

PROTECT YOURSELF AND OTHERS.

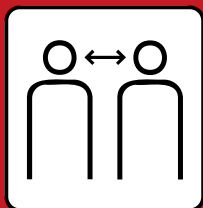


Updated on 3 December 2020

STOP CORONA



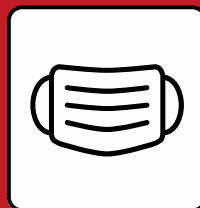
Get together with fewer people.



Keep your distance.



Masks compulsory if distancing isn't possible.



Masks compulsory in publicly accessible indoor and outdoor areas, and on public transport.



Work from home if possible.



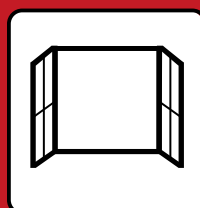
Wash your hands thoroughly.



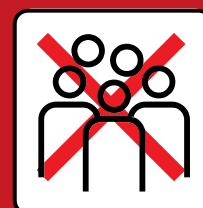
Cough and sneeze into a handkerchief or your elbow.



Do not shake hands.



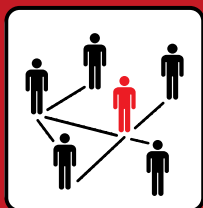
Air out rooms several times a day.



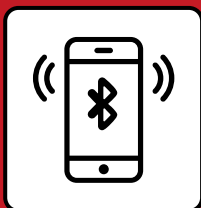
Spontaneous gatherings of more than 15 people in public spaces are forbidden.



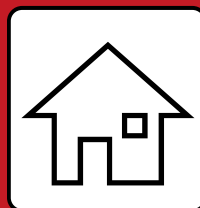
If you experience symptoms, get tested immediately and stay at home.



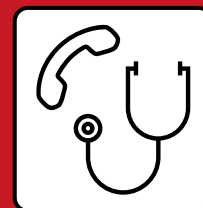
To enable contact tracing, always provide your complete contact information.



To break chains of infection: download and activate the SwissCovid app.



If you test positive: isolate. If you have had contact with a confirmed case: quarantine.



Only go to a doctor's office or an accident and emergency department after making an appointment by phone.

www.foph-coronavirus.ch

In certain cantons, stricter rules apply.













Schweizerische Eidgenossenschaft
Confédération suisse
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Bundesamt für Gesundheit BAG
Office fédéral de la santé publique OFSP
Ufficio federale della sanità pubblica UFSP
Federal Office of Public Health FOPH

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Frequently asked questions (FAQs) about the new coronavirus

At the end of 2019, a new and very infectious disease emerged. It is called Covid-19. The disease is caused by the new coronavirus, which spread all over the world within a short space of time. In this factsheet from the Swiss Federal Office of Public Health FOPH, you will find answers to the most frequent questions about the new coronavirus.

Infection with the new coronavirus can have serious consequences. Some people die of the disease. This means that it is important for everybody to protect themselves from the new coronavirus.

Personal responsibility is important: The best way to protect yourself from infection is to follow the rules on hygiene and social distancing shown on the title page of this document and on Federal Office of Public Health posters. These include washing your hands regularly with soap and water and keeping your distance

Current requirements and bans:

