

Potentially Useful COVID-19 Apps

The progression of the COVID-19 pandemic has created widespread need for information among the public. With the rise of telemedicine, more people have started to turn to their smartphones for readily accessible information. A few health departments and researchers are also turning towards this technology as a way to collect data that can be used for contact tracing, symptom monitoring, and so much more. The following list categorizes apps by their use and provides a few examples of each category. Many more apps current exist, please seek others that suit your needs.

****Important disclaimer: This list of applications provides supplemental information/tracking/diagnosis of the current COVID-19 pandemic. However, none of these applications should be used as a substitute for the advice and recommendations of medical professionals.***

COVID-19 Information and Maps:

- CDC Mobile App (Free) - <https://www.cdc.gov/mobile/applications/cdcgeneral/promos/cdcmobileapp.html>
 - Provides the most up to date notifications based on the user's preferences/interests. Users who select COVID-19 as a subject of interest receive notifications when the CDC posts their latest updates or changes in guidelines.
- WHO Academy COVID-19 Learning (Free) - <https://apps.apple.com/us/app/who-academy-covid-19-learning/id1506019873>
 - This can serve as continuing education/training about COVID-19 for healthcare workers. It includes the WHO's most updated guidance on identifying and caring for infected individuals, as well as training on prevention methods. Disease distribution maps are also included.

COVID-19 Contact Tracing App:

- Apple and Google's Exposure API (Free) - <https://covid19.apple.com/contacttracing>
 - A partnership between two tech giants that utilizes Bluetooth technology to identify potential exposures for the iPhone user (the user is alerted when they have been within close proximity of a suspected/confirmed case). The users must sign up in conjunction with their state health agencies, and it is the apps for those agencies that allows users to input their COVID status. All information is kept private and coded in a manner that does not allow the app developers or state health agencies to identify individuals. Currently, only Alabama, Arizona, Nevada, North Dakota, Virginia, and Wyoming are participating.
- COVID Symptom Study (Free) - <https://covid.joinzoe.com/us-2>
 - It is a collaboration of researchers and public health schools (including UTH SPH) that tracks community spread by asking users to enter their current COVID

status and then add daily updates about their health. The app can track the user's health information and provide prompting to seek medical advice when COVID symptoms are entered.

- COVID Control (Free) - <https://apps.apple.com/us/app/covid-control/id1508396930?ls=1>
 - A Johns Hopkins University study that provides a user-friendly app designed to record information volunteered by the individual (e.g. COVID status, symptoms, and demographics). The collected data is then used in contact tracing and research studies.

COVID-19 Screening Apps:

- HealthChampion COVID-19 App for Employers (Free for 10-person organization; charges for more than 10 employees) - <https://myhealthchampion.com/covid19/>
 - A HIPAA compliant screening tool that employees can use daily before coming to work to input their symptoms/current health status. Employees whose health information is flagged are guided away from their place of employment and given the recommended next steps to be taken.
- Apple's COVID-19 Screening Tool (Free) - <https://covid19.apple.com/screening>
 - A collaboration between Apple, the CDC, FEMA, and the White House that screens for COVID symptoms and risk factors, and then provides guidance on the next steps (from testing to self-isolation).

App to find COVID-19 Test Sites:

- All Clear (Free) - <https://home.allclear.app/>
 - Finds nearby COVID testing sites based on the user's location. Also provides useful information such as whether each site requires screening, appointments, physician referrals, or insurance.

Social Distancing Apps:

- mContain (Free) - <https://mcontain.md2k.org/>
 - Uses location and Bluetooth technologies to detect proximity encounters (within six feet for several minutes) with other app users. It counts and displays the number of daily proximity encounters with other app users. To reduce the chances of entering crowded places, the app displays the level of crowding at busy places on a map. If a user and their COVID-19 test provider both agree to share the results of their test, the app can notify other users about possible exposures to COVID-19.
- 1point5 (Free) - https://play.google.com/store/apps/details?id=app.onepointfive&hl=en_US
 - Helps to maintain social distancing requirements, especially during in-person meetings, by measuring the distance between each of the app's users (all persons within a meeting must download the app in order to ensure efficacy). It provides danger alerts when users come within too close a proximity.

Health Monitoring Apps:

- Kinsa Smart Thermometer (Free app with a \$28.49 purchase of the Kinsa Smart Thermometer) - <https://apps.apple.com/us/app/kinsa/id1469151284>
 - Maintains the records of temperatures of multiple members of a household and provides age-specific fever and symptom guidance. It can also provide daily medication and dose reminders based on information shared with a healthcare provider.
- Pulse Oximeter – Beat & Oxygen (Free app on Google Play, but only works with heart rate and SpO2 sensor on high end Samsung devices) - <https://play.google.com/store/apps/details?id=com.dungelin.pulseoximeter>
 - Allows users to measure their heart rates and blood oxygen saturation levels three times a day with a built-in sensor in newer Samsung devices. It saves the user's records, which can then be shown to a health care provider (SpO2 measurement records are especially useful for monitoring the recovery of COVID patients).