Guidance for seasonal agricultural workers

COVID-19 testing and self-isolation process

Please read this guidance carefully if you are a seasonal agricultural worker for edible horticulture in Scotland.

This guidance will tell you:

- What you need to do before you leave your home country
- Where to self-isolate and how long for
- When and how to take a PCR test
- How to return your completed PCR test

If you need help, call the RSABI seasonal workers' helpline on 0300 111 4160. This is a helpline specifically for agricultural workers, and has people who speak your language. It is open Monday to Friday: 17:00 – 20:00 and Saturday/Sunday: 10:30 - 14:00.

What To Do

If you arrive in Scotland having been in an amber list country in the previous 10 days, you must self-isolate for 10 days at accommodation on the farm where you will be working.

If you have been in red list country in the previous 10 days, you will be required to enter managed isolation at your point of arrival in the UK. Check the Scottish Government website to find out if the country you are travelling from is on the list of red risk countries.

The Scottish Government is now introducing a new COVID-19 testing process. This means you must take two PCR tests during your 10 day self-isolation period. This will help stop the spread of COVID-19, and will help keep you and your workplace safe.

If you do not self-isolate and take these tests, you will be breaking the law and you may get a fine.

The COVID-19 tests used in Scotland are called PCR tests. They are safe, easy to use, and effective at finding positive cases quickly.

Before leaving your home country

You need to:

- Have a **negative COVID-19 test** so that you can travel to the UK.
- Fill in an **online passenger locator** form in English. You will need an email address and contact phone number. If you do not have these, your employer will help you.
    - It is free to submit the form.
    - You can submit the form any time in the 48 hours before you arrive in the UK.
    - You **will need**:
        - Your passport details, or the travel document you'll use when you arrive at the UK border
        - Your travel details, including times and dates
        - The address of the farm where you will stay
    - You **do not need** to book the two COVID-19 tests mentioned in this form. Your job means you are exempt.
    - If you are coming from a non-acute risk country, you **do not need** to book a quarantine hotel package. Your job means you are exempt.
- Once you have filled in this form, **a QR code will be sent to you** by email. This can either be printed out, or shown on a mobile phone, as proof that you have completed the passenger locator form.

If you move to another farm during your first 10 days in Scotland, you must fill in a new online passenger locator form with your new address.

Entering Scotland

When you arrive in Scotland you must travel immediately and directly to your place of work and accommodation. You should only use public transport in exceptional circumstances. Your employer should provide alternative transport if necessary.

The self-isolation period should begin the day after you last departed from or travelled through a non-exempt country, and last for 10 days (11 nights).

You should only mix with the people you will live with in your accommodation on the farm.

You should not mix with anyone else, including your employer and any other workers living in separate accommodation, for **all 10 days of your self-isolation period.**

At your place of work

Your employer should provide you with food, accommodation and essential supplies for all 10 days of your self-isolation period.

You are able to work during this 10 day self-isolation period, as long as you do not get a positive test result, but only with the people you live with in your accommodation on the farm.

You should not leave the farm while you are self-isolating.

On day two and day eight of your self-isolation period you must take a PCR test. These will be provided by your employer. You will be given instructions on how to use them.

If you develop any of the symptoms of COVID-19 (a high temperature, a new continuous cough, and/or a change in sense of smell or taste) during this period of self-isolation, you should tell your employer. You and the people you live with must stop working immediately and self-isolate in your accommodation. You will also need to take a PCR test – your employer will help you to arrange this.

How to take your PCR test

Your employer will tell you how to take the test. There is also a YouTube video which shows you how to take the test.

You must take one test on day two of your self-isolation period, and one test on day eight.

If your test gets damaged or contaminated while you are taking it – for example, if you drop the swab, or forget to wash your hands – put it in the bin and ask your employer for a new test.

If you've been harmed or had a reaction while using this kit, please speak to your employer and they will help you.

How to register your PCR test

You should register your test with the NHS. This is so you can get your results. You can do this either before or after taking the test, but it should be done before the test is returned.

There are two ways to register your test:

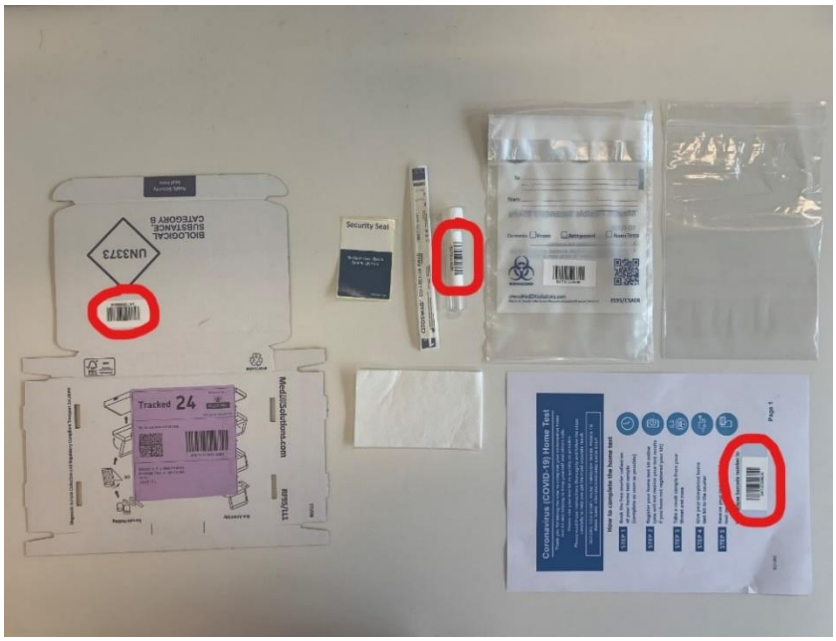
- **Online form**. Fill out the online form to register your test. You must have access to a mobile phone number to use this form. If this mobile phone is shared with other people, they may be able to see the text with your test results.

- **By phone**. Call the NHS Scotland COVID-19 helpline on 119. This is a Freephone number and lines are open 7am to 11pm.

Your employer can ask for a language interpreter to help you.

To register, you will need:

- The **barcode** for the test. This can be found on the box, on the test tube, and on the instructions that come with the test – see red circles on the picture below. **Please keep a record** of this barcode with your passport / VISA – you can either use the barcode on the instruction leaflet, take a photo of the barcode, or write the barcode down.



- The **full address and postcode** of your accommodation.

If the computer or phone is used by other people, please clean it before and after you use it. This will help to stop COVID-19 from spreading.

If you have no access to a computer or a phone, your employer should either provide you with access, or register the test for you.

How to return your completed PCR test

After you have taken your test and registered it with the NHS:

- Seal it.

- Place it in the ‘Completed Tests’ box. You will be shown this by your employer.

Your employer will then arrange for your test to be sent to the lab for processing.

There is separate guidance on how to get the results of your test, and what to do next.

Help and support

You can call the RSABI seasonal workers' helpline on 0300 111 4160:

- This is a helpline for agricultural workers and has people who speak your language.
- It is open Monday to Friday 17:00 – 20:00 and Saturday/Sunday 10:30 to 14:00.
- This helpline can also help you if you are worried about money, accommodation or your work in general.

You can also get help through the NHSinform website or by phoning the Coronavirus Helpline on 0800 111 4000 or Textphone on 0800 111 4114. You can read more in the Scottish Government COVID-19 self-isolation factsheet.