- Extended requirement to wear a mask:
 - Masks compulsory in busy town and village centres, as well as in publicly accessible indoor and outdoor areas of businesses and establishments
 - Masks compulsory in public transport facilities throughout Switzerland: on public transport, in aircraft, and at railway stations, stops and airports
 - Masks compulsory for everyone in high schools and vocational schools (e.g. grammar schools, vocational schools, specialised middle schools)
 - Masks compulsory indoors at work, except in own workspace if recommended distance can be maintained
- Restriction for events and gatherings (please note: children are counted in the number of participants)
 - Ban on private events with more than 10 people
 - Ban on public events with more than 50 people
 - Ban on spontaneous gatherings with more than 15 people in public spaces
- Rules for restaurants and bars:
 - Seating requirement in restaurants and bars: food and drink may only be consumed sitting down
 - Maximum of 4 people per table at restaurants (exception for parents with children)
 - The operation of clubs, discos and dance venues is prohibited
 - Bars and restaurants must close from 11.00 p.m. to 6.00 a.m.
- Rules for sport and culture:
 - Recreational sports: Ban on activities with more than 15 people; ban on contact sports; indoors masks must be worn and distance maintained, outdoors masks must be worn or distance maintained; children at compulsory schools may continue to do sports without restriction.
 - Culture/arts (music, theatre, dance, etc.): For amateurs, activities with up to 15 people are allowed provided masks are worn and distancing rules followed. For professionals, rehearsals and performances are allowed
 - Choir performances are banned; rehearsals only allowed for professional choirs
- Distance learning at universities and institutions of higher education
- Work from home if possible
- Quarantine requirement for people arriving in Switzerland

Note: In certain cantons, stricter rules apply.

1. Infections and risks

1.1 Why are these rules on hygiene and social distancing so important?

The new coronavirus is a new virus against which humans **still have no immunity (immune defences)**. **Many people could be infected and get the disease**. For this reason, we have to slow down the spread of the new coronavirus as much as possible.

We particularly have to protect people who are at greater risk of becoming severely ill (see next question → Who is at especially high risk? **N**).

1.2 Who is at especially high risk? **N**

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, underlying conditions likewise increase the risk).
- **Pregnant women**
- **Adults with the following underlying conditions:**
 - High blood pressure
 - Cardiovascular disease
 - Diabetes
 - Chronic respiratory illness
 - Cancer
 - Conditions and therapies that weaken the immune system
 - Serious obesity (with a BMI of 40 or more)

Please talk to your doctor if you're not sure whether you belong to a vulnerable group.

We can protect these people too more effectively if we all keep to the hygiene and behaviour rules. Since intensive care units have only limited space and ventilators (breathing equipment), adhering to the rules helps make sure that hospitals and other health centres can continue to give good treatment to people who are seriously ill.


1.3 Are you somebody deemed to be at especially high risk? This is how you can protect yourself. **N**

The best way to protect yourself from infection is to consistently observe the rules on hygiene and social distancing. The recommendations are as follows:

- Wash your hands thoroughly and regularly with soap and water
- Keep your distance from other people (at least 1.5 metres)
- Follow the rules on the requirement to wear a mask. Wear a mask if you are unable to keep a distance of 1.5 metres from others.
- Follow the rules on hygiene and social distancing even when meeting friends or family, for example by not using the same cutlery to serve food and not drinking from the same glass.
- Avoid larger gatherings of people and busy times at places frequented by large numbers of people (e.g. peak times on public transport and at railway stations, shopping on Saturdays).

If you have one or more symptoms of the disease (see question → What are the symptoms of an infection with the new coronavirus?), **immediately phone your doctor or a hospital and get yourself tested, even at the weekend.** Describe your symptoms and say you're at an especially high risk (vulnerable).

1.4 You are pregnant and are therefore potentially at especially high risk of becoming severely ill with Covid-19. What kinds of precaution do you need to take?

If you are pregnant, you should especially protect yourself from an infection with the new coronavirus. We therefore advise you to follow our recommendations for people at especially high risk (see previous question → Are you somebody deemed to be at especially high risk? This is how you can protect yourself. ).

Under the terms of the Ordinance on Maternity Protection, your employer is obliged to take all steps to protect you, a pregnant woman, from contracting the new coronavirus at work. If the circumstances are such that this is impossible, the employer must offer you alternatives. If the continuation of work proves impossible, your gynaecologist may issue a prohibition of employment.

The latest findings suggest that, if you are pregnant, infection with the coronavirus might result in a more severe course of the illness, particularly if you are also overweight, older, or if you have certain underlying conditions. There are still many open questions around pregnancy and Covid-19. It is advisable to be particularly cautious when protecting mother and child.

