advice Note 18, the policy on the COVID-19 border health measures and effects on delivering Defence tasks. This provides direction and guidance to personnel in Defence who will be impacted by this policy, and how any use of the exemptions will work in practice.

The border control measures will, by default, apply to all Defence personnel and activities, as they are essential public health measures intended to prevent the introduction of COVID-19 cases to the UK from abroad.

While there are a limited number of exemptions that may be relevant for Defence Personnel, these should be used sparingly. The Ministry of Defence will be complying with these measures wherever possible. The use of exemptions will need to be approved by the 2* activity risk owners who may choose to delegate to 1*, (or down to OF5 for the Personnel Resilience Exemption) and each instance will be reported centrally.

From 15 February, in England, Scotland and Wales new requirements regarding mandatory hotel quarantine. For arrivals into England this relates only to arrivals from travel ban countries; for Scotland it is all arrivals from overseas; and the detail of Welsh Government policy is still to be finalised as of 12 February. The Northern Ireland Executive has not yet made a formal statement. Please see further detail for:

- England here <https://www.gov.uk/guidance/booking-and-staying-in-a-quarantine-hotel-when-you-arrive-in-england>;
- Scotland here <https://www.gov.scot/news/quarantine-hotels/>; and
- Wales here: <https://gov.wales/coronavirus>

These can be liable to change at short notice so please do regularly check the relevant government websites for the latest guidance.

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OVERARCHING QUESTIONS

1. What are the new health measures at the border?

The measures include: mandatory requirements for all arrivals to the UK to possess a negative COVID-19 test (pre-departure testing), to be tested on or before Day 2 and on or after Day 8. Arrivals into England from travel ban countries will need to go into Government Managed Quarantine hotels, unless the Defence exemption, or personnel resilience exemption apply. If someone has arrived into England from a country or territory not on the travel ban list, they will still have to self-isolate for 10 days (unless they have an exemption) but will have to do this at home. It may be appropriate to self-isolate on Defence estate provided the location has been formally designated – further detail on this is set out in the FAQs. Further details for England can be found at <https://www.gov.uk/guidance/booking-and-staying-in-a-quarantine-hotel-when-you-arrive-in-england>. There is bespoke section of the FAQs regarding the Devolved Administrations.

2. What does this mean for Defence activity and its personnel?

Alongside the rest of Government, it is important that Defence supports these efforts and the default position will be that these requirements will be followed. Senior leaders will be considering the impact of these measures upon Defence activities and considering mitigations where appropriate. There are a limited number of exemptions for Defence and these will only be applied in exceptional circumstances, e.g. where there would be a clear impact to critical Defence activity. There are wider exemptions which may also be relevant to Defence personnel including limited exemptions relating to compassionate return or medical reasons. Further internal guidance is available on the [Defence Advice Note](#) pages, and further guidance on potential non-Defence exemptions can be found at <https://www.gov.uk/guidance/booking-and-staying-in-a-quarantine-hotel-when-you-arrive-in-england>.

3. Why may Defence personnel be exempt from these requirements / What are essential Defence activities?

The requirement to deliver essential Defence activities has not gone away during the pandemic. In many cases, particularly where we have personnel with niche skills or capabilities, it would not be possible to continue delivering key tasks if the requirements were implemented each time they return to the UK. The threshold for making this decision will be set high and the default position is that personnel will abide by the requirements. In making a decision to exempt from either self-isolation or pre-departure testing an individual from the requirements of the legislation, senior commanders and managers will give consideration to other mitigations which should be implemented in order to safeguard public health.

4. Am I exempt from self-isolation?

Most personnel will be expected to comply in full with both the regulation to provide data and to self-isolate returning to the UK. If you feel your work on return to the UK constitutes essential

Defence activity, you should engage with your chain of command / line management to seek an exemption in accordance with the [Defence Advice Note](#).

5. What about contractors or Visiting Forces?

As for Defence personnel, the default position is that contractors and Visiting Forces will abide by the requirements set out in the legislation. However, the Defence exemption may apply where the individual is undertaking essential Defence activities. The use of an exemption will remain subject to senior level approval. The Personnel Resilience Exemption cannot be used for contractors or Visiting Forces.

6. What about visits from personnel from countries not covered by the Visiting Forces Act?

From 25 Oct 20 the legislation has been amended to allow MOD to apply the Defence exemption to visiting forces from any nation, subject to the visit being at the invitation of HMG and to undertake essential Defence activity. Up until 24 Oct 20, the legislation restricted the use of the Defence exemption to visiting forces from NATO member states or states designated under the Visiting Forces Act 1952.

7. Will VIP visits be exempt?

If the visit is crucial for the delivery of essential Defence activity and cannot be achieved another way, then this can be authorised by an appropriate 2*/1* within MOD. If it is not essential, then it should not happen without isolation being completed.

8. What happens with visiting forces who are undertaking training in the UK but not with MOD?

Where this training can be justified as being necessary for the delivery of essential Defence activities, for example if it is necessary to ensure NATO partners are SQEP, then this can be signed off by a suitable MOD 2*/1*.

9. Will I be asked on arrival in the UK if I am self-isolating?

UK Border Force will ask for evidence that you have completed the Passenger Locator Form on-line and may ask arriving travellers about their arrangements for self-isolating. Where a traveller claims they are exempt, UK Border Force staff will ask for evidence. Please ensure you can show your letter to them (either electronically or a hard copy). If you have ID confirming you are an MOD employee, they may also ask to see that, but it will not be mandatory to provide this, as there will be personnel who do not have this.

FOR END OF TOUR/OVERSEAS ASSIGNMENTS

10. Will Service and civilian personnel returning from Ops be tested for COVID-19 upon arrival in the UK?

Please see guidance for England here <https://www.gov.uk/guidance/how-to-quarantine-when-you-arrive-in-england>. If you have an exemption for essential Defence activity you must comply with the testing requirements. Please consult the relevant government websites for the Devolved Administrations.

11. Am I exempt from self-isolation?

Returning from operations will in most cases not exempt personnel from the Regulations.

Exemptions would normally only be considered for those required to undertake work essential to Defence activities who arrive in the UK having been in a non-exempt country in the previous 10

days. If you believe you are exempt under these Regulations you must engage with your chain of command. However, time spent in self-isolation as a result will not count against Post Operational or Individual Leave totals.

