FAQs for self-isolation when travelling to the UK

Q: I am starting a job at the University and am travelling from another part of the UK. Do I need to self-isolate?

As the rules around who is required to self-isolate are updated regularly, we advise all new starts to consult the Scottish Government website (https://www.gov.scot/publications/coronavirus-covid-19-public-health-checks-at-borders/) for the latest information.

Q: I am travelling from outside of the UK to start a new job with the University. What do I need to do?

Please note that the Foreign and Commonwealth Office currently advises against all but essential travel and you should not commence travel if you have the symptoms of coronavirus.

As the rules around procedures on arriving in the UK are updated regularly, we advise all new employees to consult the Scottish Government guidance (https://www.gov.scot/publications/coronavirus-covid-19-public-health-checks-at-borders/pages/what-you-must-do/) for the latest information.

You may be refused permission to enter the UK (if you are not a British citizen) or fined if you do not provide your contact details using the Public Health Passenger Locator Form (https://www.gov.uk/provide-journey-contact-details-before-travel-uk) or do not self-isolate when you arrive in the UK when instructed to do so.

Q: Do the rules vary between parts of the UK?

There may be some slight differences between parts of the UK when it comes to self-isolation so please consult the Scottish Government website (https://www.gov.scot/publications/coronavirus-covid-19-public-health-checks-at-borders/) for the latest information.


Q: How will I find somewhere to stay in the UK when I arrive?

If you must travel to the UK in order to start work and are required to self-isolate upon arrival, you are allowed to stay with family or friends or in other temporary accommodation as long as you can self-isolate in this place for the full 14 days. This address must be the one be the one provided on the Public Health Passenger Location form (https://www.gov.uk/provide-journey-contact-details-before-travel-uk).

Please do not travel to the UK unless you have somewhere to stay and self-isolate for 14 days as indicated on the Scottish Government website (https://www.gov.scot/publications/coronavirus-covid-19-public-health-checks-at-borders/pages/what-you-must-do/). Hotels and guesthouses are gradually reopening in Scotland and letting agents are open to online enquiries for rental accommodation.

If you have issues in finding accommodation, please contact our recruitment team (vacancies@st-andrews.ac.uk)
Q: I need to travel within the UK to reach my pre-arranged UK accommodation. How do I do that safely?

If you develop coronavirus symptoms when you are travelling to the UK, you should tell the crew or driver on your plane, boat, train or bus. They will let staff in the airport, port or station know, so they can tell you what you should do next when you arrive.

If you have not developed coronavirus symptoms during travel, go straight to the place you are staying when you arrive in the UK.

Only use public transport if you have no other option. If you do use public transport, please wear a face covering and adhere to the Travel Scotland guidance (https://www.transport.gov.scot/coronavirus-covid-19/transport-transition-plan/advice-on-how-to-travel-safely/) which is regularly updated.

Q: I will be staying with family or friends when I first arrive in the UK. Will they need to self-isolate?

If you are staying with family or friends based in the UK, they do not need to self-isolate unless they travelled with you from a country which is not on the list of exemptions (https://www.gov.scot/publications/coronavirus-covid-19-public-health-checks-at-borders/pages/exemptions/) or you develop symptoms of coronavirus when you are staying with them.

Q: My family are coming with me. Do they need to self-isolate?

Yes. The same rules apply to them as to you if you are travelling from a country which is not on the list of exemptions (https://www.gov.scot/publications/coronavirus-covid-19-public-health-checks-at-borders/pages/exemptions/).

Q: What do I need to do after the period of self-isolation?

If you do not have any coronavirus symptoms after the 14 days, you (and your family if they travelled with you) can stop self-isolating. You will then need to follow the same rules as people who live in the UK.

These differ depending on which part of the UK you are based so please check https://www.gov.scot/coronavirus-covid-19/ for full details.

Q: Do I have to arrive 14 days ahead of my employment start date in order to complete the period of self-isolation?

No. You do not need to arrive early in order to accommodate the period of self-isolation as it will begin on the day you arrive in the UK which is likely to be on or just before your first day of employment at the University.

Q: Am I allowed to work for the University during the period of self-isolation?

Yes. You may commence work with the University during the 14 day self-isolation period. Please liaise with your new line manager as to what you may do while in isolation.

If you require IT equipment in order to carry out work during this period, please email itservicedesk@st-andrews.ac.uk specifying your requirements or ask your Head of School or Unit to
do so on your behalf if you do not yet have a University email account. IT Services will arrange for the equipment to be configured and couriered to your UK address. Advance notice would be appreciated to help ensure the equipment is ready for you as soon as possible. Please note that you will need a reliable broadband connection at your new address.

Q: How do I collect my Biometric Residence Permit when self-isolating?

You will not be able to go to the Post Office to collect your Biometric Residence Permit (BRP) while you are self-isolating. While the collection of this is part of the condition of your UK visa, you will not be penalised for being unable collect your BRP while coronavirus measures are in place. You should however collect this as soon as the 14 day self-isolation period is over.

Q: How do I set up a UK bank account when self-isolating?

You will not be able to go to a bank while you are self-isolating which may result in a delay in setting up a UK bank account. This in turn may impact when you are first paid. In this situation, you may want to consider online banking.

Q: When I have completed the self-isolation period, can I go into my School or Unit building?

The University campus is gradually reopening after a period of lockdown and is currently putting steps in place to allow for the safe return of staff to the workplace in accordance with Scottish Government guidelines and timetables. You should also regularly check your University email account and keep in touch with your line manager for updates.

Other support:


https://www.st-andrews.ac.uk/coronavirus/staff/