If you have any symptoms of the disease, immediately phone your gynaecologist to discuss the necessary steps and get yourself tested.

1.5 How is the new coronavirus transmitted?

The virus spreads most frequently when people are in close, protracted contact: If you stay less than 1.5 metres away from someone who is infected, without protection (protection means, for example, that both people are wearing a mask). The longer and closer this contact, the greater the chances of becoming infected.

The new coronavirus can be transmitted as follows:

- Via **droplets and aerosols:** 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 (less than 1.5 metres away).
The virus can be transmitted over longer distances via very fine droplets (aerosols), but this does not happen often. This type of transmission is most likely to occur during activities requiring increased breathing, for example physical work, sports, loud talking, and singing. The same applies if you stay for a longer period in unventilated or poorly ventilated rooms, especially if these rooms are small.
- Via **surfaces and the hands:** If infected people cough and sneeze, infectious droplets get onto their hands or nearby surfaces. Another person can then become infected if they get these droplets on their hands and then touch their mouth, nose or eyes.

1.6 How long is the period between infection and the appearance of symptoms? And when do people become contagious? N

The coronavirus has an **incubation period** – i.e. the time between infection and the appearance of the first symptoms – of around 5 days. However, this period can last up to 14 days.

Anyone contracting the coronavirus is infectious for a long time:

- **Start of the contagious period:** 2 days before symptoms appear. In other words, you can infect other people before you even notice that you've contracted the disease.
- **While you are experiencing symptoms of the illness. This is when you are most infectious.**
- **End of the contagious period:** In mild cases, "infectiousness" decreases sharply 10 days after the start of symptoms. The following rule of thumb thus applies: The contagious period ends 10 days after symptoms start. But in severe cases there are indications that people with the disease can be contagious for longer.

The whole time, it's important to be sure you to keep a distance of 1.5 metres from other people and follow the rules on hygiene and social distancing.

2. Symptoms, diagnosis and treatment

2.1 What are the symptoms of an infection with the new coronavirus?

Symptoms of Covid-19:

The most common symptoms are:

- Sore throat
- Cough (usually dry)
- Shortness of breath
- Chest pain
- Fever
- Sudden loss of sense of smell and/or taste

Other symptoms may include:

- Headache
- General weakness, feeling unwell
- Aching muscles
- Head cold
- Gastrointestinal symptoms (nausea, vomiting, diarrhoea, stomach ache)
- Skin rash

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

If you have one or more symptoms of Covid-19, you may have been infected with the new coronavirus. In this case, have yourself tested immediately and consistently adhere to the instructions specified under the following question (→ What should I do if I have symptoms of Covid-19? **N**)

2.2 What should I do if I have symptoms of Covid-19? **N**

If you have one or more of the common symptoms of Covid-19, you may have been infected with the new coronavirus. In this case, consistently adhere to the following instructions

- **Reduce contact:** Stay at home and avoid all contact with other people.
- **Tests:** Get tested immediately. (see question → [Where can I get tested?](#))
- **Until the test results are available:** Stay at home, follow the instructions on isolation (www.bag.admin.ch/migration-covid-en) and avoid all contact with other people until the result of the test is available.

If you are unsure about what you have to do:

- **Get a test recommendation:** Do the coronavirus check (check.bag-coronavirus.ch) or call your doctor. Answer all of the questions in the online check or on the phone. At the end of the check you'll receive a recommendation on how to proceed and possibly be instructed to get yourself tested. Get tested immediately if the coronavirus check or your doctor recommends that you do so and subsequently stay at home until the test result is available.
- If no test is recommended: Take your problems and symptoms seriously even if they probably aren't connected with new coronavirus. If required, call your doctor on the phone. Stay at home for 24 hours after the symptoms have subsided. This is also in line with the recommendation for respiratory diseases such as the flu.

If you are deemed to be at especially high risk, the following applies: If you have one or more symptoms of Covid-19, call a doctor or hospital immediately (even at weekends) and get yourself tested.