12. Are R&R breaks in the UK exempt from the requirement to self-isolate?

Where temporary return to the UK is for rest and recuperation, the operational commander may consider use of an exemption. This should be where the individual is on a long or arduous operational posting and an exemption is considered essential to the delivery of the mission. In deciding whether to apply an exemption, alignment with the FCDO's approach, the risk of importing COVID-19 to the UK, and the operational environment should all be considered.

13. What information do I have to provide on the Passenger Location Form?

You will be required to provide personal information, details of your journey, including where you have been in the 10 days prior to arrival in the UK, and details of where you will be staying and how you can be contacted during your self-isolation period. Unless you have a valid reason to not do so, you may be fined if you have not completed the form by the time you reach the UK border.

14. How do I provide this information and where is it recorded?

The [online form](#) can be completed no earlier than 48hrs prior to arrival in the UK or can be completed at the border. Facilities will be made available at ports of entry for those unable to complete the form in advance to do so on arrival. Unless you have a valid reason to not do so, you may be fined if you have not completed the form by the time you reach the UK border

15. Do I need to return to my unit before entering self-isolation?

You must contact your UK parent unit prior to departure from Theatre to confirm your onward movement. They will notify you of all relevant arrangements, including weapon returns, dismounting administration and travel bookings. Once back in the UK you must also contact unit HR and inform them that you have returned to the UK and the details of the location where you elect to self-isolate. You should confirm the contact details of your parent unit HR before departing theatre.

16. Who is responsible for me when I am self-isolating?

Upon return from Ops, responsibility transfers back to your UK parent unit.

17. Where can I self-isolate?

You can self-isolate at any appropriate address. For most personnel this is likely to be your home address or next of kin address, but you can also self-isolate with other family or friends. If you have arrive from a red list country into England, you must follow the process set out in the DAN regarding self-isolation.

18. Can I self-isolate with my immediate family?

Yes for England, provided you are not travelling from a country on the travel ban list. Specific direction as to necessary isolation periods and how to minimise the risk for vulnerable personnel can be found [here](#).

If you have travelled back to the UK with your family and have been granted an exemption to the border measures, you should note that this exemption would not apply to your family.

19. What if I'm returning from the end of assignment/operations overseas back into the UK and going into Single Living Accommodation

You will have to self-isolate for 10 days. For England if this is from a country on the travel ban list you should follow the process set out in the Defence Advice Note. An exemption may apply if you have to carry out essential Defence activity on return to the UK or the personnel resilience exemption applies. You would have to raise this with your Chain of Command if you felt you should be granted an exemption.

20. What if I'm returning from the end of assignment and return from overseas with family going into own accommodation / Service Families Accommodation

You and your family that have also returned with you, would be required to self-isolate for 10 days from arrival into the UK. Please note this only applies if you are arriving into England, and isolating in England, from a country not on the travel-ban list. If required to self-isolate, this could be done at more than one location (i.e. if you stayed in a hotel before moving into your own accommodation / Service Families Accommodation). However, personnel should note the following:

- a. **A Proxy will be required to take over your SFA.** For the SP and their family to move directly into their SFA and comply with regulations, a proxy will need to be nominated to accept the property in advance of their return, together with their personal effects (see below). This will enable the family to move in immediately and to self-isolate in their own home.
- b. **Return of Personal Effects.** The removals contractor will endeavour to return the PE between the acceptance of the property by the proxy and the arrival of the SP into the country. A proxy will need to be in attendance to oversee the move in of personal effects. This will not always be possible and a limited number of Get You In Packs are available from DIO, but these will need to be requested in advance. Personnel are reminded that they should have transit insurance for their personal effects.
- c. **Personnel moving into their own house.** Personnel moving into a private house will need to make arrangements for a proxy to oversee the move in of personal effects if personnel wish to be able to self-isolate in their own house.
- d. **Returning to the UK.** There may be reduced availability of hotel accommodation, so the usual process of arriving into the UK and staying in a hotel before travelling onto SFA may be more difficult. Also, the provision of hire cars may be limited in some areas. Although this should be highlighted by local travel offices, personnel should factor this into their travel plans.
- e. **Alternative SFA locations for quarantine may be possible.** Provision of fully equipped 'contact houses' might be an option, subject to availability. Contact houses are managed locally, so individuals will need to engage with unit welfare offices in the first instance to establish availability. Separately, the [Services Cotswold Centre](#) has short term accommodation available. Details and a booking form are at the link.
- f. If you have to carry out **essential work** that cannot be done from home within the self-isolation period, you may be granted an exemption from the requirement to both self-isolate and provide your own data in relation to your onward travel (subject to 2*/1* authorisation). Please note this exemption would not extend to your family.

21. What does self-isolation mean?

You cannot have visitors, including friends and family, unless they are providing essential care. You should not leave the property, including for exercise, except in exceptional circumstances, such as to obtain medical supplies or other essential items which cannot be delivered. You will need to avoid contact with others in the household (unless they travelled with you) and minimise the time you spend in shared areas. Further guidance can be found at:

<https://www.gov.uk/government/publications/coronavirus-covid-19-how-to-self-isolate-when-you-travel-to-the-uk/coronavirus-covid-19-how-to-self-isolate-when-you-travel-to-the-uk>.

22. Can I do exercise in self-isolation?

Aside from any gardens/grounds that form part of the premises you cannot leave your place of isolation to exercise. You must not use any exercise equipment/facilities that are shared with other households. For those in Service Accommodation, limited individual exercise outside, while maintaining strict social distancing, and only in areas immediately adjacent to accommodation and not accessible to the general public, is permissible. This must not go beyond what would be considered equivalent to exercising in the garden of a private dwelling.

23. Are there any reasons why I can leave self-isolation?

Without an authorised exemption to the Regulations you can only leave the place where you are self-isolating for a limited number of reasons. Further information can be found at: <https://www.gov.uk/government/publications/coronavirus-covid-19-how-to-self-isolate-when-you-travel-to-the-uk/coronavirus-covid-19-how-to-self-isolate-when-you-travel-to-the-uk>

24. If one of my immediate family members is classified as vulnerable or a key worker, can I choose to self-isolate in service accommodation?

Yes, unless you have arrived into England from a red list country, or travelled directly into Scotland. Where necessary service personnel can choose to self-isolate in service accommodation. For service personnel not already accommodated in SLA, surplus service accommodation will be provided; however, this may not be at your parent unit or other location of your choice.

25. If I choose to self-isolate in service accommodation, how will this be booked?

Booking Service accommodation for self-isolation post deployment is an individual responsibility. You will need to contact your UK parent unit to organise this.

