NHS Covid-19 app

The NHS Covid-19 app is one way the NHS are trying to stop coronavirus from spreading.

The NHS Covid-19 app is an app that you can put on a smartphone.

The NHS Covid-19 app can be used in England and Wales.

There is a different app for Northern Ireland and Scotland.
You can use the Covid-19 app to check in to places when you visit them, like pubs or restaurants.

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 NHS Covid-19 app can tell you if you have been near to other people who now have coronavirus.

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 contract 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 check 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 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 how long you need to self-isolate.

**Self-isolating** is when you stay at home and do not see other people.
You have to self-isolate if you have had a positive result from a PCR test.

NHS Test and Trace will tell you to self-isolate if:

- you have not had 2 doses of the coronavirus vaccine and
- you do not have a good medical reason for not having the vaccinations and
- you have been in close contact with someone who has coronavirus.

There are different variants of coronavirus.

A variant means something that is almost the same, but it is a bit different.
Scientists have found a new variant of coronavirus.

They have called the new variant **Omicron**.

**Omicron** is the name of a letter in the Greek alphabet.

NHS Test and Trace will tell you to self-isolate if you:

- live in the same household as someone who has or who may have the Omicron variant of coronavirus or
- are a close contact of someone who has or who may have the Omicron variant of coronavirus.

You will have to self-isolate even if you have had all of your coronavirus vaccines.
The app will give you a countdown for when your self-isolation should end.

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

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 Covid-19 app tracks the virus.
The NHS Covid-19 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.

This information was made by Mencap with thanks to Photosymbols.