2.3 What is the coronavirus check?

With the coronavirus check at www.check.bag-coronavirus.ch/screening, you receive a recommendation on how to proceed from the Federal Office of Public Health after answering a few questions (in German, French, Italian and English).

A **corona check** can be found on the website of the canton of Vaud at www.coronavirus.unisante.ch/evaluation.

The coronavirus check is not a substitute for professional medical advice, diagnosis or treatment. The symptoms described in the check can also occur in connection with other illnesses, which require a different approach.

If you experience severe symptoms that worsen or give you cause for concern, always contact a doctor, even at the weekend.

2.4 My child who's under the age of 12 has symptoms. What should we do? Can it go to school or its childcare facility?

According to the latest findings, children can also get infected with the new coronavirus. However, those under age 12 are less likely than young adults and adults to have symptoms or spread the virus to other people.

Situation 1: Child and close contact have symptoms

Your child has symptoms of Covid-19 and has had close contact with someone (a person over age 12) displaying symptoms of Covid-19. In this case, what you should do next depends on the test result of the close contact:

- **If the close contact's test result is positive:** Your child must stay at home and will be tested in consultation with the paediatrician, who will provide you with information on how to proceed.
- **If the close contact's test result is negative:** Your child may only return to his or her school or childcare facility following a period of 24 hours during which he or she no longer exhibits fever or if his or her cough has significantly improved.

Situation 2: Child with symptoms but without contact with a person with symptoms of Covid-19

Your child has symptoms of Covid-19 coronavirus but has not had close contact with someone (a person over age 12) displaying symptoms of Covid-19. In this case, what you should do depends on your child's symptoms and health:

- **Your child has mild cold symptoms** (sniffles and/or a sore throat and/or a slight cough) **and is in good general health:** Your child may continue to attend his or her school or childcare facility.
- **Your child has a fever and is in good general health:** Your child must stay at home and may only return to his or her school or childcare facility following a period of 24 hours during which he or she no longer exhibits fever. Contact your paediatrician if your child's fever persists for three days or more.
If your child has other symptoms (gastrointestinal complaints, headache, aching limbs, loss of sense of taste and/or smell), discuss what to do with the paediatrician.
- **Your child has a severe cough and is in good general health:** Your child must stay at home and may only return to his or her school or childcare facility if the cough has improved significantly within three days. Contact your paediatrician if your child's severe cough persists for more than three days.
If your child has other symptoms (gastrointestinal complaints, headache, aching limbs, loss of sense of taste and/or smell), discuss what to do with the paediatrician.
- **Your child has a fever or severe cough and/or is in poor general health:** Contact the paediatrician directly to discuss what to do.

An overview of what to do if children at kindergartens and primary schools exhibit illness and cold symptoms can be found in the orientation handout for parents of the *Deutschscheizer Volksschulämter-Konferenz (DVD)*: <https://www.migesplus.ch/en/publications/procedure-in-case-of-symptoms-of-sickness-and-cold-primary-level-including> (in German, French, Italian, English, Bosnian/Croatian/Serbian, Portuguese, Spanish, Albanian, Arabic, Tamil, Tigrinya and Turkish)

2.5 How is the new coronavirus illness treated?

The options are currently limited to relieving the symptoms. Those with the disease are isolated for the protection of others. In most severe cases, intensive care at a hospital – possibly including artificial respiration (ventilation) – is required.

2.6 Do you have problems, a feeling of being unwell or symptoms that are not connected to the new coronavirus?

You must still take health problems, illnesses and symptoms that are not connected with the new coronavirus seriously and get treatment. Get help and don't wait too long: phone a doctor.

3. Tests

3.1 When should I get myself tested for the new coronavirus? N

If you have one or more symptoms of Covid-19, get tested immediately.

The current approach is that anyone with symptoms of the new coronavirus should be tested immediately after their symptoms start. The goal of this strategy is to detect as many infections as possible. This is the only way of systematically breaking chains of infection, which is key to managing the epidemic.

