

**PROTECT YOURSELF  
AND OTHERS.**



Updated on 7.04.2021

# STOP CORONA

## New coronavirus: the most important information

An infection with the new coronavirus can have serious consequences and prove fatal. If we all follow the rules, we can help protect ourselves and people at especially high risk.

**Please note:** The information found in this fact sheet covers the national rules. More stringent rules may apply in certain cantons.

### 1. Transmission of the new coronavirus

The virus spreads most frequently when people are in close, protracted contact; in other words if you keep a distance of less than 1.5 metres from someone who is infected without protection. This can take place as follows:

- **Via droplets:** When the infected person breathes, talks, sneezes or coughs, droplets containing the virus can directly get onto the mucous membranes (in the nose, mouth or eyes) of other people in the immediate vicinity. Transmission is also possible over longer distances via very fine droplets (aerosols), but this does not happen often.
- **Via surfaces and the hands:** If infectious droplets get onto surfaces, others can become infected if they get these droplets on their hands and then touch their mouth, nose or eyes.

**Important to note:** You can also infect other people without noticing any symptoms yourself. This is because an infected individual is contagious from two days prior to the onset of symptoms until up to ten days after symptoms emerge. In the case of those who fall seriously ill, they can also be contagious for longer.

### 2. Symptoms of Covid-19

<b>These symptoms are common:</b>	<b>These symptoms are also possible:</b>
<ul style="list-style-type: none"><li>– Sore throat</li><li>– Cough (usually dry)</li><li>– Shortness of breath</li><li>– Chest pain</li><li>– Fever</li><li>– Sudden loss of sense of smell and/or taste</li></ul>	<ul style="list-style-type: none"><li>– Headache</li><li>– General weakness, feeling unwell</li><li>– Aching muscles</li><li>– Head cold</li><li>– Gastrointestinal symptoms (nausea, vomiting, diarrhoea, stomach ache)</li><li>– Skin rashes</li></ul>

The symptoms of Covid-19 vary in severity and can also be mild. Complications such as pneumonia are also possible.

### 3. Rules on hygiene and social distancing



Get together with as few people as possible. Avoid larger groups of people.



Keep your distance from other people: at least 1.5 metres.



Follow the rules on the requirement to wear a mask. Also wear a mask if you are unable to maintain a distance of 1.5 metres. The mask must cover your mouth and nose. A scarf or shawl is not a substitute for a mask.



Ventilate all rooms regularly and frequently. The more people there are in a room and the smaller the room is, the more frequently it should be ventilated. Ensure that there is a draft when ventilating a room.



Wash your hands regularly and thoroughly with soap. The soap renders the virus harmless.



Cough or sneeze into a paper tissue or the crook of your arm. Use paper tissues and use them only once.



Avoid shaking hands as well as hugging and kissing.



Work from home if possible.



Make an appointment by phone before going to a medical practice or an accident and emergency department.

In addition to the rules on hygiene and social distancing, there are other rules to follow. These rules are listed in sections 4, 5, 6 and 7 of this fact sheet.

A simple overview of all current rules can be found on the poster under [www.bag.admin.ch/migration-covid-en](http://www.bag.admin.ch/migration-covid-en).

### 4. Testing



If you have one or more of the symptoms of Covid-19 (see Section 2), you may be infected with the coronavirus. Be sure to consistently observe the following instructions:

- Get yourself tested immediately. You can take a test at medical practices, hospitals or special test centres. A list of the places where you can be tested can be found at [www.bag.admin.ch/testing#197439718](http://www.bag.admin.ch/testing#197439718). The test is free of charge.
- Stay at home before and after the test. Avoid all contact with other people until you have received your test result.. The instructions can be found at [www.bag.admin.ch/migration-covid-en](http://www.bag.admin.ch/migration-covid-en).
  - **What to do in the event of a positive test result:** Follow the instructions on isolation. You will find them at [www.bag.admin.ch/migration-covid-en](http://www.bag.admin.ch/migration-covid-en).
  - **In the event of a negative test result:** Stay at home until you have no longer had symptoms for 24 hours, unless you are in quarantine.

To detect as many coronavirus infections as possible, people without symptoms are also tested. This can be done in the course of regular testing at work or in institutions. This testing is voluntary and free of charge. If you have the opportunity to take part in regular tests we would advise you to do so to protect yourself and others.

