



Seeing friends and family if you live in a care home



Each care home has different rules about having visitors.



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 having visitors to your home.



If you want to visit someone who lives in a care home, you should check with a member of staff about what the rules are for people who want to visit.



If someone is going to visit you, they should follow the care home's rules for arranging the visit.



This is a guide to what the government have said about visitors to care homes.



The government have said that there is no longer a limit on the number of visitors someone can have if they live in a care home.



If someone feels poorly, they should not visit you.



If someone has symptoms of coronavirus, flu, or another virus, they should not visit you while they have symptoms.



If someone has symptoms of coronavirus, flu, or another virus they might:

- have a high temperature
- have a cough



- lose or have a change in their sense of taste or smell
- feel tired
- feel sick
- have a runny or blocked nose
- have a sore throat
- find it difficult to breathe



If someone has symptoms of coronavirus, flu, or another virus, they should not visit you for at least 5 days after they feel better.



All visitors to care homes should wear a face covering if they can.



Sometimes, visitors to care homes should wear special face masks or extra things like an apron or gloves.



For example:

- If they are going to help you with **personal care**



Personal care includes things like having a wash or going to the toilet.



- If you are unwell or have coronavirus



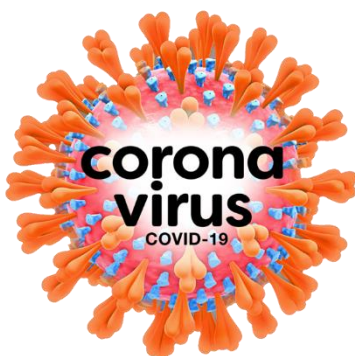
If someone is going to visit you, they only need to have a lateral flow test if they are going to help you with **personal care**.



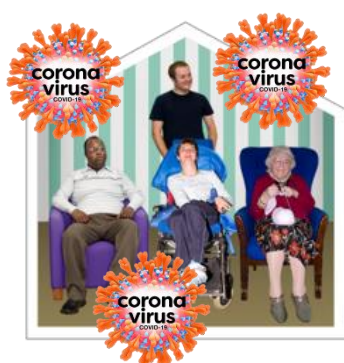
They will need to show the care home the negative result from a lateral flow test.



They can get free lateral flow tests from the care home.



If there is an **outbreak** of coronavirus at the care home, you might not be able to have as many visitors.



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.



If there is an outbreak of coronavirus at the care home, 1 person can still visit you.



If you live in a care home and have coronavirus, friends and family can still visit you.



You can only have 1 visitor at a time.



For more information about what you should do if you live in a care home and have coronavirus, please see [this page](#) of the Mencap website.



You can read the government guidance about visiting care homes [here](#) (not in easy read).

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