If you are unsure what you have to do: Stay at home, do the coronavirus check ([check.bag-coronavirus.ch](https://www.bag.admin.ch/coronavirus)) or call your doctor. Answer all of the questions in the online check or on the phone as best you can. At the end, you will receive a recommendation on how to proceed and possibly be instructed to get yourself tested. Get tested immediately if the coronavirus check or your doctor recommends that you do so and subsequently stay at home until the test result is available.

3.2 Where can I get tested? N

The tests are performed by doctors, hospitals, specially designated test centres or pharmacies (rapid antigen tests only).

A list with links to test offers available in the cantons can be found on the FOPH web page "Coronavirus: Tests": www.bag.admin.ch/testing

3.3 Under what circumstances does the federal government cover the costs of a PCR test or rapid antigen test? N

The federal government covers the costs of both PCR tests (molecular biological PCR tests) as well as rapid antigen tests, provided that one of the following criteria is met:

- You have symptoms matching Covid-19.
- You receive a notification from the SwissCovid app that you have been in contact with an infected person. You can find information in this regard on the SwissCovid app and contact tracing site: www.bag.admin.ch/swisscovid-app-en
- The cantonal office or a doctor orders you to have a test because you are in quarantine following close contact with an infected person.

The federal government will not cover the costs of the test if:

- You need a negative test result for travel.
- You are being tested at the request of your employer.
- The test is carried out abroad.

If the costs of the test are not covered by the federal government, we recommend that you find out in advance how much the costs are going to be, as they can vary.

4. Contact tracing, isolation and quarantine

4.1 What is meant by isolation and quarantine? Why are both measures so important? N

Isolation and quarantine are measures designed to break the chains of infection and thus contain the spread of the new coronavirus. A person with a confirmed or suspected infection must stay at home and avoid all contact with other people. This will prevent the greatest possible number of new infections. Accordingly, the following rules apply:

People who have tested positive for infection with the new coronavirus must go into isolation.

People with an increased likelihood of infection with the new coronavirus must go into quarantine for 10 days. Increased likelihood exists for persons for whom one of the following applies:

- They have been in close contact with a person who has tested positive for the new coronavirus. This is referred to as a **quarantine after close contact** (contact quarantine for short).
- They have stayed in a high-risk country or region. This is referred to as a mandatory **quarantine for persons arriving in Switzerland** (travel quarantine for short).

Film: Link to explanatory video on isolation (in German, French, Italian and English): [foph-coronavirus.ch/downloads/#isolation](https://www.foph-coronavirus.ch/downloads/#isolation)

Further information on quarantine and isolation can be found in the instructions on isolation and the instructions on quarantine: www.bag.admin.ch/migration-covid-en

4.2 What is contact tracing? N

Contact tracing involves locating people who have come into close contact with people infected with the coronavirus.

Contact tracing is recommended for everyone with a laboratory-confirmed case of Covid-19 or who has been hospitalised with a likely Covid-19 infection. The responsible cantonal office identifies people who have come into close contact with them and contacts them accordingly.

Film: Link to explanatory video on contact tracing (in German, French Italian, Romansch, English, Albanian, Serbian, Portuguese and Spanish): www.foph-coronavirus.ch/downloads/#tracing

If the coronavirus test is positive, the contact tracing process begins:

- The cantonal authorities work with the infected person to try to identify all those they may have come into close contact with.
- The authorities notify the people concerned about the possibility of infection and what to do next.
- The individuals concerned 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 that time, the authorities lift the quarantine.

The SwissCovid app supports contact tracing: It determines whether we have had contact with an infected person, allowing us to stop chains of transmission. See section → [SwissCovid app](#) N

Note on the current situation: Contact tracing is the responsibility of the cantons. They decide how best to deploy their resources if there are high numbers of cases. For this reason, in the current situation the cantonal office responsible may not be able to contact you promptly to tell you to go into isolation or quarantine. **It is therefore important for you to go into isolation or quarantine of your own accord if the circumstances require.** And, if you have tested positive for Covid-19, that you inform people you have come into close contact with yourself.