26. Can I choose to self-isolate in a hotel?

Service and civilian personnel can choose to self-isolate in a hotel, at their own expense. As you are not required to stay in a particular location for Service reasons, you are not entitled to accommodation at public expense. Existing regulations permit public funding for hotel accommodation prior to a move into SFA.

27. If I choose to self-isolate in service accommodation or a hotel do I need to inform the Service or my Line Manager?

If you choose to self-isolate at a location that is not recorded on JPA or HRMS as your permanent home address or residence at work address you are to advise your UK Parent Unit HR Staff or your Line Manager of your temporary location

28. If I self-isolate in service accommodation or a hotel am I eligible for LSA?

Service personnel choosing to self-isolate in hotel or service accommodation are not.

Involuntarily Separated (INVOLSEP) are not eligible for LSA. Personnel are only INVOLSEP if they are directed to undertake self-isolation at a location away from their permanent home address or residence at work address for service reasons.

29. If I choose to self-isolate in service accommodation or a hotel am I entitled to MT

No. As there is no Service requirement to self-isolate in any particular location, Service personnel are not entitled to MT. Notwithstanding this, service personnel remain eligible upon return from operations, to travel at public expense from the Airhead to either their Parent Unit or, when unit circumstances permit, their recognised private residence.

30. Will I have to spend two weeks of my POL in self-isolation?

No. You will not be considered to be on leave during this period as you will not be able to enjoy normal day-to-day activities in the way other people living in the same area can.

31. Will I be classed as on duty during self-isolation?

No, you will be off-duty except during any time when you are working from your place of isolation. You will be move and tracked Temp – Isolation to enable the Service to identify your status correctly.

32. Should I enter my POL dates onto JPA before I depart Theatre?

Yes, service personnel should input their POL dates onto JPA before departing theatre. The start date inputted onto JPA for POL should be the day after the mandatory self-isolation period is expected to elapse (in most cases 10 days after arrival in the UK) elapses.

33. What should I do if I begin to show symptoms of COVID-19 when self-isolating?

In accordance with [Government](#) direction, individuals who begin to show the signs and symptoms of COVID-19 are to self-isolate for a minimum of 10 days from when their symptoms started. If you live with others both you and all other household members must stay at home and not leave the house for 10 days. You must also contact your unit and make them aware that you are unwell. Civilian personnel should inform their line manager and ensure it is logged on HRMS as sick absence (coronavirus).

34. What do I do after the self-isolation period?

If you do not have any coronavirus symptoms after 10 days, you can stop self-isolating. You will then need to follow the government guidance for the nation and region you live in or are staying in.

35. Can I use public transport in the UK to get to my place of self-isolation?

Yes. So, for example, public transport from RAF Brize Norton to Heathrow to take an internal flight would be permissible.

FOR ROUTINE TRAVEL TO THE UK

36. Do I have to isolate if I'm coming back for compassionate reasons?

Yes. Although personnel returning to the UK on compassionate grounds (formally categorized as such by JCCC) will be permitted to exit self-isolation in order to visit the individual who is the subject of the compassionate case or to attend the funeral of a close family member. The personnel resilience exemption may apply – please see the DAN for further details.

37. I'm serving in an overseas location but need to come back to the UK to sort out a care package for an elderly relative? Can I have an exemption?

So long as you remain in your planned place of isolation, you would be able to make the necessary arrangements from there. The personnel resilience exemption may also apply.

38. Do I have to stay in the UK for 10 days? I only need to visit one location for a few days before returning to my overseas posting.

You would not need to stay in the UK for 10 days, the legislation allows you to exit self-isolation in order to directly leave the UK. You should check for any constraints imposed by the host nation on your return to your overseas posting.

39. My child is at boarding school. Will they have to isolate?

Yes if arriving from overseas. The arrangements for isolation will vary from school to school. Some may ask parents to organise isolation prior to the start of term. This could be done at a guardian's house. Others may offer an isolation package before the start of term. Some schools may be able to offer an isolation package for the first 10 days of term for all overseas students. Parents will need to engage early with the school to establish what package is available. Guidance on support for potential additional costs and related allowances has been provided by [AF-Rem Allowances](#).

40. My child is required to isolate at her guardian's house. Her guardians are my elderly parents who are vulnerable. What should I do?

You need to find alternative arrangements for isolation. Support may be available from the school or other members of the family. The key point is whether they will have to go into government quarantine hotels and the rules regarding this. If they have travelled to England from a non-travel ban country (and have not been in a travel ban country in the previous 10 days) they will still need to self-isolate but won't need to go into the government quarantine hotel. Guidance on support for potential additional costs and related allowances has been provided by [AF-Rem Allowances](#).

41. I need to accompany my child to boarding school. Will I have to isolate?

All personnel coming into the UK have to comply with the law, so you would have to self-isolate.

However, this doesn't mean that you have to stay in the UK for 10 days, the legislation allows you to exit self-isolation in order to directly leave the UK. You will still have to provide the required data on arrival and declare where you'll be self-isolating.

42. How do the rules apply if a parent and child are returning to the UK from a Red List country to return that child to school/university? My interpretation of the detail is that both the parent and child will have to quarantine in a hotel on arrival in the UK, because the Personal Resilience exemption will not be available.

Yes – they would have to use the government managed quarantine service. Please contact Russell.Collier103@mod.gov.uk for further detail. We will ensure to update the guidance if there is any change on this point.

43. Will an exemption to allow children to be returned to school from overseas, without isolation, be accepted by schools? I.e., has the Government liaised with schools?

Please contact Russell.Collier103@mod.gov.uk. The Department for Education who are responsible for liaison with schools. The Department for Health and Social Care own the regulations and were asked about the potential of children self-isolation at a school, as opposed to a government managed quarantine facility, which was not accepted.

44. Advice is TLB centric for Service personnel recovering from overseas. How much thought has been given to families who live overseas with children at school in the UK?

The CR&R team engage extensively with the MOD team responsible for schools. The lead is Russell.Collier103@mod.gov.uk

45. What about travel from the Republic of Ireland?

You do not have to self-isolate if travelling from the Republic of Ireland, the Channel Islands or the Isle of Man (the Common Travel Area). Please check government guidance to confirm this point.

46. Requirement for service person to attend a career course.

If you are attending a career course, which cannot be done remotely, you should consult your chain of command. The 2* risk owner (or delegated 1*) may provide an exemption if there would be ramifications to Defence of you not attending the course at this specific time. If you did have an exemption, this would be to break self-isolation to attend the course only. For all the time within 10 days from when last in a non-exempt country, that you are not attending the course, you would be required to self-isolate. If the course lasted less than 10 days, you do not have to stay in the UK for the duration of 10 days.

