**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 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.

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 send a message to the phones of the people who were at the same place as you.

The Test and Trace app can tell you if you have been 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.

Contract 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 to be sent to your home.

The app can tell you when the information about your local area has changed.

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The app will ask for the first part of your postcode.

This will find your local area.

The information in your local area might change if there are new rules, or new places to have a test.

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 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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