

**PROTECT YOURSELF
AND OTHERS.**



Updated on 21.09.2021

STOP COVID

Coronavirus: the most important information

An infection with the new coronavirus can have serious consequences and prove fatal. If we all follow the rules, we can help protect ourselves and people at especially high risk.

Please note: The information found in this fact sheet covers the national rules. More stringent rules may apply in certain cantons.

1. Transmission of coronavirus

The virus spreads most frequently when people are in close, protracted contact; in other words if you keep a distance of less than 1.5 metres from someone who is infected without protection. This can take place as follows:

- **Via droplets:** 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. Transmission is also possible over longer distances via very fine droplets (aerosols), but this does not happen often.
- **Via surfaces and the hands:** If infectious droplets get onto surfaces, others can become infected if they get these droplets on their hands and then touch their mouth, nose or eyes.

Important to note: You can also infect other people without noticing any symptoms yourself. This is because an infected individual is contagious from two days prior to the onset of symptoms until up to ten days after symptoms emerge. In the case of those who fall seriously ill, they can also be contagious for longer.

2. Symptoms of COVID-19

These symptoms are common:	These symptoms are also possible:
<ul style="list-style-type: none">– Sore throat– Cough (usually dry)– Shortness of breath– Chest pain– High temperature– Sudden loss of sense of smell and/or taste	<ul style="list-style-type: none">– Headache– General weakness, feeling unwell– Aching muscles– Head cold– Gastrointestinal symptoms (nausea, vomiting, diarrhoea, stomach ache)– Skin rashes

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

3. Rules on hygiene and social distancing



At events and gatherings, keep to the permitted number of people.



Keep your distance from other people: at least 1.5 metres.



Follow the rules on the requirement to wear a mask. Also wear a mask if you are unable to maintain a distance of 1.5 metres. The mask must cover your mouth and nose. A scarf or shawl is not a substitute for a mask.



Ventilate all rooms regularly and frequently. The more people there are in a room and the smaller the room is, the more frequently it should be ventilated. Ensure that there is a draft when ventilating a room.



Wash your hands regularly and thoroughly with soap. The soap renders the virus harmless.



Cough or sneeze into a paper tissue or the crook of your arm. Use paper tissues and use them only once.



Avoid shaking hands as well as hugging and kissing.



Work from home if possible.



Call ahead before going to a medical practice or an accident and emergency department.

In addition to the rules on hygiene and social distancing, there are other rules to follow. These rules are listed in sections 4, 5, 6 and 7 of this fact sheet.

A simple overview of all current rules can be found on the poster under www.bag.admin.ch/migration-covid-en.

4. Testing



If you have one or more of the symptoms of COVID-19 (see Section 2), you may be infected with the coronavirus. Be sure to consistently observe the following instructions:

- Get yourself tested immediately. You can take a test at medical practices, hospitals or special test centres. A list of the places where you can be tested can be found at www.bag.admin.ch/testing#197439718. The test is free of charge.
- Stay at home before and after the test. Avoid all contact with other people until you have received your test result... The instructions can be found at www.bag.admin.ch/migration-covid-en.
 - **What to do in the event of a positive test result:** Follow the instructions on isolation. You will find them at www.bag.admin.ch/migration-covid-en.
 - **In the event of a negative test result:** Stay at home until you have no longer had symptoms for 24 hours, unless you are in quarantine.

To detect as many coronavirus infections as possible, people without symptoms are also tested. This can be done in the course of regular testing at work or in institutions. This testing

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is voluntary and free of charge. If you have the opportunity to take part in regular tests, we would advise you to do so to protect yourself and others.

You can also do a free self-test yourself, for example before a visit to the hospital or your grandparents. You can get self-tests free of charge at pharmacies (5 tests every 30 days for people who have not had the vaccination or recovered from COVID).

Ask at the place where you have the test done what to do once you get your test results, or find out from the website www.bag.admin.ch/testing#242157159.

Are you unsure whether to have a coronavirus test or how to do it? The diagram “[testing procedures](#)” shows you what to do. A test can make sense if you have symptoms, but also if you do not.

5. Isolation and quarantine



Isolation and quarantine prevent the new coronavirus from spreading. A person who has been infected with the coronavirus or who is suspected of being infected should stay at home and must not have any contact with other people. This means that new infections can be avoided. The rules are as follows:

Isolation: People who test positive for an infection with the new coronavirus must go into isolation. The period of isolation can be ended when ten days have passed since the first symptoms of the disease emerged **and** the individual in question has exhibited no symptoms of the disease for 48 hours.

Quarantine: People who have had close contact with someone who has subsequently tested positive for coronavirus must go into quarantine for ten days.

Conditions for a shorter quarantine period and exemption from quarantine

The quarantine period can be shortened from the seventh day if this is approved by the cantonal authority. This is on the condition that you are able to present a negative test result. The test is free of charge. People who have recovered from COVID or who have been fully vaccinated do not have to go into quarantine. For this there must be written confirmation of the vaccination (in the last 12 months) or infection with the coronavirus (in the last 6 months).

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

An explanatory video on isolation in German, French, Italian and English can be found at www.foph-coronavirus.ch/downloads/#isolation. The video dubbed by Diaspora TV in 16 languages can be found at www.migesplus.ch/en/publications/are-you-sick-at-home-with-coronavirus.

