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NHS Test and Trace App now available to download



The national NHS Test and Trace App is now available. The app is key part of the country's fight against COVID-19.

Cumbrians are being strongly encouraged to download the app to their smartphones now.

The app is available via the [Google Play Store](#) and [Apple App Store](#) search for **NHS app** and look for the logo above.

The app will be used, alongside traditional contact tracing, to notify users if they come into contact with someone who later tests positive for coronavirus.

The app will also help local authorities understand if the virus is spreading in their area, helping them to respond quickly to stop it spreading further and save lives. The app does this while protecting a user's anonymity. Nobody, including the government, will know who or where a particular user is.

What the app does

The app provides a number of functions:

- Contact tracing - alerting you if you have been near other app users who have tested positive
- Local alerts - lets you know the level of risk in your postcode district
- Check-in - check-in to venues and get alerted if you may have come into contact with a positive case
- Symptoms - check your symptoms
- Test - book a test and get your results via the app

- Isolate - keep track of your self-isolation and access advice

[Find out more about the app](#)

Watch the video to find out more about the App



Colin Cox, Cumbria's Director of Public Health

"I'm strongly encouraging people to download the app. The more people who use it the more powerful it becomes in helping us stop the spread of this virus. I know it has been a long time coming and people may be sceptical, but the trials of the system elsewhere in the country have gone well and it's clear this is an important weapon in our fight against COVID-19.



"I want to stress that the app cannot be used to identify you, track you, check if you are self-isolating or by law enforcement, but it can make a significant difference to our ability to keep the virus under control."
