COVID-19 VACCINATION

Information for people aged 16 and over with a chronic illness and people over 65

I have a chronic illness or a congenital infirmity.
I am aged 65 or over.
COVID-19 poses a risk to you.
We therefore recommend the following: Get vaccinated.
Talk to your doctor about it.

Why does COVID-19 pose a risk to me?
COVID-19 can have serious, or even very serious, consequences for you. For example, shortness of breath in connection with pneumonia. You will then need to be admitted to hospital and given oxygen. It may take a long time before you are healthy again. If COVID-19 gets worse, you will then need to be treated in intensive care. You may need to be put on a ventilator. COVID-19 can also damage other organs and you can die from it.

For what illnesses and congenital infirmities does the FOPH especially recommend COVID-19 vaccination?
We recommend vaccination especially for all people age 16 and over with certain forms of the following chronic illnesses:

- high blood pressure
- cardiovascular illnesses
- diabetes
- pulmonary and respiratory illnesses
- cancer
- illnesses and treatments that weaken the immune system
- obesity (BMI ≥ 35 kg/m²)
- renal insufficiency
- liver cirrhosis

We also recommend vaccination for adults with trisomy 21.

Is the vaccination safe and effective?
Since every vaccine in Switzerland must be authorised, it has to meet stringent safety, efficacy and quality requirements. Swissmedic, the Swiss Agency for Therapeutic Products, has carefully assessed and authorised the vaccines against COVID-19. They are safe and work.

Several tens of thousands of people have received the vaccines in clinical trials. They are also safe and effective for the elderly and those with chronic illnesses.

Since their approval, hundreds of millions of people have received these vaccines. Experts continue to monitor the safety and efficacy of the vaccines. The benefits of a vaccine must significantly outweigh the risks. Only then will the vaccine be recommended in Switzerland.

The risk of serious side effects after the vaccination is much lower than the danger of falling seriously ill after being infected with the coronavirus.

Where can I be vaccinated?
The federal government has drawn up a vaccination strategy and vaccination recommendations.
The cantons are responsible for vaccination.
Find out from your cantonal website or infoline (www.foph-coronavirus.ch/cantons) where you can be vaccinated, or ask your doctor or pharmacist.

Can I get vaccinated if I’m pregnant?
Vaccination during pregnancy can be arranged for all women wishing to protect themselves. We recommend vaccination with an mRNA vaccine for all pregnant women with certain forms of chronic illness or those at a greater risk of infection (e.g. healthcare personnel). Please talk to your doctor if you’re pregnant.

Who should not be vaccinated?
We do not recommend the COVID-19 vaccination for the following:
- People with a severe, confirmed allergy to an ingredient of the vaccines, particularly polyethylene glycol (PEG).
- Children under the age of 12. So far not enough data is available on vaccination in this age group.

Where can I find further information?
You will find further information on COVID-19 vaccination on the FOPH website (www.foph-coronavirus.ch/vaccination) or ask your doctor or pharmacist.

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1 You can find the detailed list of conditions here: List of people at especially high risk (PDF, 160 kB)

www.foph-coronavirus.ch/vaccination
Covid-19 vaccination infoline: 0800 88 66 44