6. Contact tracing



If an individual’s coronavirus test is positive, contact tracing by the cantonal authorities begins:

- The cantonal authorities work with the infected, i.e. positively tested, person to try to identify all those they may have come into close contact with – in the two days prior to the onset of symptoms until isolation began.

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- The authorities notify the people concerned about the possibility of infection and what to do next.
- These contacts 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 these ten days, the authorities lift the quarantine.
- If a contacted person already has symptoms of the disease or such symptoms emerge during the quarantine period, they must get tested and go into isolation immediately.

An explanatory video on contact tracing in German, French, Italian, Romansh, English, Albanian, Serbian, Portuguese and Spanish can be found at www.foph-coronavirus.ch/downloads/#tracing.

It is possible that the cantonal authority will not contact you immediately. **It is therefore important that, if necessary, you go into isolation or quarantine of your own accord.** And if you have tested positive for COVID-19, it is also important that you inform people you have come into close contact with yourself.

7. Entry into Switzerland

Everyone entering Switzerland must present an entry form. You can find the entry form at swissplf.admin.ch. **If you are not fully vaccinated or recovered, you must also show proof of a negative test.** You will be asked to show proof of a negative **PCR test** or **rapid antigen test** twice:

- **On entry:** Get a PCR test or rapid antigen test at your departure location. You should present the test result together with the completed entry form on arrival.
- **4-7 days after arrival:** A few days after entering Switzerland, you need to have another PCR or rapid antigen test. The result of this test must be reported to the cantonal authority.

More information on entering Switzerland can be found on the following page: www.bag.admin.ch/entry

8. People at especially high risk

For certain people, an infection with the coronavirus is dangerous. They can become seriously ill or die. 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 conditions likewise increase the risk.
- **Pregnant women**
- **Adults with Trisomy 21**
- **Adults with certain forms of the following chronic diseases:**
 - High blood pressure
 - Cardiovascular diseases
 - Diabetes
 - Pulmonary and respiratory illnesses
 - Conditions and therapies that weaken the immune system
 - Cancer
 - Serious obesity (with a BMI of 35 or more)
 - Chronic kidney disease
 - Liver cirrhosis

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If you are one of these people and have symptoms of COVID-19 (see section 2), **call your doctor or a hospital immediately and get tested. Even at the weekend.** Describe your symptoms and say that you are a person deemed to be at especially high risk.

9. Vaccination

In Switzerland, you can get vaccinated against COVID-19. Swissmedic, the Swiss Agency for Therapeutic Products, has closely examined and authorised the vaccines against COVID-19. They are safe and effective.

However, there can be side effects with any vaccination. Nevertheless, according to current knowledge, the risk of serious side effects following vaccination against COVID-19 is much lower than the risk of becoming seriously ill after being infected with the coronavirus.

The vaccination of children under 12 is not yet planned as there are still no studies on the risks.

The cantons are responsible for the vaccinations. Information on when and where you can get vaccinated and how to register can be obtained from the authorities in your canton (www.foph-coronavirus.ch/cantons). The national COVID-19 vaccination infoline (+41 58 377 88 92, every day from 6 a.m. until 11 p.m.) also provides information on which is the responsible authority in your canton. You can also ask a doctor or a person of trust to register you for vaccination.

The COVID-19 vaccination is voluntary and free of charge for everyone living in Switzerland.

Further information on the vaccination can be found in the fact sheets at www.bag.admin.ch/migration-covid-en.

An explanatory video from Diaspora TV in 15 languages on the topic of vaccination can be found at www.migesplus.ch/en/publications/information-about-covid19-vaccination-in-switzerland.

There is some misinformation circulating with regard to the COVID-19 vaccination. These videos present the most common vaccination myths and explain why they are untrue.

10. COVID certificate

The COVID certificate documents your COVID-19 vaccination, recovery from the disease or negative test result. You can receive the COVID certificate in paper form or as a QR code. For this, download the COVID Certificate app.

If you have the vaccination in Switzerland, you will receive your certificate on the spot at the place where you are vaccinated. If you test negative for coronavirus, the certificate will be sent to you directly by the place you are tested by email or to the COVID Certificate app.

In some public settings, a certificate is needed, e.g. for indoor events, nightclubs, leisure facilities such as cinemas, gyms and swimming pools, and indoor areas of restaurants. No certificate is needed for shops, public transport and private gatherings (of up to 30 people).

11. Find help

migesplus.ch web platform: This platform provides a lot more information on COVID-19. The information has been translated into numerous languages: www.migesplus.ch/en/top-ics/coronavirus-covid-19

Interpreters: From the start, ask for an interpreter if you are unable to communicate in hospital. Interpreting services are also available by phone. If professional interpreters are brought in, you don't have to take your relatives with you to translate, meaning they are protected from infection. In the event of medical interventions, you have the right to understand and be understood.

Important telephone numbers and e-mail addresses

- If you feel threatened at home, you can find anonymous advice and protection at www.opferhilfe-schweiz.ch (German) / www.aide-aux-victimes.ch (French) / www.aiuto-alle-vittime.ch (Italian). In an emergency, call the police on 117.
- The ambulance service can be reached by calling 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.

12. Further information

<https://foph-coronavirus.ch/>
www.bag.admin.ch/neues-coronavirus (German, French, Italian, English)