

BRITISH EMBASSY STOCKHOLM

British Embassy Update 06/08/2020

TRAVEL ADVICE and BORDER MEASURES

The UK Government has announced new rules regarding travel advice and border measures, such as quarantine. These announcements relate to COVID-19 and will see the lifting of restrictions for a number of countries. This will not affect those travelling from the UK to Sweden, or visitors to the UK from Sweden.

The UK continues to advise against all but essential travel to Sweden.

Travellers arriving in the UK from Sweden will remain subject to quarantine measures. Therefore, if you travel from Sweden to England you will be required to self-isolate for 14 days.

The UK's devolved administrations make their own decision on entry requirements to Scotland, Wales and Northern Ireland.

You can see the list of countries exempted from quarantine measures here:

[gov.uk/guidance/coronavirus-covid-19-countries-and-territories-exempt-from-advice-against-all-but-essential-international-travel](https://www.gov.uk/guidance/coronavirus-covid-19-countries-and-territories-exempt-from-advice-against-all-but-essential-international-travel)

UK travel advice and border measures will remain under review.

Q&A on COVID-19 TRAVEL RESTRICTIONS

COVID-19 regulations mean that anyone arriving in the UK from Sweden must self-isolate for 14 days. The Foreign Office is also advising against all but essential travel to a number of countries, including Sweden. In this fact sheet, we answer common questions following these announcements. Please check travel advice and updates for Sweden at: <https://www.gov.uk/foreign-travel-advice/sweden>

1. Do I have to stay in the UK for the 14 days of quarantine?

No. You can leave the UK at any time during your quarantine. But you cannot cut the quarantine itself short, so if you are staying in the UK for less than 14 days, you need to remain in quarantine for the duration of your stay in the UK.

2. Are there different rules for Scotland, England, Wales or Northern Ireland?

The Government is responsible for the outer borders of the UK. Scotland, Wales, England and Northern Ireland take their own decisions on entry requirements into the nations of the UK. At the time of publishing, the requirements are the same across the UK, although sanctions may vary. You will have to quarantine for 14 days and provide contact and journey details for your stay. This applies to anyone travelling into Scotland, Wales and Northern Ireland irrespective of their point of entry into the UK. People travelling from within the UK or Ireland are exempt, as long as they have been within this area for more than 14 days. You can check for updates at: <https://www.gov.uk/uk-border-control>

3. What checks will the UK Border Force do?

The Border Force will require your contact details and the address where you will stay during your quarantine. You also have to fill in an online form before travelling. If

you are not at this address during a spot check, you will be liable to pay fines.

The online form can be found here:

<https://www.gov.uk/provide-journey-contact-details-before-travel-uk>

4. When will the quarantine requirements be reviewed?

The government constantly reviews the need to impose quarantine requirements for travellers from different countries. Decisions to exempt countries from requirements, or re-impose them, will be based on a scientific assessment of the COVID-19 risk that travellers from that country pose.

5. Will I be exempt if I have taken a test showing that I have antibodies against COVID-19?

No. There is no international standard for antibody tests or yet any scientific certainty around how much immunity antibodies provide.

6. Is Sweden treated differently from other countries?

No. Decisions are made using a common methodology, based on scientific advice on how to contain the spread of COVID-19.

7. The Foreign Office is advising against all but essential travel to Sweden. What qualifies as essential travel?

The Foreign Office travel advice is separate from the quarantine requirements. This advice is in place so that people can make informed and responsible decisions when they travel. Currently, the Foreign Office advises against all but essential travel to most countries worldwide, including Sweden. Some countries are exempt, but Sweden is not on this list. You will know your individual circumstances best and can judge whether your travel is essential.

8. I have a British and a Swedish passport. Can I avoid the quarantine if I travel on my British passport?

The requirement to quarantine is not linked to citizenship, but rather to where you are travelling from and the risk you pose of infection. You will be subject to quarantine requirements in the UK, regardless of which passport you travel on.

9. What is the Embassy doing?

The Embassy makes sure the government has all the right information regarding the COVID-19 situation in Sweden to take decisions on quarantine requirements for travellers. We also provide consular support to those who need it. Most questions are easily answered by consulting our web pages at [gov.uk](https://www.gov.uk). If you still cannot find the assistance you need, then please call our helpline, 0046 (0) 8-671 3000, which is open 24/7.

10. Will I have to self-isolate on my return to Sweden from the UK?

No. The Swedish government has not put in place mandatory quarantine, but asks everybody to keep alert to symptoms and stay at home if you have any symptoms at all of being ill. You can check Krisinformation, a website with emergency information from the Swedish authorities, for updates.

IF YOU NEED CONSULAR ASSISTANCE

24/7 support is available from the British Embassy by telephone.

Please call 0046 (0) 8-671 3000.

Please stay on the line and select the option for '*calling about an emergency involving a British national*' to speak to a member of staff.

VISITS TO THE EMBASSY

Due to coronavirus (COVID-19) and related restrictions, you must have an appointment to visit the Embassy.

If you have an appointment, you will need to reschedule if you have been in contact with someone with coronavirus, or are feeling unwell with a cough, difficulty breathing or fever.

For some of our services, you can book an appointment on our website:

<https://www.contact-embassy.service.gov.uk/?country=sweden&post=British%20Embassy%20Stockholm>