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You can also do a free self-test yourself, for example before a visit to the hospital or your grandparents. You can get self-tests free of charge at pharmacies (5 tests every 30 days).

Ask at the place where you have the test done what to do once you get your test results, or find out from the website [www.bag.admin.ch/testing#242157159](http://www.bag.admin.ch/testing#242157159).

### 5. Isolation and quarantine



Isolation and quarantine prevent the new coronavirus from spreading. A person who has been infected with the coronavirus or who is suspected of being infected should stay at home and must not have any contact with other people. This means that new infections can be avoided. The rules are as follows:

**Isolation:** People who test positive for an infection with the new coronavirus must go into isolation. The period of isolation can be ended when ten days have passed since the first symptoms of the disease emerged **and** the individual in question has exhibited no symptoms of the disease for 48 hours.

**Quarantine:** People who are likely to have been infected with the new coronavirus must go into quarantine for ten days. This requirement applies in the following cases:

- Following close contact with an individual who has tested positive for the new coronavirus.
- Following a stay in a country or area with an increased risk of infection.

#### Conditions for a shorter quarantine period

The quarantine period can be shortened from the seventh day if this is approved by the cantonal authority. This is on the condition that you are able to present a negative test result. The test is free of charge.

Further information on isolation and quarantine can be found in the “instructions on isolation” and the “instructions on quarantine” at [www.bag.admin.ch/migration-covid-en](http://www.bag.admin.ch/migration-covid-en).

An explanatory video on isolation in German, French, Italian and English can be found at [www.foph-coronavirus.ch/downloads/#isolation](http://www.foph-coronavirus.ch/downloads/#isolation). The video dubbed by Diaspora TV in 16 languages can be found at [www.migesplus.ch/en/publications/are-you-sick-at-home-with-coronavirus](http://www.migesplus.ch/en/publications/are-you-sick-at-home-with-coronavirus).

### 6. Contact tracing



If an individual's coronavirus test is positive, contact tracing by the cantonal authorities begins:

- The cantonal authorities work with the infected, i.e. positively tested, person to try to identify all those they may have come into close contact with – in the two days prior to the onset of symptoms until isolation began.
- The authorities notify the people concerned about the possibility of infection and what to do next.
- These contacts have to go into quarantine for ten days following their last contact with the infected person even if they have no symptoms.
- If no infection is detected during these ten days, the authorities lift the quarantine.
- If a contacted person already has symptoms of the disease or such symptoms emerge during the quarantine period, they must get tested and go into isolation immediately.

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An explanatory video on contact tracing in German, French, Italian, Romansh, English, Albanian, Serbian, Portuguese and Spanish can be found at [www.foph-coronavirus.ch/downloads/#tracing](http://www.foph-coronavirus.ch/downloads/#tracing).

It is possible that the cantonal authority will not contact you immediately. **It is therefore important that, if necessary, you go into isolation or quarantine independently.** And if you have tested positive for Covid-19, it is also important that you inform people you have come into close contact with yourself.

### 7. Entry into Switzerland

If you enter Switzerland from a country or area with an increased risk of infection, you must do the following:

- Prior to entering Switzerland: Complete the form for incoming travellers at [swissplf.admin.ch/home](http://swissplf.admin.ch/home).
- Prior to entering Switzerland: Take a coronavirus test and present the negative test result upon entering Switzerland.
- After entering Switzerland: Go into quarantine for ten days. People who do not observe the quarantine requirement face heavy fines (up to CHF 10,000). The quarantine period can be shortened from the seventh day under certain conditions. Information in this regard can be found under section 5.
- After entering Switzerland: Report your arrival in Switzerland to the responsible cantonal authority within two days ([www.bag.admin.ch/entry#-1675462321](http://www.bag.admin.ch/entry#-1675462321)). Follow the instructions provided by this authority.

The regularly updated list of countries or areas with an increased risk of infection can be found at [www.covid19.admin.ch/en/international/quarantine?mapZoom=world](http://www.covid19.admin.ch/en/international/quarantine?mapZoom=world).

If you arrive in Switzerland by plane from a country that is not considered to be a risk country, you must also present a negative test result. This will be checked prior to boarding the aircraft.

If you enter Switzerland by plane, boat, bus or train, you must enter your contact details prior to arriving in Switzerland in an electronic form for incoming travellers. You can find the form at [swissplf.admin.ch/home](http://swissplf.admin.ch/home).

