

If the person you care for receives regular health or social care from an organisation, either through your [local authority](#) or paid for by themselves, inform their care provider that they are reducing social contacts and agree on a plan for continuing their care.

As a carer, the [Guidance on social distancing for everyone in the UK and protecting older people and vulnerable adults](#) provides advice on the extra precautions you can take to help keep the person you care for safe.

Facemasks

We do not recommend the use of facemasks as an effective means of preventing the spread of infection, unless advised by a healthcare professional. Facemasks play an important role in clinical settings, such as hospitals, where staff are trained in the use of personal protective equipment (PPE) but there is little evidence of benefit from their general use outside of these settings.

If the person you care for is in a care home

If you have no symptoms, you should keep in contact with the care home to understand any local arrangement to keep in touch with residents and follow the [Guidance on social distancing for everyone in the UK and protecting older people and vulnerable adults](#).

This guidance includes tips on how to maintain contact with relatives or friends such as staying in touch via phone or post where you are unable, or it is not advisable, to visit.

Maintaining your own health while you are looking after others