COVID-19: Instructions on quarantine

Measures to be taken if:

A. You share a household with, or have been in comparable regular and close contact with someone who has tested positive for the coronavirus (SARS-CoV-2), or

B. You have been in a country with a variant of concern in the last 10 days before entering Switzerland

In effect as of 13 January 2022

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| A. | You share a household with, or have been in comparable regular and close contact with a person who has tested positive for the coronavirus. If this contact took place in the 48 hours preceding the onset of symptoms, or the five days afterwards, you have to quarantine at home (contact quarantine).<sup>2</sup>  
If you are vaccinated<sup>3</sup> or have recovered<sup>4</sup> from COVID-19 within the last 120 days (approximately four months), you are exempt from the quarantine requirement for a defined period.<sup>5</sup>  
You are, however, required to follow the rules on hygiene and social distancing.<sup>6</sup>  
If you develop symptoms, you should self-isolate and get tested. | Close contact |
| B. | You have been in a country with a variant of concern in the last 10 days before entering Switzerland.  
If you are neither vaccinated nor recovered from COVID-19, you have to quarantine after entering Switzerland. You are required to go immediately and directly to your home or to other suitable accommodation (see [www.bag.admin.ch/entry](http://www.bag.admin.ch/entry)). You must remain there at all times for the 10 days following your arrival (travel quarantine).<sup>7</sup>  
⚠ Important: the exemption from the travel quarantine for people who are vaccinated or have recovered from COVID-19 does not apply if you are entering Switzerland from a country or area with a variant of concern. | Entering Switzerland |

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1. This includes family members, employees such as au pairs, people from outside the home (for example grandparents or domestic staff who come to look after children at home), partners who do not live together, flatmates and people who are sharing a household temporarily (e.g. for holidays).
2. Other quarantine rules may apply if you undergo targeted repeat testing, e.g. at your workplace, or if you are a key worker in a field where there are acute staff shortages. Please refer to the paragraph 'Modified quarantine rules' at [www.bag.admin.ch/isolation-and-quarantine](http://www.bag.admin.ch/isolation-and-quarantine) and to the regulations issued by the competent cantonal authorities.
3. A person is considered vaccinated if they have received a vaccine that complies with the criteria set out in [Annex 2 - Persons who have been vaccinated](http://www.bag.admin.ch/isoilation-and-quarantine) in the COVID-19 Special Situation Ordinance.
4. A person can be considered recovered from the 6th to the 120th day after the infection was confirmed with a molecular biological analysis for SARS-CoV-2, a rapid test for SARS-CoV-2 performed by a professional, or a laboratory immunological analysis for SARS-CoV-2 antigens.
5. For people who are vaccinated, the quarantine exemption applies for 120 days from the full vaccination, or the date of the booster with an mRNA vaccine. For the Ad26.COV2.S / Covid-19 Vaccine Janssen, it applies for 120 days from the 22nd day after the vaccination.
7. [FOPH list of risk countries](http://www.bag.admin.ch/entry) > 2. Countries with a variant of concern
By putting yourself in quarantine, you prevent transmitting the virus to people in your household and to the general public as you could become infectious during this time. By going into quarantine, you are helping to protect people belonging to a high-risk group, and to slow the spread of the coronavirus.

The following instructions explain which measures you should take while you are in quarantine in order to avoid spreading the virus. Comprehensive information about the coronavirus is published at: www.bag.admin.ch/coronavirus-en.

**Quarantine period**

- **Contact quarantine:** Contact quarantine lasts for five full days from the time you last had contact with the person who was tested positive.
- **Travel quarantine:** Travel quarantine lasts for 10 days and begins at the time of your arrival in Switzerland. If you have travelled to Switzerland via a country or area without variants of concern, the responsible cantonal authority can include the duration of your stay in this country or area as part of your quarantine period.
- In certain cases, a test may be ordered by a doctor before the end of the quarantine period. Such a test does not allow you to shorten the quarantine.

**Lifting of quarantine**

At the end of the prescribed period, if you no longer have symptoms, the quarantine is lifted (without a test).

**Physical distancing**

- Avoid all contact with other people. You may have contact with others in your household who are also in quarantine. Please note, however, that your quarantine period will be extended if a person who you continue to have contact with develops symptoms and tests positive.
- Observe the hygiene and social-distancing rules in the ‘Protect yourself and others’ campaign: www.bag.admin.ch/protect-yourself-and-others.

**If you live in the same household as someone who has tested positive for coronavirus (contact quarantine)**

- Individuals who tested positive for coronavirus should stay in a room by themselves and keep the door closed. They should eat meals in their room (see instructions on isolation at www.bag.admin.ch/isolation-and-quarantine).
- Maintain a distance of 1.5 metres from others and wear a mask if the person who tested positive has to leave his or her room.
- Avoid any visits and contact with others.
- Ask family members, friends or a delivery service to deliver groceries and other essential products such as medicines to your home and instruct them to leave these items outside your door.
- Wash your hands regularly.
- Do not share household items such as dishes, glasses, cups or kitchen utensils. Wash these items after use in the dishwasher or thoroughly by hand, using washing liquid.
- Do not share towels or bed linen.
- People in the household who are at especially high risk should, if possible, stay separate from everyone during the quarantine period.