With respect to the rules for those entering Switzerland, there are various exceptions and detailed provisions that are not listed in the fact sheet. All information can be found on the website at [www.bag.admin.ch/entry](http://www.bag.admin.ch/entry).

### 8. People at especially high risk

For certain people, an infection with the coronavirus is dangerous. They can become seriously ill or die. The following people are deemed to be at especially high risk:

- **Older people:** The risk of a severe case if infected with the new coronavirus increases with age. From the age of 50, hospitalisation rates also increase. Pre-existing conditions likewise increase the risk.
- **Pregnant women**
- **Adults with Trisomy 21**
- **Adults with certain forms of the following chronic diseases:**
  - High blood pressure
  - Cardiovascular diseases
  - Diabetes

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- Pulmonary and respiratory illnesses
- Conditions and therapies that weaken the immune system
- Cancer
- Serious obesity (with a BMI of 35 or more)
- Chronic kidney disease
- Liver cirrhosis

If you are one of these people and have symptoms of Covid-19 (see section 2), **call your doctor or a hospital immediately and get tested. Even at the weekend.** Describe your symptoms and say that you are a person deemed to be at especially high risk.

## 9. Vaccination

In Switzerland, you can get vaccinated against Covid-19. Swissmedic, the Swiss Agency for Therapeutic Products, has closely examined and authorised the vaccines against Covid-19. They are safe and effective.

However, there can be side effects with any vaccination. Nevertheless, according to current knowledge, the risk of serious side effects following vaccination against Covid-19 is much lower than the risk of becoming seriously ill after being infected with the coronavirus.

In Switzerland, the first people who can get vaccinated are those for whom an infection with the coronavirus could be especially dangerous (see section 8). Later, all other adults aged 16 and over will have the opportunity to be vaccinated. The vaccination of pregnant women (except in certain cases) as well as children and young people aged under 16 is not yet planned as there are still no studies on the risks.

The cantons are responsible for the vaccinations. Information on when and where you can get vaccinated and how to register can be obtained from the authorities in your canton ([www.foph-coronavirus.ch/cantons](http://www.foph-coronavirus.ch/cantons)). The national Covid-19 vaccination infoline (+41 58 377 88 92, every day from 6 a.m. until 11 p.m.) also provides information on which is the responsible authority in your canton. You can also ask a doctor or a person of trust to register you for vaccination.

The Covid-19 vaccination is voluntary and free of charge for everyone living in Switzerland.

Further information on the vaccination can be found in the fact sheets at [www.bag.admin.ch/migration-covid-en](http://www.bag.admin.ch/migration-covid-en).

An explanatory video from Diaspora TV in 15 languages on the topic of vaccination can be found at [www.migesplus.ch/en/publications/information-about-covid19-vaccination-in-switzerland](http://www.migesplus.ch/en/publications/information-about-covid19-vaccination-in-switzerland).

## 10. Find help

**migesplus.ch web platform:** This platform provides a lot more information on Covid-19. The information has been translated into numerous languages: [www.migesplus.ch/en/topics/coronavirus-covid-19](http://www.migesplus.ch/en/topics/coronavirus-covid-19)

**Interpreters:** From the start, ask for an interpreter if you are unable to communicate in hospital. Interpreting services are also available by phone. If professional interpreters are brought in, you don't have to take your relatives with you to translate, meaning they are protected from infection. In the event of medical interventions, you have the right to understand and be understood.

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### Important telephone numbers and e-mail addresses

- If you feel threatened at home, you can find anonymous advice and protection at [www.opferhilfe-schweiz.ch](http://www.opferhilfe-schweiz.ch) (German) / [www.aide-aux-victimes.ch](http://www.aide-aux-victimes.ch) (French) / [www.aiuto-alle-vittime.ch](http://www.aiuto-alle-vittime.ch) (Italian). In an emergency, call the police on 117.
- The ambulance service can be reached by calling 144. This service is available around the clock all over Switzerland for all medical emergencies.
- Infoline on the new coronavirus: By phoning 058 463 00 00, you can get answers to questions on the new coronavirus.
- If you don't have a family doctor (GP): You can call Medgate on 0844 844 911 every day and through the night.

### 11. Further information

[www.bag-coronavirus.ch](http://www.bag-coronavirus.ch)

[www.bag.admin.ch/neues-coronavirus](http://www.bag.admin.ch/neues-coronavirus) (German, French, Italian, English)