4.3 What do you have to do if you have had contact with a person infected with the coronavirus? N

Have you had contact with a person who has tested positive for the coronavirus? You may be contagious (able to infect other people) for the next few days without realising. What you should do now depends on whether the person who has tested positive was contagious during the contact and whether the contact was close. To find this out, answer the following questions:

First question: Was the person contagious at the time?

Decisive period of time: A person is contagious 2 days before the start of symptoms until 10 days after the start of symptoms. People with a severe form of the illness may be contagious for longer.

- If you had contact with this person before this period, infection is unlikely and you do not have to go into quarantine.
- If you had contact with the person who has tested positive while they were contagious, answer the following question:

Second question: Was the contact “close”?

“Close contact” is defined as personal contact in the course of which you could have become infected. The longer you had contact with the person who tested positive, the greater the likelihood of infection. If protection was in place, for example a partition, or if you were both wearing a mask, it does not count as close contact.

Be guided by the following basic rule: The contact was close if you were an insufficient distance from another person for a longer period of time and there was no protection. “A longer period of time” means more than 15 minutes altogether on one day (cumulatively). “Insufficient distance” means less than 1.5 metres away.

Note: The virus naturally doesn’t have a stopwatch. So 15 minutes is merely an approximate point of reference. In confined spaces (such as a car), the contact can be “close” even if it was for a shorter time.

4.4 During the quarantine period, am I allowed to go out occasionally, take a walk, get some fresh air or run errands? N

No. The purpose of quarantine is to interrupt transmission chains of the new coronavirus. You should therefore avoid contact with other people during the quarantine period. This does not mean, however, that social contact over the phone or via video calls is forbidden. The following exception applies to children: Your child is allowed to go outside for a short time during the quarantine period. When doing so, it is prohibited for your child to have contact with people outside the family.

5. SwissCovid app N



The SwissCovid app for mobile phones (Android/iPhone) is the official app of the federal government for contact tracing in the event of infections with the new coronavirus.

The app helps to contain the new coronavirus. It supplements classic “contact tracing”, i.e. the tracking of new infections by the cantons, and thus helps to stop chains of transmission.

The SwissCovid app is available in the Apple Store and Google Play Store:

- [Google Play Store for Android](#)
- [Apple Store for iOS](#)

Film: Link to the video on installing and activating the SwissCovid app (in German, French, Italian, Romansch, English, Albanian, Serbian, Portuguese and Spanish): www.foph-coronavirus.ch/swisscovid-app/#activate

5.1 How does the SwissCovid app’s system for detecting contact with other users work? N

Once the app is activated, the mobile phone starts to broadcast random identification codes (IDs) via Bluetooth. They are long and randomly generated chains of characters that make it impossible to trace the person or device from which they were sent.

Mobile phones with an activated SwissCovid app or compatible proximity tracing apps that are close to each other automatically exchange their random IDs.

Further information in this regard can be found in the fact sheet on the SwissCovid app: www.bag.admin.ch/migration-covid-en

Film: Link to the explanatory video on the SwissCovid app (in German, French, Italian, Romansch, English, Albanian, Serbian, Portuguese and Spanish): www.foph-coronavirus.ch/downloads/#swisscovid

5.2 What should I do if the SwissCovid app alerts me about the possibility of infection? N

Please follow the recommendations in the app:

- Protect the people around you by avoiding personal contact with others to the greatest possible extent during the 10 days after a possible infection. The SwissCovid app will inform you of how many days you should still do this.
- Call the SwissCovid Infoline for advice on the possibility of a free test and for assistance with questions relating to avoiding contact with others. Should you receive an alert, the telephone number can be found in the app.

Get tested immediately if you experience symptoms of Covid-19 (see question → [What are the symptoms of an infection with the new coronavirus?](#)).

6. Masks

In Switzerland, it is compulsory to wear a mask in many different place (see following question → [Where is it compulsory to wear a mask?](#)).

