



Categories of persons at high risk ¹

In specifying the categories of persons at high risk, the FOPH takes into account the current state of scientific knowledge and the assessments of Swiss medical societies. The FOPH continually updates the categories of particularly vulnerable persons. According to the current state of science, only adults are considered to be at high risk. The following criteria therefore refer only to adults.

Persons considered to be at particular risk include

I. People over the age of 65

II. Pregnant women

III. Adults with the following underlying medical conditions:

1. High blood pressure (hypertension)

- Arterial hypertension with end-organ damage
- Therapy-resistant arterial hypertension

2. Cardio-vascular diseases

2.1 General criteria

- Patients with dyspnea of functional class NYHA II–IV and NT per BNP > 125 pg/ml
- Patients with at least 2 cardio-vascular risk factors (one of which is diabetes or arterial hypertension)
- Prior stroke and/or symptomatic vasculopathy
- Chronic renal insufficiency (Stage 3, GFR <60ml/min)

2.2 Other criteria

2.2.1 Coronary heart disease

- Myocardial infarction (STEMI and NSTEMI) in the past 12 months
- Symptomatic chronic coronary syndrome despite medical treatment (irrespective of any prior revascularisation)

2.2.2 Disease of the heart valves

- Moderate or serious stenosis and/or regurgitation in addition to meeting at least one general criterion
- Any surgical or percutaneous valve replacement in addition to meeting at least one general criterion

2.2.3 Cardiac insufficiency

- Patients with dyspnea of functional class NYHA II–IV or NT-Per BNP > 125pg/ml despite medical treatment for any LVEF (HFpEF, HFmrEF, HFrEF)
- Cardiomyopathy with any cause
- Pulmonary arterial hypertension

2.2.4 Arrhythmia

- Auricular fibrillation with a CHA2DS2-VASc score of at least 2 points
- Prior implant of pacemaker (incl. ICD and/or CRT implantation) in addition to meeting one general criterion

2.2.5 Adults with congenital heart disease

- Congenital heart disease according to the individual assessment of the attending cardiologist

¹ Formerly annex 6 of the Ordinance on Measures to Combat the Coronavirus, (COVID-19 Ordinance 2), CC 818.101.24



3. Diabetes

- Diabetes mellitus, with long-term complications or a HbA1c von > 8%

4. Chronic respiratory diseases

- Chronic obstructive lung diseases GOLD Grade II-IV
- Pulmonary emphysema
- Uncontrolled asthma, in particular serious bronchial asthma
- Interstitial lung diseases
- Active lung cancer
- Pulmonary arterial hypertension
- Pulmonary vascular disease
- Active sarcoidosis
- Cystic fibrosis
- Chronic lung infections (atypical mycobacteriosis, bronchiectasis, etc.)
- Ventilated patients

5. Cancer

- Cancer undergoing medical treatment

6. Diseases/Therapies that weaken the immune system

- Serious immunosuppression (e.g. CD4+< 200 μ l)
- Neutropenia \geq 1 week
- Lymphocytopenia <0.2x10⁹/L
- Hereditary immunodeficiencies
- Use of medication that suppresses the immune defences (such as long-term use of glucocorticoids, monoclonal antibodies, cytostatics, etc.)
- Aggressive lymphomas (all entities)
- Acute lymphatic leukaemia
- Acute myeloid leukaemia
- Acute promyelocytic leukaemia
- T-cell prolymphocytic leukaemia
- Primary lymphomas of the central nervous system
- Stem cell transplantation
- Amyloidosis (light-chain (AL) amyloidosis)
- Aplastic anaemia undergoing immunosuppressive treatment
- Chronic lymphatic leukaemia
- Asplenia / splenectomy
- Multiple myeloma
- Sickle-cell disease

7. Obesity

- Patients with a body-mass index (BMI) of 40 kg/m² or more