Information Sheet C: Why do I need to stay in my room and self-isolate?

There are three reasons why you need to stay in your room and self-isolate:

1. If you have been identified as a contact

You will be asked to stay in your room for 14 days if you have been in close contact with someone who has tested positive for COVID-19. You will be told by your care home if you are a contact.

It can take up to 14 days to develop the disease if you have been infected. You can also pass on the virus up to 2 days before you start feeling unwell. By staying in your room during this time, you are helping to stop the spread of coronavirus and protecting other residents, staff and your local community.

2. If you develop symptoms of COVID-19 or test positive

If you develop symptoms of COVID-19, you must immediately self-isolate. The care home will organise a test for you. By staying away from other people in your care home, you reduce the chance of them becoming unwell.

If your test is positive, you need to continue self-isolating for 14 days from when your symptoms started (or your test date if you have no symptoms). After that, if you feel well and have no fever, you can return to your usual routine. You are not infectious after 14 days, as long as you don't have a fever.

If your test is negative, you can stop self-isolating. Your symptoms are not caused by COVID-19. However, if you have been in close contact with a positive case, you will still need to stay in your room for the rest of the 14 days, as you could still develop COVID-19 symptoms.

3. If you are particularly vulnerable to infection

If you are particularly vulnerable to infection, you may need to remain in your room to protect yourself from other people in the care home who may have COVID-19. The care home staff will be able to advise you about this.

You can discuss with the care home staff, how they can support you during this time in isolation, to ensure that your care needs are met.