47. If you are a contractor, Civil Servant or military person transiting the UK from overseas for onward deployment to conduct essential defence activities.

You would be required to self-isolate for the period in which you are in the UK i.e. if you arrived in the UK on a Thursday and your flight overseas was at 1500 the next day, you would be required to self-isolate for the intervening period. The exception to this would be if you had critical essential Defence business to do in this intervening period which could not be done at home or in a hotel. If this was the case, the 2* risk owner (or delegated 1*) could authorise an exemption.

48. I have travelled abroad for personal reasons - do I need to complete the Passenger Locator Form prior to my return?

Yes. You must complete the Public Health Passenger Locator Form found at this [link](#) prior to arriving back into the UK (not earlier than 48hrs before arriving).

49. I am planning a personal trip abroad, what additional factors should I consider?

You should consider that no foreign travel is without risk, this includes the possibility for travel disruption and new restrictions being introduced at short notice, both at home and abroad. You should be aware that MOD policy for personal overseas travel is that, time spent in self-isolation, where working from home cannot be undertaken, should count against your Annual Leave, unless you have been granted Special Paid Leave by your CO.

50. I have been on board a Royal Navy/RFA vessel for more than 10 days, during which we have been continuously at sea. Do I need to self-isolate on return, or complete the Passenger Locator Form?

No – as long as the vessel has not taken anyone on-board or docked in a non-exempt country you will not need to self-isolate or complete the Passenger Locator Form.

51. I have been on board a Royal Navy/RFA vessel for 9 days during which we have an a Defence contractor who needs to come to the UK to work, but my request for an exemption under the ‘essential Defence activities’ clause has not been approved. What can I do?

If you are unable to comply with the requirement to self-isolate, you should speak to your company’s legal department about whether any of the other exemptions in the legislation may

apply in your case. The rules are from the point of arrival, so legally you would need to self-isolate for 10 days unless you had an exemption.

EXEMPTIONS

52. Might defence personnel or contractors fall within other exemptions (e.g. giving support to FCDO rather than normal defence purposes)? If so who authorises?

Please follow the guidance on gov.uk if it relates to an exemption owned by the FCDO. Please contact the Covid Recovery & Response team for further information. DCMC-COVID19-Recovery Response (MULTIUSER) <DCMC-COVID19-RecoveryResponse@mod.gov.uk>

53. For anyone travelling internationally, are letters of authorisation required at the port of travel for them to depart the UK?

Personnel should be prepared to explain to Border Force or the police the reason for travel, but there is no new policy "on permission to travel.

54. For those already covered under a DAN-18 exemption will we need to issue an amended exemption for 'red' rules (similar to the addition of pre-departure tests)?

Legally, from 15 February, the position on red list countries v non red list is the same in terms of the exemption that Defence can authorise (the personnel resilience exemption and the essential Defence activity exemption).

55. Exemption certificates are specifically worded for various regulations, will we need to re-issue amended exemptions for 'Red-list rule' (likely day 1 issues)?

There is no requirement to re-issue exemption letters, provided the rationale for which the exemption was authorised is still valid.

56. Personnel that currently hold exemption letters, do these need to be re-issued on change of regulation?"

If these are for self-isolation requirements they would not, noting the law will change on 15 February to allow exemptions from red-list countries on 15 February. Please contact the CR&R team if you have further questions on this point.

57. If arriving personnel are vaccinated do these rules apply?

Yes – there is no exemption by virtue of being vaccinated. If this changes we will amend the DAN and FAQs accordingly.

58. Can we justify an international student exemption (essential defence activity) for attending a short course in the UK?

This decision is for an individual 2* to make as per the process set out in the DAN. They should consider the impact if the course is not attended on Defence and whether this is tolerable. If they do authorise an exemption, they should consider what mitigations could be put in place.

59. Gov.uk states exempt travellers need a letter to confirm they are exempt from MOD to show border control - will a template be provided centrally?

The relevant letters are contained in DAN 18.

60. Confirming that staying airside for a connecting flight in a red-list country (with no other red-list travel) still requires Managed Quarantine on return. Key interest is in continuing to use UAE as a travel hub. Gov.uk refers to "if you have been in or through any of the countries" and similar areas of legislation refer to "departed from or transited

through” so the assumption is that ‘transited’ encompasses remaining airside i.e. not passing through border control to enter UAE or similar red-list countries

A person who has not departed from or “transited” through a “red list country” (RLC) in the last 10 days will not be subject to any of the measures relating to those countries (i.e. entry ban, self-isolation measures, etc).

A person is not deemed to have “transited” through a RLC (so, here UAE, but equally any other country or territory listed in Schedule B1 of The Health Protection (Coronavirus, International Travel) Regulations 2020) (the ITRs)) provided:

- that person remains on the aircraft and no other person joins the aircraft at the RLC; or
- in the event that person disembarks the aircraft, they must remain separated from any and all passengers who did not arrive on that same aircraft, and no other passengers are permitted to join the aircraft when it departs the RLC.

61. Can post-travel quarantine be combined with pre-deployment QFAC? Already fed into the QTOC in case this is more an implementation than a policy question. Currently tracking requirements where ideally one combined period would cover both inbound and outbound quarantine requirements rather than delay onward deployment.

Provided that the outbound QFAC was designated in the regulations for the purpose it should be possible.

THE PERSONNEL RESILIENCE EXEMPTION

62. What is the Personnel Resilience Exemption and how does it differ from the Defence Exemption?

The Personnel Resilience Exemption has been introduced to address some of the difficulties that the self-isolation requirement creates, which could otherwise have negative long-term impacts. It is available to support overseas Defence personnel and their families in maintaining contact, specifically those with children at UK educational establishments or separated from their spouses, partners and other dependants. The Defence Exemption is reserved for service personnel, MOD civil servants, Defence contractors and foreign military personnel to deliver essential Defence tasks that are not compatible with self-isolating.

63. Who can use the Personnel Resilience Exemption?

The Personnel Resilience Exemption is available to service personnel, Defence civil servants and their spouses, partners and other dependants. It is targeted at those that are separated from dependants due to their employment in Defence and where COVID-19 travel restrictions have made it difficult to spend time together.

64. Who are classed as ‘dependants’?

In the context of the Personnel Resilience Exemption dependants is understood to be those people that an individual has a direct caring responsibility for (spouse, long-term partner, child, stepchild, or other person where there is a formal arrangement (eg fostering or caring)).

