

**PROTECT YOURSELF
AND OTHERS.**



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STOP COVID

Coronavirus: the most important information

An infection with the 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 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 via very fine droplets (aerosols). Transmission by aerosols is possible over short distances or also over longer distances. This type of transmission occurs mainly in small and poorly ventilated indoor spaces where aerosols can accumulate over a longer period of time.
- **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 appear. People who fall seriously ill may be contagious for longer.

2. Symptoms of COVID-19

These symptoms are common:	
<ul style="list-style-type: none">– Sore throat– Cough (usually dry)– Shortness of breath– Chest pain– High temperature– Sudden loss of sense of smell and/or taste	–

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| <ul style="list-style-type: none">- Headache- General weakness, feeling unwell- Aching muscles- Head cold- Gastrointestinal symptoms (nausea, vomiting, diarrhoea, stomach ache)- Skin rashes | |
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The symptoms of COVID-19 vary in severity and can vary according to the variant. Even a head cold can point to an infection. Symptoms can also be mild. Complications such as pneumonia are also possible.

If you feel unwell, you should stay at home. You should avoid or reduce contact with others, particularly people at especially high risk (section 6). It is a good idea to wear a mask when out and about.

3. 'Protect yourself and others': basic principles



We recommend you get vaccinated against coronavirus. Vaccination is the best protection against COVID-19 disease, transmission and possible long-term effects. See section 8.



You can continue to wear a mask if you want to. Masks protect you and others from infection. If you come into contact with people at especially high risk, it is a good idea to wear a mask.



Ventilation reduces the concentration of coronavirus particles in indoor spaces and lowers the risk of transmission. In particular, we recommend you ventilate spaces where people from different households mix. Temperature permitting, it is also a good idea to keep windows open for longer periods.



Wash your hands regularly and thoroughly with soap. The soap renders the virus harmless. If hand washing is not possible, hand sanitisers are a good alternative to render viruses harmless.



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

4. Testing



If you have one or more of the symptoms of COVID-19 (see section 2), you may be infected with the coronavirus. If you are at especially high risk (see section 6), or have close and regular contact with people at especially high risk (at work, as a carer, in a shared household), you should get tested. If you wish, you can also be tested if you are not at especially high risk.

- 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 [Where can I get which test?](#) The test is free of charge.

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 [Coronavirus: Tests](#).

If you are not sure whether and how you should get tested, the [diagram of test procedures](#) shows you what to do. A test can be a good idea if you have symptoms but also if you don't.

5. You have tested positive. What should you do?

- **Inform others about your test result:** If you have contact with people at especially high risk, it is wise to let them know about your positive test result as soon as possible.
- **If you are sick:** If you feel unwell, you should stay at home and avoid or reduce contact, especially with people at especially high risk.
 - **People at especially high risk:** If you are at especially high risk, consider contacting your specialist doctor so you can get early treatment for COVID-19.
 - **Masks:** Wearing a mask when out and about is a good idea.
 - **Work:** If you work, talk to your employer about your working arrangements, the necessary precautionary measures and whether you need to provide a medical certificate and by when.
 - **In general:** Follow the basic principles under section 3.

6. 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
 - 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. If you are unsure whether you belong to the group at especially high risk, please contact your doctor.

7. Vaccination

In Switzerland, you can get vaccinated against COVID-19. The vaccination is recommended for people aged 12 and over (including pregnant women). Children from age 5 can also be vaccinated. Swissmedic, the Swiss Agency for Therapeutic Products, has closely examined and authorised the vaccines against COVID-19. They are safe and effective.

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However, there can be side effects with any vaccination. Nevertheless, based on current evidence, 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.

Is it already more than 4 months since your last vaccination? Sign up for a booster. The booster makes sure that you're well protected from severe illness again.

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). 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.

There is some misinformation circulating with regard to the COVID-19 vaccination. These videos present the most common vaccination myths and explain why they are untrue.

8. Seek 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

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.

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 (German) / www.aide-aux-victimes.ch (French) / 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.

9. Further information

[Languages: Protect yourself and others \(foph-coronavirus.ch\)](http://www.foph-coronavirus.ch)
www.bag.admin.ch/coronavirus