

# **Would you like to visit your loved one in their care home safely during Covid outbreaks?**

**Please speak to the care home manager about becoming an 'essential care giver'. Every resident can choose one.**

**An essential care giver is someone who:**

- Can visit even when the person is self-isolating or during a Covid outbreak (providing they don't have Covid)
- Helps the person feel happier and well
- Provides companionship and support (you don't need to provide hands on care)
- Is **not** required to visit a certain number of times each week
- Would be supported with Infection Prevention and Control (e.g. hand hygiene and using personal protective equipment)
- Would have the same regular Covid 19 testing as staff

For more info and advice visit: [www.rightsforresidents.co.uk/resources](http://www.rightsforresidents.co.uk/resources)  
Or call the **Relatives & Residents Association** helpline Tel: 0207 359 8136  
Email: [helpline@relres.org](mailto:helpline@relres.org) 9.30am-1pm Mon-Fri / 6pm-8pm Thurs