**If you live alone**

- Ask family members, friends or a delivery service to deliver groceries and other essential products such as medicines to your home and to leave them outside your door.

**If you have had close contact with someone who has tested positive for coronavirus and live in a household with other people**

- Stay in your room and keep the door closed. Eat your meals by yourself in your room.
- Avoid any visits and contact with others and only leave your room if necessary.
• If you have to leave your room, wear a mask.  
• Wash your hands regularly.
• Use your own bathroom. If this is not possible, clean all amenities (shower, toilet, washbasin) after each use with a standard household detergent.
• Do not share household items such as dishes, glasses, cups or kitchen utensils with other people. Wash these items after use in the dishwasher or thoroughly by hand, using washing liquid.
• Do not share towels or bed linen with other people.

If you have to leave the house (e.g. for a doctor’s appointment)
• Wear a mask.  
• Avoid public transport. If you are feeling well enough, drive, cycle, walk or take a taxi.

How to wear a mask correctly
• Wash your hands with soap and water or use a hand sanitiser before putting on the mask.
• Put the mask on carefully, ensuring that both nose and mouth are covered; adjust the mask so that it fits tightly against your face.
• Do not touch the mask once you have put it on. Each time you touch a used mask, e.g. when you remove it, wash your hands thoroughly with soap and water or use hand sanitiser.
• A mask can be worn for a maximum of 4 hours.
• Please note the detailed requirements at www.bag.admin.ch/masks under ‘Wearing a mask correctly’.

Monitor your health
• Keep an eye on how you are feeling: feeling achy, tired and feverish, a cough, sore throat, headache, shortness of breath or suddenly losing your sense of taste and/or smell are all signs that you may be infected with coronavirus.

If symptoms appear
• Self-isolate and follow the instructions on isolation. You will find all the information you need at: www.bag.admin.ch/isolation-and-quarantine.
• Phone your doctor immediately. Tell him or her that you are in quarantine and that you are showing symptoms. Tell your doctor if you belong to a high-risk group and are either not or only partially vaccinated.

Social contact during quarantine
• Even if you have to go into quarantine, this does not mean that you have to break off all social contact. Stay in touch with friends and family via telephone, Skype etc. Tell them about what you are experiencing, and about your thoughts and feelings.
• If this is not possible, or if you still feel anxious about the situation, call the number 143 (‘Die Dargebotene Hand’) to talk to someone about your problems. This number is operated 24/7 and calls are free of charge.
• You can find more information online at: www.dureschnufe.ch

Regular handwashing  
• Everyone must wash their hands regularly, for at least 20 seconds with soap and water. If these are not available, clean your hands with hand sanitiser, rubbing the liquid thoroughly into your hands until they are dry. Use soap and water if your hands are clearly dirty.
• Always wash your hands before and after preparing food, before and after eating, after going to the toilet, and whenever they are visibly dirty.

8 www.bag.admin.ch/masks
9 Video “Proper handwashing”: https://youtu.be/gw2Ztu0H0YY
Quarantine for children under 12 years of age and parents

- In principle, quarantine rules also apply to children and parents.
- During the quarantine period, children are not permitted to have any contact with other people outside their family.
- If only the child is in quarantine, contact with other family members in the same household should be kept to an absolute minimum. The feasibility of this depends, for example, on the child’s age. The needs of the child should be taken into consideration, especially in the case of young children.
- Children in quarantine are permitted to spend brief periods outside in fresh air provided there is NO contact with individuals outside their family.
- If one parent is in quarantine but the child is not, childcare must be provided during the quarantine period by the other parent or another person who acts as guardian.
- If parents/guardians are in quarantine and the child is not, how to proceed depends on the age of the child and feasibility. If third-party care cannot be organised and the child is unable to independently coordinate his or her everyday activities with the parents while keeping to the hygiene and distancing rules, it may be worth taking the child into the same quarantine as well.
- If a child is in quarantine because his or her parents are in isolation, provided the child has no symptoms of COVID-19 the child can be released from quarantine at the same time as the parents end their isolation. Under certain circumstances the responsible cantonal authorities may require the child to be tested before quarantine is lifted.

After quarantine

- Continue to follow the rules regarding hygiene and social distancing: [www.bag-coronavirus.ch](http://www.bag-coronavirus.ch)
- Continue to monitor your health. It is possible you may develop symptoms after your quarantine period has ended.
- You must continue to comply with the following recommendations for a few more days:
  - Wear a mask as recommended by the FOPH every time you come into contact with others.
  - Limit contact as far as possible (in the workplace, avoid all unprotected contact with co-workers, particularly during breaks); and maintain a distance of at least 1.5 m from others.
  - Avoid public places.
- If you are not yet vaccinated, or if you are eligible for a booster but have yet to receive it, consider making an appointment to ensure that you are properly protected.

Compensation for loss of income due to measures against coronavirus

- Information is available in German, French and Italian on the [website](http://www.bsv.admin.ch) of the Federal Social Insurance Office FSIO (www.bsv.admin.ch).