65. How do I get a Personnel Resilience Exemption?

Use of the Personnel Resilience Exemption must be balanced against the public health reasons for the restrictions, as a result there remains a high bar for use. Authority to approve a Personnel Resilience Exemption is held at 2-star level for service personnel, civil servants and their dependants. This can be delegated down to 1-star level, and where appropriate to safeguard

welfare confidentiality to Captain / Colonel / Group Captain / B1 level. Your chain of command / line management should advise on the process that applies where you are.

66. Do I / my dependant need any paperwork to prove they are exempt?

If a Personnel Resilience Exemption is approved, you will be provided with a letter that confirms this. This letter can be presented to UK Border Force and other agencies who may ask for confirmation of your exemption. You are still required to complete a [Passenger Locator Form](#) prior to arrival in the UK.

67. Our children are at boarding school in the UK. The school holidays are relatively short, and a requirement to self-isolate for two weeks makes travel unviable. How can I see my children?

The Regulations allow you to self-isolate at the home of friends or family. Those friends or family would not be required to self-isolate at the same time. The Regulations also permit your children to join you at your self-isolation address, and they would not be bound by the self-isolation rules.

However, we recognise that there are circumstances where this is impractical. In these circumstances, the Personnel Resilience Exemption could be appropriate; personnel authorised to use this exemption are still required to complete a Passenger Locator Form but would be permitted to exit self-isolation to provide childcare, although you would be expected to minimise this and interactions outside your household during the first 10 days. In addition, you would need to follow any national or local restrictions in force where you are staying.

68. I am single and based overseas. I live in shared accommodation and the only private space I have is my bedroom, everything else is communal. COVID-19 restrictions mean that I do not have any viable option to take a break. Can I travel back to the UK for some respite?

Yes. The Regulations allow you to self-isolate at the home of friends or family. Those friends or family would not be required to self-isolate at the same time.

However, we recognise that there are circumstances where this is impractical. In these circumstances, the Personnel Resilience Exemption could be appropriate; personnel authorised to use this exemption would still be required to complete a Passenger Locator Form. You would be expected to minimise time outside self-isolation and any interactions outside your household during the first 10 days. In addition, you would need to follow any national or local restrictions in force where you are staying.

COMPASSIONATE CASES

69. A close family member has died, and I need to return to the UK to attend the funeral. The funeral is in 7 days, but I have to self-isolate for 10 days. Can I attend the funeral?

The legislation allows you to leave the place where you are self-isolating on compassionate grounds. You would have to complete a Passenger Locator Form on arrival in the UK and self-isolate in the normal way but would be allowed to leave self-isolation in order to attend the funeral. You would not need to have a Defence or Personnel Resilience exemption approved to allow this.

JCCC approved overseas compassionate travel from all countries (including Red List countries) to the UK, will be regarded as an exemption under the heading of 'personal resilience'. These individuals will be required to self-isolate but do not need to go through the government's quarantine facility.

Compassionate A travellers with no time to conduct a test before departing. In these scenarios, JCCC/DSCOM will liaise with the UK Border Agency and the airline to ensure the traveller is permitted to undertake the journey. All other compassionate travel passengers will be required to undertake a COVID test before travelling.

MEDICAL CASES

70. I have to return to the UK to receive pre-arranged medical treatment. Do I need to self-isolate?

Yes. However, the legislation allows you to leave the place where they are self-isolating in order to seek medical assistance on the advice of a registered medical practitioner, including to access services from dentists, opticians, audiologists, chiropodists, chiropractors, osteopaths and other medical or health practitioners, including services relating to mental health. You would not need to have a Defence or Personnel Resilience exemption approved to allow this.

71. I have returned to the UK and am currently self-isolating as required. However, I am unwell and wish to seek medical assistance. Can I?

If you are experiencing any of the COVID-19 symptoms (high temperature, new continuous cough or a loss or change to your sense of taste or smell) you should remain in self-isolation and arrange a COVID test using the [NHS National Testing Programme](#).

For other medical support, the legislation allows you to leave the place where they are self-isolating in order to seek medical assistance on the advice of a registered medical practitioner, including to access services from dentists, opticians, audiologists, chiropodists, chiropractors, osteopaths and other medical or health practitioners, including services relating to mental health. You would not need to have a Defence or Personnel Resilience Exemption approved to allow this.

COMMUTERS

72. Before the pandemic stopped routine travel, I used to travel weekly to my place of work, whilst my family remained at our home in the UK. The self-isolation restrictions make it difficult for me to see my family.

Where it can be demonstrated that there is a continued need to commute on a weekly basis to and from the UK from a non-exempt country, with CO/line manager support, you may commute. The regulations allow a person residing in the UK who is employed in another country to which they usually go at least once a week to be exempted from the requirement to self-isolate but is still required to provide data on entry to the UK. Where the qualifying criteria are met you would not need to have a Defence or Personnel Resilience Exemption.

RESIDENCY RIGHTS

73. Do international military personnel and their families arriving for long courses in the UK have residence rights in the UK?

The CR&R team do not own residency policy unfortunately it is a Home Office lead so cannot advise on the specific immigration rules. Do come back to us if you require more information.

<https://www.gov.uk/apply-to-come-to-the-uk>

74. Are international students on long courses classed as third country nationals with residency rights in the UK and hence able to enter the UK, irrespective of which country they are from?

From 15 February an essential Defence activity exemption can be given from self-isolation requirements for arrivals from a Red List country of any nationality. Please follow wider government guidance if they do not meet the criteria for an exemption on gov.uk. Those with residence rights are able to enter but please do check the government guidance.

<https://www.gov.uk/guidance/transport-measures-to-protect-the-uk-from-variant-strains-of-covid-19>

75. As part of FAQs could you confirm the residency status of international families accompanying international military officers on long courses please.

The CR&R team do not own residency policy unfortunately it is a Home Office lead so cannot advise on the specific immigration rules. Do come back to us if you require more information.

<https://www.gov.uk/apply-to-come-to-the-uk>

76. Can we confirm that foreign military students from Red List countries, technically non-UK individuals with residence rights, can enter the UK for training?

From 15 February an essential Defence activity exemption can be given from self-isolation requirements for arrivals from a Red List country of any nationalist. Please follow wider government guidance if they do not meet the criteria for an exemption on gov.uk. Those with residence rights are able to enter but please do check the government guidance.

