



# Visiting family and friends on Christmas Day

# Going out on Christmas Day



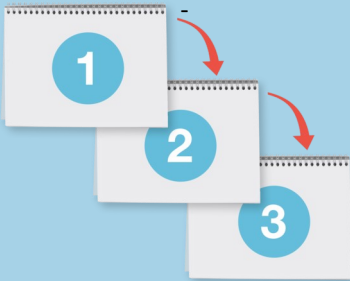
You can go to visit your family on Christmas Day



You cannot stay over night.



We will tell you how to stay safe during your visit.



We will make a **self-isolation** plan with you and your family about what to do if you catch coronavirus.



Before you come back you will be offered a Lateral Flow Test for coronavirus.

## What happens when you come back to your Dimensions home



You must have a Lateral Flow test before you can mix with the people you live with. A Lateral Flow Test is a new, quick way to find out if you have coronavirus.



You can have the test at your family's house



Or you could have the test in a safe room when you arrive back at your Dimensions house.



If you can't take the test or don't want to we might be able to test your family instead



Before you take the test we will ask for your permission

# There are 2 options if you catch coronavirus



## Option 1

You can self-isolate in your bedroom for 10 days. This means you cannot mix with the people you live with.



## Option 2

If you and your family agree you can stay with them for 10 days.



Sometimes a test is inconclusive. This means we don't know if you have coronavirus.



If the test is inconclusive you must self-isolate in your room or with your family until you have had a PCR test.



You must make a plan about where you will self-isolate before you go for a visit.

You must agree to self isolate if you catch coronavirus if you want to visit family.

# Having the Lateral Flow Test



A support worker or your family will help you fill in a form with your personal information and permission.



The test is done by putting a swab in your nose. We might also need to swab your throat.



A swab is a small stick with cotton wool on the end.



You can swab yourself or ask your family or support worker to help you.



You need to wait 15 - 20 minutes for the result. You must stay in the safe room while you wait.

# Lateral Flow Test result



If the test is negative, you can carry on as usual in your home.



If the test is positive, you must follow your self-isolation plan.

How are you feeling today?

[Update my symptoms](#)



If you self-isolate in your Dimensions home staff will bring food to your room and explain what you need to do to keep everyone safe.



If you become unwell support staff or your family will look after you.



Not everyone who catches coronavirus gets sick.

# You can do these things to stay safe when you visit family



Wear a mask except when you are eating.



Keep the window open if you can.



Try to keep 2 meters away from people.



Wash your hands often.

