This is information about the NHS Test and Trace app

Test and Trace is one way the NHS are trying to stop coronavirus from spreading.

The NHS Test and Trace app is an app that you can put on a smartphone.

The Test and Trace app is available in England and Wales.

There is a different app for Northern Ireland and Scotland.
You can use the Test and Trace app to check-in to places when you visit them, like pubs or restaurants.

The people who work in the place where you are going will tell you if you need to check in.

The Test and Trace app means you will not have to fill in forms.

You check-in by scanning a QR code on a poster.

This is what a QR code looks like
If the place you are going does not have a QR poster you may still need to fill in a Test and Trace form.

The app will remember where you have been.

If someone who has coronavirus has been to the same place as you, the app will tell you.

If you have coronavirus, the app will be able to send a message to the phones of all the other people who were there.
The Test and Trace app can tell you if you have come near to other people with coronavirus symptoms.

This is called **contact tracing**

The app uses Bluetooth to find all other phones near you.

The app can remember which other phones have been near you.

If someone tells the app they have coronavirus, the app can send a message to all the other phones that have been nearby.
You can turn off the contact tracing part of the app if you want to.

Contact tracing should be turned off if you do not have your phone with you.

There are times where contact tracing will not work properly.

Contact tracing should be turned off if you work in health or social care and wear personal protective equipment.

Contact tracing should be turned off if you are at work protected by a screen.
The app can give you advice on what to do if you think you may have coronavirus.

If you feel poorly you can use the app to check if your symptoms may be coronavirus.

You can do this by using the **report symptoms** button.

The app will give you a list of symptoms to choose from, for example, a high temperature or a cough.

You tell the app what symptoms you have, then press the button called **submit**.
The app will tell you if you could have coronavirus

The app can tell you if you need to **self isolate**

Self isolating is when you stay at home and do not see other people

The app can help you to know how long you should self isolate for.

The app will give you a countdown for when isolation should end.
The app can tell you if you need to have a coronavirus test.

The app can help you to book a test at a test centre, or order a test kit for to be sent to your home.

The app can tell you the risk level in your area.

The Test and trace app can tell you if there are lots of infected people where you live.
The Test and Trace app will ask for the first part of your Post Code.

This will find your local area.

In England, the app can tell you if your area is medium, high or very high risk.

The Test and Trace app can give you advice on how careful you need to be at the moment in your area.
Some important things to remember about the app

You can only use the app if you have a smartphone.

You do not have to use the app.

The app does not see your name or the names of the people who you are with.

The NHS Test and Trace app tracks the virus.
The Test and Trace app does not track a person or people.

Any personal information you tell the app is kept on your phone.

You can delete information in the Test and Trace app at any time.

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