Isolation Guidance for Care Homes (Summary)[1]

For the purpose of this guidance, a care home resident is 'fully vaccinated' when they have received their primary doses of vaccine and any eligible booster dose.

Isolation Periods - Staff

If a staff member receives a positive LFD or PCR test result, they must complete a period of self-isolation. The isolation period includes the day the symptoms started (or the day their test was taken if they do not have symptoms), also described as Day 0.

Staff members do not need to take a PCR test if they have already taken an LFD test and the result was positive.

Staff may be able to end their self-isolation period before the end of 10 days.

10 day self-isolation	Day of isolation	Ending self-isolation early using LFD tests*
Self-isolation starts	0	Self-isolation starts
Self-isolate	1 - 4	Self-isolate
Self-isolate	5	Self-isolate Take an LFD test If LFD is negative, continue to self-isolate
Self-isolate	6	Self-isolate Take an LFD test If LFD is negative, self-isolation ends
Self-isolate	7	
Self-isolate	8	
Self-isolate	9	
End self-isolation at 23.59	10	

* Staff should not take an LFD test before the fifth day of their isolation period and should only end their self-isolation following 2 consecutive negative LFD tests which should be taken at least 24 hours apart.

If any of these LFD test results are positive the staff member should isolate and should wait 24 hours before taking the next LFD test.

[1] Guidance updated 24th February 2022

If the staff member's LFD test result is still positive on the 10th day, they should continue to take daily LFD tests, and can return to work after a single negative LFD test result.

If the staff member's LFD test result is still positive on the 14th day, they can stop testing and return to work on day 15. If the staff member works with service users who are especially vulnerable to COVID-19, a risk assessment should be undertaken, and consideration given to redeployment.

Isolation Periods - Residents

All symptomatic residents should immediately self-isolate and arrange to have a PCR test. Symptomatic residents who are unable to test should self-isolate for the full 10 days.

It is possible for residents to end their self-isolation earlier than 10 days, subject to a risk assessment and negative rapid lateral flow test results.

However, they must continue to self isolate until the following clinical improvement criteria have been met:

- Clinical improvement with at least some respiratory recovery
- Absence of fever (< 37.8C) for 48 hours without the use of medication
- No underlying reduced function of the immune system

10 day self-isolation	**Day of isolation**	**Ending self-isolation early using LFD tests***
Self-isolation starts	0	Self-isolation starts
Self-isolate	1 - 4	Self-isolate
Self-isolate	5	Self-isolate Take an LFD test If LFD is negative, continue to self-isolate
Self-isolate	6	Self-isolate Take an LFD test If LFD is negative, self-isolation ends
Self-isolate	7	
Self-isolate	8	
Self-isolate	9	
End self-isolation at 23.59	10	

* Residents should not take an LFD test before the fifth day of their isolation period and should only end their self-isolation following 2 consecutive negative LFD tests which should be taken at least 24 hours apart.

During their isolation period:

- Residents should be supported to leave their room to go outdoors, without restarting their isolation period subject to carefully considered risk assessments.
- Residents can receive visits from their essential care giver

High Risk Exposure including Close contact with a confirmed COVID-19 case

Vaccinated

High-risk exposures include having been discharged from an unplanned overnight stay in hospital, or visiting a hospital experiencing outbreaks.

Vaccinated residents who have attended a high risk setting or have been exposed to a confirmed COVID-19 case should self-isolate for 10 days.

It is possible for vaccinated residents to end their self-isolation earlier than 10 days, subject to a risk assessment and negative rapid lateral flow test results.

10 day self-isolation	**Day of isolation**	**Ending self-isolation early using LFD tests***
Self-isolation starts	0	Self-isolation starts
Self-isolate	1 - 3	Self-isolate
Self-isolate	4	Self-isolate Take an LFD test If LFD is negative, continue to self-isolate
Self-isolate	5	Self-isolate Take an LFD test If LFD is negative continue to self-isolate
Self-isolate	6	Self-isolate Take an LFD test If LFD is negative, self-isolation ends
Self-isolate	7	
Self-isolate	8	
Self-isolate	9	
End self-isolation at 23.59	10	

High Risk Exposure including Close contact with a confirmed COVID-19 case

Unvaccinated

Unvaccinated residents who have attended a high-risk setting or have been exposed to a confirmed COVID-19 case should self-isolate for 10 days.

It is possible for unvaccinated residents to end their self-isolation earlier than 10 days, subject to a risk assessment and negative rapid lateral flow test results.

10 day self-isolation	Day of isolation	Ending self-isolation early using LFD tests*
Self-isolation starts	0	Self-isolation starts
Self-isolate	1 - 5	Self-isolate
Self-isolate	6	Self-isolate Take an LFD test If LFD is negative, continue to self-isolate
Self-isolate	7	Self-isolate Take an LFD test If LFD is negative continue to self-isolate
Self-isolate	8	Self-isolate Take an LFD test If LFD is negative, self-isolation ends
Self-isolate	9	
End self-isolation at 23.59	10	

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