

How to check *WHO* can track
your smartphone/ tablet
Location

*and make sure no one
can track you*

Turning Location Services off completely:

If you need to turn off all possible Location Services and tracking (temporarily or permanently), head to ***Settings > Privacy***

Tap ***Location Services*** at the top, tap ***Turn Off*** to confirm

Toggle the switch off next to Location Services at the top

Keep in mind some services won't be able to work with Location Services turned off

Apple highlights when turning this switch off that *“Location Services will be disabled for all apps, but your personalized Location Services will be temporarily restored if you use Find My iPhone to enable Lost Mode.”*

What apps can see your iPhone location?

In the same Settings section (*Settings > Privacy > Location Services*) look further down *Remember you'll need the main Location Services toggle to be turned on*

You'll see a list of apps (Apple apps and third-party ones)

Tap one to manage individual Location Services

You'll get the option to allow location access **“Never,” “Ask Next Time,” “While Using the App,” or “Always”**

Additionally, you can toggle off **“Precise Location”** if you want to give an app location permission but want it to be less detailed

What apps can see your iPhone location?

When you see the Location Services icons in the status bar of your iPhone, or in the settings we walked through above, here's what they mean:

Apps that have requested access to your location will appear here.

-  A hollow arrow indicates that an item may receive your location under certain conditions.
-  A purple arrow indicates that an item has recently used your location.
-  A gray arrow indicates that an item has used your location in the last 24 hours.

Managing Location Services with Find My

In **Settings > Privacy > Location Services** tap **Share My Location**

You can now toggle off the button next to **“Share My Location”** which will prevent the family and friends you see below from seeing where you are

You can also manage how Find My iPhone works by tapping **Find My iPhone**

Who can see your iPhone location with Find My?

Head to the **Find My app**

Tap a person from the list at the bottom

Swipe to the bottom of the info card

Choose **Stop Sharing My Location**

Alternatively, you can do the same from ***Settings > Privacy > Location Services > Share My Location > Family/Friends***

Who can see your iPhone location in third-party apps?

If you're sharing your location with others in third-party apps, that won't show up in your main iOS settings

Head back to ***Settings > Privacy > Location Services*** to look at what apps have location access

If you're unsure if an app has access you can turn them all back to
"Ask Next Time" or "Never"

- Common third-party apps that will have location access to your iPhone or iPad include:

Google Maps, Facebook, Instagram, other social media apps, Uber/Lyft, other travel, fitness, shopping apps (*keep in mind even unsuspecting apps could have or ask for location access*)

How to check who can access your iPhone, other Apple devices, and Apple accounts

Check what devices are associated with your Apple ID

On iPhone and iPad, look at the devices that are signed in with your Apple ID by going to **Settings > Your Name >** Swipe down below Family Sharing

On Mac you can head to **System Preferences > Apple ID >** Look for your devices on the left

You can also see all your devices associated with your Apple ID at appleid.apple.com

You can tap/click any device to learn more, choose **Remove from Account** for anything that you don't want to remain connected to your Apple ID

Review Face ID and Touch ID settings

Check if there is an unexpected alternate appearance or fingerprints in Face ID/Touch ID settings on iPhone, iPad, or Mac

Head to *Settings > Face ID & Passcode> or Touch ID & Passcode>* to check your settings

On Mac, you can head to **System Preferences > Touch ID**

Apple ID security settings

Head to appleid.apple.com and check over the Security section

Make sure everything looks correct

If you don't have two-factor authentication turned on, that's a very important piece of securing your devices, accounts, and personal data

QUESTIONS