The following general rule applies: Wear a mask if you are not at home and cannot constantly keep your distance from other people. The mask should always cover your nose and mouth.

Wearing a mask in public primarily protects other people. A person infected with the coronavirus may be infectious for up to two days before symptoms appear without even being aware. If everyone in a crowded place wears a mask, then everyone is protected. Although wearing a mask does not ensure complete protection against the new coronavirus, it does slow down the rate of infection.

6.1 Where is it compulsory to wear a mask?

- **Masks compulsory on public transport and in aircraft:** You must wear a mask on the following public transport services and in the following public transport facilities:
 - Trains, trams and buses
 - Mountain railways and cable cars
 - Ships and boats
 - Aircraft (all scheduled and chartered flights taking off or landing in Switzerland)
 - On railway platforms and at tram and bus stops, even if these areas are outdoors
 - In railway stations, airports and other public transport access points, even if these areas are outdoors
- **Masks compulsory in publicly accessible areas throughout Switzerland:** It is compulsory to wear a mask in all publicly accessible areas of businesses and establishments. This applies to both indoor and outdoor areas. This includes, for example:
 - Shops, shopping centres, banks and post offices
 - Museums, libraries, cinemas, theatres and concert venues
 - Zoos, animal parks and botanical gardens
 - Restaurants, bars, discos, casinos and hotels (with the exception of guest rooms)
 - Entrance areas and changing rooms of swimming pools, sports facilities and gyms
 - Healthcare facilities, medical practices and publicly accessible areas of hospitals and care homes

- Churches and religious establishments
 - Social facilities, advisory centres and neighbourhood centres
 - Publicly accessible areas of administrative buildings, including those of social services and courts, as well as publicly accessible indoor spaces in which parliaments and municipal assemblies meet
 - Markets, including Christmas markets
- **Masks compulsory in public areas:** In public spaces, including, for example, streets, pavements (sidewalks), parks and playgrounds, the mask-wearing requirement applies as follows:
 - In busy pedestrian areas in town and village centres
 - Anywhere where there are so many people that you can't keep a distance of 1.5 metres from other people. This also applies if you meet friends and acquaintances on your way and cannot keep the requisite distance
 - **Masks compulsory in indoor spaces at work:** You must wear a mask in all indoor spaces at work. The exceptions are if you work in a separate room or can keep a distance of 1.5 metres from other people, or if for safety reasons you cannot wear a mask.
 - **Masks compulsory in upper secondary schools:** Masks are required in upper secondary schools (secondary level II), for example high schools and vocational schools. Young people, teachers and other staff must wear a mask. The mask-wearing requirement applies during teaching as well as in the school and on the school site.

6.2 Are there exemptions from the requirement to wear a mask for young children and any other groups?

Children under the age of 12 are exempt from the mask-wearing requirement. Individuals who are unable to wear a mask for a particular reason, especially medical reasons, are also exempt.

6.3 If I don't have a mask with me, can I pull a scarf over my mouth and nose, or use a towel or cloth?

No, scarves, cloths and towels do not satisfy the requirement to wear a mask. A scarf does not sufficiently protect others against infection either. You should wear a hygiene mask or an industrially manufactured textile mask.

7. Gatherings, events and leisure activities

The requirements and bans described here apply across Switzerland. In certain cantons, more stringent rules apply.

7.1 What kind of gatherings are not allowed?

Spontaneous gatherings of more than 15 people are not allowed in public spaces. Public spaces include, for example, public places, footpaths and parks.

7.2 Which rules apply to private and public events?

Private events among friends and family (which do not take place in publicly accessible place, for example. at home) with more than **10 people** are banned. If possible you should avoid private events.

It is prohibited to hold events with more than **50 participants**. This applies to all sporting, cultural and other events with the exception of parliaments and municipal assemblies. Political demonstrations and petitions (collecting signatures for initiatives and referendums) are also still possible, subject to the necessary precautionary measures as previously.