<https://www.gov.uk/guidance/transport-measures-to-protect-the-uk-from-variant-strains-of-covid-19>

77. How will those applying for visas to travel be treated? If they have not already got a visa will they be allowed to have one, as no right to residency exists, I imagine, unless you already have a visa.

Please follow Home Office immigration guidance in relation to Visas – this is not an MOD lead unfortunately.

<https://www.gov.uk/apply-to-come-to-the-uk>

MANAGED QUARANTINE SERVICE

78. What's the situation going to be in England regarding arrivals from non-red list countries?

You must quarantine for 10 days but may do this in your own home or location of your choice. You must book a travel test package (Day 2 Variant surveillance and Day 8 test). You may leave quarantine only when ten days is up and you have tested negative on Day 8. [UK Gov: Booking and staying in a quarantine hotel when you arrive in England](#)

79. Is it 10 days quarantine in a Government facility (hotel or other) for the Red List countries, or is Defence considering all international travel?

Managed quarantine is only for Red List countries arriving in England. In Scotland it is for all overseas countries, - [Scotland Gov: Coronavirus \(COVID-19\): international travel and quarantine](#)

80. Is there any scope for 'balance of 10 days quarantine' e.g. departed a red-list country 8 days before arrival in UK so only conducting a further 2 days quarantine in UK?

No, the rules have changed to be 10 days isolation after arrival in the UK, as opposed to from the point that the traveller left the red/amber list country.

81. Please confirm who/which entity will be responsible for coordinating travel from APOD to Quarantine Hotel?

TBC at time of writing on 12 February. Awaiting DHSC advice on the process.

82. The hotel booking system is live but I cannot find a room available for the 15 Feb the day am arriving - what should I do?

Please keep trying on the Gov website.

Has there been a security risk assessment on Defence personnel entering hotel quarantine vice quarantine on Defence estate?

DSR have given general advice, but risk assessments should still be carried out.

83. What is the position on 'convalescent positives' i.e. those individuals who have completed quarantine and not regarded as infectious but still retaining virus fragments that test positive?

Discussions are ongoing with relation to convalescent positives and we will update the DAN in due course on the outcome and, if exempted, on the process.

QUARANTINE ON DEFENCE ESTATE

84. Do those returning from Red List countries HAVE to quarantine in Hotel accommodation or do they have the option to quarantine at home or MOD Accommodation?

From 15 Feb all arrivals that have been in a red list country in the previous 10 days will have to isolate in a managed quarantine facility (either hotel or via Defence Estate), not at home.

85. If a Defence estate option is agreed for quarantine, who would do compliance checks?

Further detail will follow on this for any sites which are designated.

86. How can a Defence site be designated to be used for self-isolation in place of the Government Mandatory Quarantine scheme?

With regards to formally designating a site for this purpose, please contact DCMC-COVID19-RecoveryResponse@mod.gov.uk as there are a number of legal and medical requirements which must be satisfied, and appropriate senior sign-off, given it is under the powers of the Defence Secretary to designate a site. No site can be used in place of the Government arranged hotels unless they have been formally designated by the MOD COVID team on behalf of the Defence Secretary.

87. If the Defence estate can be used for quarantine, does this mean that personnel can quarantine in Service Families Accommodation occupied by friends/relatives?

No, "Defence Estate" would not extend to Defence-owned home accommodation.

88. Is Defence managed quarantine open to defence contractors as well and can they use the Government scheme?

Likely not but if there are any requests please consult with the COVID-19 Response and Recovery team as there may be scope to allow this. They would be able to use the Government scheme.

89. How will individuals transfer from ports of entry to MoD estate QIFACs if we are able to use these in place of hotels?

This detail will be resolved if a site is designated.

90. How do we access Defence quarantine for personnel returning from overseas who may not have a residence in the UK?

Further detail on this will follow.

91. The RN currently have relatively few personnel returning to the UK from Red List countries. Would RN Type 1 IFACs (already used for isolating positives, close contacts and post deployment self-isolation) meet the requirement for self-isolation for those required to stay in “quarantine hotels”? Can other Commands use Navy facilities where space allows.

Please email the DCMC-COVID19-Recovery Response (MULTIUSER) DCMC-COVID19-RecoveryResponse@mod.gov.uk but for day 1 arrangements please use the Government provided solution.

92. What’s envisaged as ‘Defence estate’ for managed quarantine? Expanded or parallel central QFAC or additional sites under TLB/HLB/unit arrangements?

Scope to be both but they must be formally designated.

93. Can post-travel quarantine be combined with pre-deployment QFAC? Already fed into the QTOC in case this is more an implementation than a policy question. Currently tracking requirements where ideally one combined period would cover both inbound and outbound quarantine requirements rather than delay onward deployment.

Provided that the outbound QFAC was designated in the regulations for the purpose it should be possible.

TESTING ON ARRIVAL INTO THE UK

94. What are the testing requirements?

Please see further detail here <https://www.gov.uk/guidance/how-to-quarantine-when-you-arrive-in-england>

From 15 February in England you must book and pay for a test on or before day 2 and or after day 8 of your quarantine.

For Scotland, please see here <https://www.gov.scot/publications/coronavirus-covid-19-public-health-checks-at-borders/pages/self-isolation/>

For Wales please see here <https://gov.wales/coronavirus> and Northern Ireland here <https://www.health-ni.gov.uk/coronavirus>.

95. How do I book a test?

Personnel should book day 2 and day 8 testing through HMGs online booking tool. If returning from a red list country and using the Government Managed Quarantine Service, day 2 and day 8 tests are included in the package. Details of any potential defence testing facility are still being worked through.

96. What if I need to leave the UK before day 8?

You are legally allowed to leave self-isolation in order to leave the UK provided you do so directly. Therefore, you would not need to stay in the UK to meet the day 8 testing requirements.

97. I have a Defence exemption- do I need to comply with the testing requirements on Day 2 and Day 8?

If personnel are using the resilience exemption they will be required to test on day 2 and day 8 from the 15 Feb. For those using the essential activity exemption, personnel are encouraged to also test on day 2 and day 8 from the 15 Feb, but where not possible are not legally obliged to do so until 15 March.

98. If UK Mil Isolation Facilities are permitted for use as quarantine hotels, would Defence End to End Testing (DETET) be usable for the testing?

Further information will be provided on the potential use of DETET, as detail is worked through and confirmed on the use of Defence isolation facilities.

99. If RN IFACs are permitted to be used as quarantine hotels, would DETET be authorised to be used as a route for testing? It is not currently authorised under the Test to Release scheme.

