



## Please consider the following before travelling to the Isle of Wight:

- Plan your journey.
- Check the current guidance.
- Everyone in England can now access free, regular, rapid LFT testing twice a week. Please consider taking a test before travelling and bring test kits with you.
- Bring plenty of face coverings and hand sanitiser with you.
- Bring your NHS number.
- Make sure you have extra medicine with you in case you are required to self-isolate.
- Plan for all eventualities including self-isolation and getting a positive COVID-19 test result.

## **Do not travel to the Isle of Wight if you:**

- have any symptoms of COVID-19;
- have tested positive and are within the self-isolation period;
- have been contacted by NHS Test and Trace and asked to self-isolate.

For up to date information about COVID-19 and where to get LFT rapid response tests go to [keeptheislandsafe.org](https://www.keeptheislandsafe.org)

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