



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 going out if you live in a care home.



All care homes should help people who live in the care home to go 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 you live in a care home, you should only have to self-isolate after going out:



- if you have had to stay in hospital in an emergency,



- or have done an activity which has a high risk of you catching coronavirus.



You should self-isolate for up to 10 days after you get back to the care home.



The number of days you should self-isolate depends on:

- if you have had your coronavirus vaccines
- if you can take a lateral flow test



You will need to count the number of days you have been back at the care home since staying in hospital or doing the activity.



The day you come back to the care home is day 0.



If you have had your coronavirus vaccines and your booster, you should take a lateral flow test on days 4, 5 and 6.



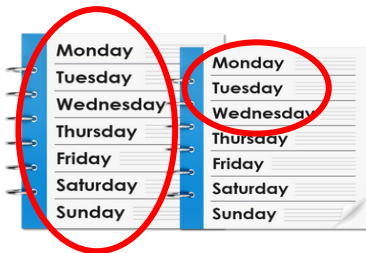
If you have a negative result for all of the tests, you can stop self-isolating.



If you have not had your coronavirus vaccines and your booster, you should take a lateral flow test on days 6, 7 and 8.



If you have a negative result for all of the tests, you can stop self-isolating.



If you can not take a lateral flow test, you should self-isolate for 10 days.



You can go out of the care home while you are self-isolating if:



- you are not going to be close to other people who live in the care home



- you do not visit somewhere like a day centre or another care home



- you are not going to be close to other people who are at high risk of being very unwell if they catch coronavirus



Here are some of the things which help activities to have a lower risk of you catching coronavirus.



If you are meeting someone indoors, ask them to 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.



Remember to wash your hands often.



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** means that 2 or more people at the care home have had a positive result from a coronavirus test in 14 days.



This includes people who live or work at the care home.



The government guidance about going out if you live in a care home is [here](https://www.gov.uk/coronavirus) (not in easy read).

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