Further information will be provided on the potential use of DETET, as detail is worked through and confirmed on the use of Defence isolation facilities.

100. Will SP returning to the UK from Green Countries be able to access DETET Testing? on D2 and 8?

Further information will be provided on the potential use of DETET, as detail is worked through. Currently tests are to be booked through the Government online booking tool for arrivals from Amber countries.

101. Will international students and families leaving the UK and who require testing to travel home, get tests on the NHS?

NHS tests are not available for this type of requirement, however in this instance Defence may provide tests for this purpose either through the existing Defence testing process or via private suppliers.

102. Will this discussion with DHSC re Convalescent/APCOVID 19 Individuals include a testing waiver process?

Please see 3.5.6 of the DAN for further detail.

103. If I travel from Europe in order to return a child to boarding school, I will be in UK 24 hrs. Can I use my pre-departure test from overseas to get back?

The type of tests accepted on departure and entry into another country will depend on that Host Nation's testing requirements.

104. How long will incoming persons from a NON-RED ZONE country who are already exempted remain exempt from testing - until 15 Feb or until 15 March?

If personnel are using the resilience exemption they will be required to test on day 2 and day 8 from the 15 Feb. For those using the essential activity exemption, personnel are encouraged to also test on day 2 and day 8 from the 15 Feb, but where not possible are not legally obliged to do so until 15 March.

105. For personnel returning from ASI/BFSAI (any overseas really) who should they book tests through: NHS, Defence facility or private?

Personnel should book day 2 and day 8 testing through HMGs online booking tool. If returning from a red list country and using the Government Managed Quarantine Service, day 2 and day 8

tests are included in the package. Details of any potential defence testing facility are still being worked through.

COSTS FOR MANDATORY QUARANTINE AND TESTING

106. Will individuals have to pay these costs upfront? Bearing in mind they are travelling at our behest? If individuals do not have the ability to pay, what other mechanisms are available to provide a test?

Individuals should not have to pay these costs upfront; we are recommending J1 cells make payment arrangements centrally.

107. How much do the two tests cost? For who are they refundable? (e.g., overseas personnel returning to UK only on duty travel?)

The two post-arrival tests cost £210 for the pair. If it is absolutely not possible for J1 cells to pay, the costs are refundable to both military and civilian personnel, as with any duty expense, as long as the necessity to take them, is from duty. As referenced above, the preferred COA is that J1 cells pay to avoid the cost burden initially falling on Defence personnel.

108. Clarity on what MOD will refund

Personnel should not be asked to pay the costs of the quarantine facility (and the test associated with them) because J1 cells have been asked to do so. There may be some exceptional circumstances whereby this is not possible, in which case MOD will refund testing costs, both for pre-departure and post-arrival tests, as long as these are necessary as a result of a duty journey.

109. Will the crown meet the costs for those returning from leave? In the case that affects my people who went on leave before the new rules.

Leave has not been eligible for costs associated with quarantine or testing since 1 Feb. This was announced on 12 January.

110. UK Government package for Day 2 and Day 8 testing is £210 per person. Are we to expect some guidance for us to start managing the cost of this? Or are we to just push out guidance as to how to claim based on the old DAN 18?

Costs will lie where they fall in the first instance. But where costs – whether through testing or managed quarantine – can be attributed to Operations, we will seek to recover these costs through the Treasury.

111. Doesn't the HRG Multiform allow for mass booking/paid up front in this case?

The HRG platform cannot be used for this purpose – the only route into the booking of managed quarantine is through [Booking and staying in a quarantine hotel when you arrive in England - GOV.UK \(www.gov.uk\)](https://www.gov.uk/guidance/booking-and-staying-in-a-quarantine-hotel-when-you-arrive-in-england).

TEST TO RELEASE

112. Can I take a COVID-19 test to remove the requirement to self-isolate?

You cannot utilise this scheme if you have arrived into England from a country on the travel ban list. From the 15 December travellers arriving into the UK and self-isolating in England can opt to take a COVID-19 test on the 5th full day of self-isolation. If this test is negative (test result expected on day 7) then the requirement to self-isolate ends. Travellers who wish to use this scheme should book a COVID-19 test prior to travelling and completing the [Passenger Locator Form](https://www.gov.uk/guidance/passenger-locator-form). This scheme is known as Test to Release. Please see further guidance here: <https://www.gov.uk/guidance/testing-on-day-2-and-day-8-for-international-arrivals>

This scheme cannot be used for those who have arrived from a red list.

113. How does the Test to Release scheme work?

The scheme is voluntary and each traveller has to opt in as they complete their [Passenger Locator Form](#) prior to travelling to the UK. You will need to have booked a test with one of the private suppliers listed on gov.uk before completing your Passenger Locator Form. Once in England you must self-isolate. From the fifth full day of self-isolation you can take a COVID-19 test, it will take 1-2 days to receive the result.

If negative, your requirement to self-isolate ends – this only applies in England, if you subsequently travelled to Scotland, Wales or Northern Island you would be required to self-isolate from arrival there until after day 10.

If positive, you should self-isolate for at least another 10 days in accordance with [current rules](#).

114. Where can I get a COVID-19 test? Can I use the NHS Test and Trace system?

The Department of Health and Social Care will publish a list of COVID-19 test providers on gov.uk. Tests from other providers cannot be used for the Test to Release scheme.

You cannot use tests provided by NHS Test and Trace for the Test to Release scheme.

115. Can the MOD organise a COVID-19 test for me?

No. As the test will need to be through one of the approved providers and at a location that suits your self-isolation address you should book the tests that you require.

116. How does Test to Release work with the Defence or Personnel Resilience Exemption?

The Test to Release scheme is separate from any exemption and should be considered for use ahead of applying the Defence or Personnel Resilience exemption.

The policy on asymptomatic testing for personnel authorised to use either the Defence or Personnel Resilience exemption is being developed and details will be provided when available.

117. Can I claim for the costs of using the Test to Release scheme?

Yes. The cost of tests taken as a result of duty journeys can be reclaimed via JPA or HRMS. There a limited number of instances where the cost of tests for leave trips may be reclaimed, please refer to DAN 18 for details.

118. As a Service person how do I reclaim the cost of a COVID-19 test as part of the Test to Release scheme?

Costs can be reclaimed via JPA using 'Miscellaneous' expense type then selecting 'Medical, Dental, Opticians and Prescription fees' from the dropdown menu.

