

# Health, Safety, and COVID-19 in the UK

This document is an overview of health, safety and COVID-19 for your time abroad. Additional information will be posted to your study abroad portal as it becomes available.

*Updated March 11, 2022*



## Entry and Travel Requirements

- [Scotland](#) requires proof of vaccination and a traveler locator form to enter the country, as does [England](#). We will provide you with more details about travel specifics closer to departure.
- Do not travel if you have symptoms of illness or have tested positive for COVID-19 before departure. Contact Education Abroad for guidance.
- The US requires a negative test within a day of departure to board your flight. Your program director and on-site support will provide more information on how to arrange a test, which costs about \$110.
- If your test to return home is positive, you will need to delay your departure and self-isolate abroad. Temple support will continue until you are cleared to travel home.

## Vaccination Info

Temple requires you to be fully-vaccinated to travel. Arcadia University, our program partner, also requires that your booster is up-to-date.

Check the definition of “fully vaccinated” for [Scotland](#) and [England](#).



## Current Conditions in Scotland and England

- Case numbers are dropping in [Scotland](#) and [England](#), and rates of vaccination and boosters are high.
- Local restrictions in England have been removed and will end in Scotland on March 21.
- The government continues to encourage common sense precautions such as meeting outside when possible or wearing a face covering in crowded, enclosed spaces.
- Monitor these sites before and during your time abroad:
  - [UK government's page on Coronavirus \(COVID-19\)](#)
  - [US Embassy in the UK COVID-19 Information](#)

## Independent Travel

During the pandemic, travel outside of your host country is **strongly discouraged**. Travel restrictions and entry criteria can change with little notice and traveling outside your program country increases the risk of being unable to return as planned. Education Abroad cannot provide support or academic continuity to students who travel independently outside their host country and experience a travel disruption.

## Health and Wellness

- International SOS, Temple and Arcadia's international assistance company, can assist if you have questions before departure or need to see a doctor or counselor while abroad.
- Emotional support services with a local provider are available (either in-person or virtually)
- ISOS contact information will be provided by Arcadia after you complete Arcadia's Personal Health and Self-care Form



# Health, Safety, and COVID-19 in the UK

This document is an overview of health, safety and COVID-19 for your time abroad. Additional information will be posted to your study abroad portal as it becomes available.

**Updated March 11, 2022**



## Quarantine and Isolation

- If you have symptoms of COVID-19 or are a close contact of someone who has COVID, please contact your Program Director, Arcadia staff, or International SOS for guidance on how to get tested and next steps.
- If you test positive for COVID-19, you'll need to isolate in your bedroom. Scotland currently requires positive cases to self-isolate for 10 days, though it may be possible to end isolation sooner if symptoms end and you test negative. England recommends staying home for five days and then testing.
- Your Program Director or Arcadia staff will provide guidance on how to obtain meals, other necessities, and mental health support during quarantine. Your faculty will work with you to stay on track academically.

## For more information, contact:

- Program Director Dr. Steven Newman, Department of English, Temple University, [snewman@temple.edu](mailto:snewman@temple.edu)
- Education Abroad, 215-204-0720, [study.abroad@temple.edu](mailto:study.abroad@temple.edu)