Isolation and quarantine for children and adults

Suggestions for quarantine or isolation

Ideas for playing:
- Elternsein.info: Ideas for families | Elternsein.info (in German only)
- Pro Juventute: Creative games for at home (projuventute.ch) (in German, French, Italian)
- Spielschweiz – your gateway to the world of play… - Spielschweiz – the gateway to the world of play (in German only)
- Freizeit.ch: Ingenious ideas for variety at home – news – Freizeit.ch (in German only)
- Ideas from UNICEF: What can you do during the coronavirus pandemic? Keeping busy during lockdown | UNICEF (in German only)
- Klick-Tipps.net: Apps and websites for children | klick-tipps.net (in German only)

Tips for parents on the topic of media consumption:
During quarantine/isolation, media consumption usually increases. Various cantons refer to points of contact on the subject of media use by children and young people as well as the problem of addiction:

- Pro Juventute: How much screen time is good for your child? (projuventute.ch) (in German, French, Italian)
- Suchtschweiz for support with addiction: Survival kit – for parents | Addiction and the coronavirus crisis (suchtschweiz.ch) (in German, French)
- MonAdo.ch: Screens - MonAdo (meinteenager.ch)

Points of contact for questions and concern

Parents
- Pro Juventute parent counselling 24/7 (Tel.: 058 261 61 61): Parent counselling around the clock (projuventute.ch) (in German, French, Italian)
- Elternnotruf 24/7 counselling for parents and families: Home - Elternnotruf (website in German and French, counselling also available in English)
- Pro Mente Sana: [Homepage | Pro Mente Sana | Strengthening your mental health](in German), [Homepage | Pro Mente Sana | Strengthening your mental health](in French)
- Counselling for mothers and fathers (regionally divided): [Schweizerischer Fachverband Mütter- und Väterberatung - Fachverband Mütter- und Väterberatung](sf-mvb.ch) (in German, French, Italian)
- Pro Familia Schweiz (regionally divided): [Families in times of the coronavirus crisis: offers, contact points and services - Pro Familia Schweiz](in German, French, Italian)
- School psychology services (regionally divided): [Schulpsychologie Schweiz](in German only)
- Dureschnufe: [Discover Swiss campaigns on mental health! (dureschnufe.ch)](in German only)
- Advisory services at hospitals (differ regionally)

Children and young people
- ciao.ch: [Site proving information, help and exchanges for 11 to 20 year olds - CIAO](in French only)
- Pro Juventute counselling 147: [Pro Juventute counselling for children and young people – 147.ch](in German, French, Italian)
- Kinderschutz Schweiz: [Reporting and information offices | Kinderschutz Schweiz](in German, French, Italian)
- Wie geht’s dir? [Discussion tips | Wie geht's dir? (wie-gehts-dir.ch)](in German), Comment-vas-tu? [Discussion tips | Comment vas-tu? comment-vas-tu.ch](in French)
- Dureschnufe: [Discover Swiss campaigns on mental health! (dureschnufe.ch)](in German only)
- Kinderseele.ch: [What's the matter? - Institut Kinderseele Schweiz](in German only)
- Teachers
- Child and adolescent psychiatric services (varies regionally)
- Advisory services at children’s hospitals (varies regionally)

**Informative sites from the cantons on the issue of the coronavirus**

Informative websites:
- Bern: [Coronavirus – mental health](in German, French)
- Freiburg: [Everything about mental health](in German, French)
- Nidwalden: Mental health (in German only)
- St. Gallen: Information on tips for at home during times of the coronavirus | sg.ch (in German only)
- Zug: Coronavirus – caring for yourself and your family (in German only)
- Basel-Landschaft: For each other in Basel-Landschaft – baselland.ch (in German only)
- Solothurn: Conversation and support offers – population – canton Solothurn (in German only)
- Appenzell Innerrhoden: Advice and help — Appenzell Innerrhoden (ai.ch) (in German only)

Information on related legal bases

Isolation and quarantine
Compensation measures for loss of earnings (in German, French, Italian)