



Going out if you live in a care home



Each care home has different rules about how they can help the people who live there to go out.



Mencap have some easy read information about [how care home managers decide what is safe for the care home where they work](#).



The information also tells you who you can talk to about what the managers decide.



If you live in a care home, you should ask a member of staff what the rules are about going out.



This is a guide to what the government have said about people who live in care homes going out.



Staff at the home should do a **risk assessment** for each activity that each person who lives at the home does.



A risk assessment is when the managers work out the safest way to do the things that people want to do.



A risk assessment thinks about what things could go wrong, and how to try to stop those things from happening.



If the risk assessment shows that an activity has a high risk of you catching coronavirus, you will need to self-isolate when you get back to the care home.



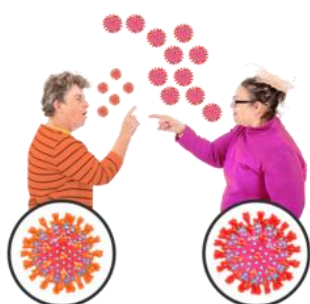
If the risk assessment shows that the activity does not have a high risk of you catching coronavirus, you will not need to self-isolate when you get back to the care home.



If you stay overnight at a hospital, you will need to self-isolate when you get back to the care home.



If there is an **outbreak** of coronavirus at the care home where you live, you may not be able to go out on visits.



An **outbreak** is where 2 or more people who live or work at the same home have, or think they may have coronavirus within 2 weeks of each other.



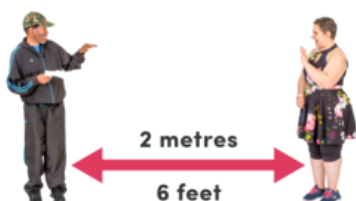
If you are going to visit somewhere that asks people to do a coronavirus test, you should do a test.



If you are meeting someone indoors, they should do a coronavirus test on the day that they are meeting you.



They should report the result of the test to the care home where you live.



When you are out of the care home, you should keep at least 2 metres from other people, unless they are:

- 1 of your named visitors
- helping you with care
- care staff



Try to avoid places where there are lots of people.



Try not to travel by public transport, especially when it is busy.



Travelling by taxi or car is better than public transport.



It is safer to go out on visits if you have had your coronavirus vaccines.



The government guidance about going out if you live in a care home is [here](#) (not in easy read).

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