119. I am an MOD civil servant being posted / travelling overseas and am taking a COVID test; how do I reclaim the cost?

Costs can be reclaimed via the 'Miscellaneous' expenses claim form Miscellaneous Expenses Claim HR Form 1108. You should record 'COVID-19 Test' in the justification box. The claim should be submitted via your budget manager.

120. I am due to land at Brize Norton prior to returning to my family home in Wales. Can I use Test to Release?

No. The Test and Release scheme is only available in England. The Scottish and Welsh Governments and the Northern Ireland Executive have not yet announced their any plans to introduce Test to Release.

121. I am due to return to the UK, landing at Edinburgh, prior to heading to my home in Northumberland. Can I use Test to Release?

Yes. As you are intending to self-isolate in England you can opt into the scheme. The key factor is where your self-isolation address is, not where you entered the UK.

PRE-DEPARTURE TESTING

122. If I have a negative test do I need to self-isolate on arrival into the UK?

You will be required to self-isolate for 10 days, unless you have an exemption from the requirement to self-isolate which is separate to pre-departure testing exemptions. The detail on this is set out in DAN 18.

123. Do I need to complete the passenger locator form if I am exempt from pre-departure testing requirements?

Yes. Unless you have been exempted from the requirement through the Defence Exemption. If you have a Personnel Resilience Exemption or PDT Exemption you are still required to complete a [passenger locator form](#).

124. How do I obtain an exemption from the requirement to provide proof of a negative test before I arrive in the UK?

Firstly, assess the reasonable excuses set out in DAN 18. If you fulfil the criteria for this, there is no set legal requirement for any evidence you would need to provide as proof of this to check-in staff or Border Force. You may wish to consider getting an official MOD letter if using one of the reasonable excuses and travelling commercially however. If these are not appropriate, consult the Defence specific exemptions which require approval from the relevant 2* (who can delegate to 1*). If this is approved you will be provided with an official MOD letter which you should be prepared to show pre-departure at check-in and to Border Force once you arrive in the UK.

125. How do I obtain a test overseas?

It is your responsibility to obtain a test overseas. You should look online for any relevant information published by the Government in question. The British Embassy may also be able to signpost relevant information. There is a reasonable excuse to not comply with the pre-departure testing requirements where it is not possible to obtain a test overseas. Except for the Falkland Islands and Ascension Island (where there is a standing agreement), you should be prepared to justify this to check-in and immigration staff.

126. What standard must the test meet?

Please see gov.uk [here](#).

127. When showing proof of a negative tests, what do I need to provide?

Please see gov.uk [here](#).

128. What do I do if I don't get my test result before I am due to depart?

You must take the test within 3 days (72 hours) before your departure. If you do not receive your result in time, you would not meet the legal requirement to enter the UK, which is to provide a proof of a negative test. You must wait until you have your test result before departing for the

UK; there is a £500 fine for non-compliance. If this is not possible, and there would be ramifications on essential Defence activity you are required to conduct on your return to the UK of not departing at the allocated time, you should consider applying for a Defence exemption. The Defence exemption is not a means of circumventing testing requirements.

129. JCCC Comp A from overseas to the UK: where pre-departure Covid testing cannot be quickly sourced, airlines refuse boarding, do we have any other options?

There is a reasonable excuse set out in the legislation where it is impractical to get a test.

130. What if I test positive whilst overseas?

Proof of a negative test is required to enter the UK, unless you have an exemption. If you receive a positive test result, you should notify your line management / Chain of Command. You should follow the requirements in place where you are.

DEVOLVED ADMINISTRATIONS

131. Do we know the Managed Quarantine restrictions and exemptions for the other Devolved Administrations (Wales and NI), or when we might know this?

As of 12 February, Northern Ireland has not yet made a political decision on whether it will introduce managed quarantine facilities.

For Scotland, please see their policy here: <https://www.gov.scot/news/quarantine-hotels/>

For Wales, as of 12 Feb no formal policy has been published, but please see their website here <https://gov.wales/>

132. For someone arriving into England from a non-red list country, then going to Scotland - must they go into Scottish hotel quarantine instead of self-isolation?

No. if someone arrives from a non-red list country (and has not been in a red list country in the previous 10 days) they can travel to Scotland and self-isolate at a home address. Other members of the household do not need to self-isolate under the international travel regulations but please ensure to check the Scottish Government guidance as this could be subject to change. There may however be an option to designate a military site in Scotland for self-isolation – please see DAN 18 for more detail on this.

If someone self-isolated for 10 days in England after arrival from a non-red list country and then travelled to Scotland, they would not be required to self-isolate given they would already have fulfilled the criteria.

133. There is mention of all personnel returning to Scotland from overseas having to use quarantine hotels. We have an MCM crew Rip coming up, from Op Kipion, flying into Brize Norton. One crew is based in Portsmouth, the other in Faslane. They currently would be eligible for exemption from isolation, iaw DAN 18. Is this likely to remain the case? Would there be any difference in treatment of the 2 crews? Does it depend on their leave address?

The policy of the relevant Government must be followed unless an exemption applies, so there could be a difference in the treatment of the crew. Please see the question above for further detail.

134. If Scotland mandates quarantine hotels for all international travellers, when would the 10 day period start? Is it arrival in Scotland, or departure from the country visited outside the Common Travel Area? (noting more international flights route via London airports than Scottish ones)

Arrival in Scotland is when the 10 day clock would start – this is a new legal change from 15 February.

135. I arrive into Scotland from a red list country and don't have an exemption and wish to travel to England. Where should I self-isolate?

You should follow the Scottish process. First point of entry in the UK is where all red list arrivals will quarantine no matter onward destination within the UK.

136. I arrive into Scotland from a non-red list country and wish to travel to England – what should I do?

You can leave Scotland provided you do so directly, and could then self-isolate in England. Please consult the Scottish Government website for further guidance.

<https://www.gov.scot/news/quarantine-hotels/>

137. I arrive into England from the Falkland Islands and wish to travel to Scotland – what should I do?

As of 16 February, the Falkland Islands is on the Scottish red list, but not on the English one. The passenger isn't travelling directly to Scotland, they are transiting via another point within the Common Travel Area that is not the Republic of Ireland and so the requirement for managed self-isolation does not apply. They are required to self-isolate, whether in England or in Scotland. If they self-isolate at home in Scotland and have been in a red-list country in the 10 days prior, other members of their household should self-isolate along with them.

138. I arrive into Scotland from a red list country and have no exemption. Do I need to go into managed quarantine?

Yes – please follow the Scottish Government guidance.