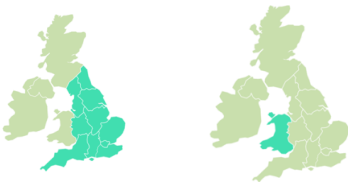**This is information about the NHS Test and Trace app**

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.

Why is the Test and Trace app important?

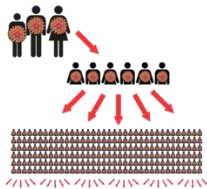The app helps the NHS know where the virus is spreading. This means it will help them track the virus.

How does the Test and Trace app work?

You use the Test and Trace app to check-in to places when you visit them.

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

The Test and Trace app will tell you if Coronavirus was at a place you visited.

You check-in to a location by scanning a QR code.
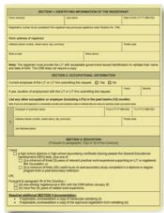
The QR code will be on a poster.

This is what a QR code looks like

You should scan the QR code with your phone when you arrive.

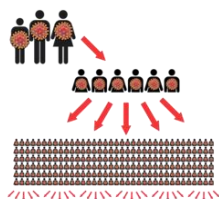You can also see a list of places you have been.

If the place you are visiting does not have a QR poster you need to fill in a Test and Trace form.
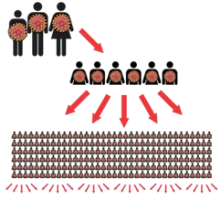
The Test and Trace works out who you have had close-contact with.

The Test and Trace app will tell you if you have been in contact with people who have Coronavirus.

This is called **contact tracing.**

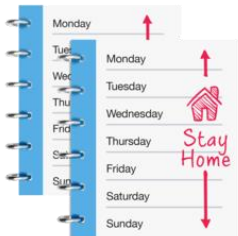Contact tracing helps to slow down the spread of coronavirus.

Contact tracing will tell you if have been in contact with people with coronavirus.

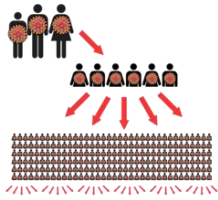If you have coronavirus symptoms, follow the advice about what to do next.

You may need to self-isolate.

If you do not get symptoms after 14 days you can stop self-isolating.

You may not need a coronavirus test.

There are times where contact tracing will not work properly.

Contact tracing should be turned off if you do not have your phone with you.
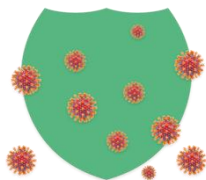
Contact tracing should be turned off if you work in health or social care and wear personal protective equipment.

Contact tracing should be turned off if you are at work protected by a screen.
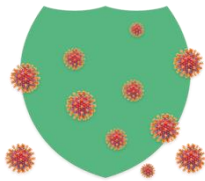
How to use the App

If you feel poorly you can use the app to check if your symptoms may be to do with Covid-19.

You can do this by using the report symptoms button.

The app will give you a list of symptoms, you choose the ones that apply to you.

You click the Submit button.
The app will tell you if your symptoms could be caused by Coronavirus.

If you are poorly the Test and Trace app tells you if you could have Coronavirus.

The Test and trace app will help you to order a test if you need one.

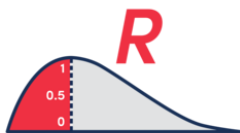The NHS Test and Trace app will support you to self-isolate if you need to.

The Test and Trace app will give a countdown for when isolation should end.

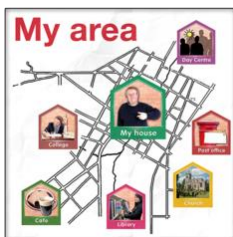**The NHS Test and Trace app can tell you the risk level in your area.**

The Test and trace app can tell you what different risk levels mean.

The Test and Trace app can give advice to reduce the risk of you being infected.

The NHS Test and Trace app will ask for the first part of your Post Code.

This will find your local area.

The test and trace app will tell you the risk level in your area.

The Test and Trace app will give advice to follow to reduce the risk of you being infected.

Some important things to remember

The NHS Test and Trace app tracks the virus.

The Test and Trace app does not track a person or people.

The app cannot see who you are or who you are with.

Any information is kept on your phone.

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

You can delete the Test and Trace from your phone at any time.

photosymbols®

This information was made by Mencap with thanks to Photosymbols.