7.3 What rules apply to sporting and cultural leisure activities?

Sporting and cultural leisure activities with up to 15 people are permitted indoors if both sufficient distance can be maintained and masks can be worn. Masks do not have to be worn if there is ample space, for example in indoor tennis courts or large halls. Outdoors only the distancing requirement applies. Contact sports are banned. The rules do not apply to children under age 16.

In professional sports, culture and the arts training sessions and competitions, and rehearsals and performances, are allowed. Since people produce particularly large volumes of droplets when they are singing, amateur choir events are not permitted; professional choirs are allowed to rehearse.

7.4 What rules apply to bars and restaurants?

- A group of no more than 4 guests can sit at each table. The exception is parents with their children.
- Bars and restaurants must close from 11.00pm to 6.00am.
- People in restaurants and bars must be seated: Food and drink may only be consumed sitting down.

7.5 Which rules apply to discos and dance venues?

It is not permitted to operate discos and dance venues or hold dance events.

8. Homeworking

Work from home if possible. This reduces contacts and thus the spread of the virus.

For employees who cannot work from home the Employment Act applies. The employer is obligated to take measures to safeguard the health of employees.

9. Travelling / Arrival in Switzerland

9.1 What do I need to consider when entering Switzerland from abroad? Which rules apply upon arriving in Switzerland?

Since 6 July 2020, travellers arriving in Switzerland from certain areas have been required to go into quarantine for a period of 10 days.

The list of countries and areas with an increased risk of infection with the coronavirus, details of the cantonal agencies and exemptions from the quarantine requirements can be found here: www.bag.admin.ch/entry

This list is updated regularly on the basis of the epidemiological situation. A negative test result does not exempt you from the mandatory quarantine requirement.

Notify the [responsible cantonal authority](#) within two days of your arrival in Switzerland and follow the instructions that it issues: www.bag.admin.ch/einreise#1759131064

Anyone who evades quarantine, or who fails to comply with the duty to notify the authorities, is committing an offence under the Epidemics Act and is liable to a fine of up to CHF 10,000.

If you have any questions concerning quarantine, please contact the FOPH Infoline for persons entering Switzerland: +41 58 464 44 88 (daily from 6 a.m. to 11 p.m.).



You can scan this QR code with your mobile phone in order to access that website at www.bag.admin.ch/entry directly.

10. Where to get help

10.1 Where can I find information in my native language?

Visit the web platform migesplus.ch for a great deal of additional reliable information on Covid-19 and other health issues:

www.migesplus.ch/themen/neues-coronavirus-covid-19

10.2 What can I do if they don't speak or understand my language in the hospital?

From the start ask for a translator (interpreter). There are also interpreting services by phone. If professional interpreters are brought in you don't have to take your relatives with you to translate, so they're protected from infection. In the event of medical interventions you have the right to understand and be understood.

10.3 Do you have to stay at home and need food or medication? Or would you like to help?

Look to the people in your immediate environment:

- Is there someone you could ask for help?
- Or could you offer someone your help?

Other options:

- Contact your municipal or town council
- Use the Five up app
- Check out www.hilf-jetzt.ch / www.aide-maintenant.ch

Here too the following still holds: The hygiene and behaviour rules must always be complied with.

10.4 Are you worried or need someone to talk to?

You can find information here:

- On the Internet at www.dureschnufe.ch (German) / www.santepsy.ch (French) / www.salutepsi.ch (Italian)
- Telephone advice from the Dargebotene Hand/La main tendue/Telefono Amico Ticino e Grigioni Italiano by dialling 143

10.5 Do you feel threatened at home? Are you seeking help or protection?

- You'll find phone numbers and email addresses for anonymous advice and protection all over Switzerland at www.opferhilfe-schweiz.ch (German) / www.aide-aux-victimes.ch (French) / www.aiuto-alle-vittime.ch. (Italian)
- In an **emergency** call the police: phone number **117**

Further important phone numbers:

- **Ambulance 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

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