PROTECT YOURSELF AND OTHERS

COVID-19 VACCINATION

Information for adults who are close contacts of people at especially high risk

Why should I be vaccinated?
- Vaccination protects you against COVID-19, an illness that is usually mild, but can sometimes also be serious.
- Lasting health problems can occur after a bout of COVID-19 (for example breathing difficulties when carrying out strenuous activities or tiredness). This can occur even in younger, healthy individuals. By vaccinating yourself you can greatly lower the risk of suffering from the illness and its consequences.
- Once you are vaccinated and avoid the disease yourself, it is also less likely that you will infect other people – for example those at especially high risk who are in the same household or work with you.
- Immunisation against COVID-19 means that you stay healthy and can then worry about those who are at especially high risk, whether in your private life or at work.

In general: The risk of serious side effects after the vaccination is much lower than the risk of experiencing serious illness after being infected with the coronavirus.

There are some people for whom the coronavirus is especially dangerous. In a worst-case scenario, COVID-19 can prove fatal for these people. So if you come into close contact with people who are at especially high risk, it is a good idea to be vaccinated yourself. In that way you can help protect them, because vaccination does not work equally well in everyone who receives the vaccine. Also, for medical reasons not everyone who is at especially high risk can be vaccinated against COVID-19.

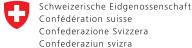## Who is considered to be at especially high risk?
- People aged 65 and over
- Pregnant women
- Adults with certain chronic illnesses, such as
  - high blood pressure
  - cardiovascular disease
  - diabetes
  - chronic respiratory illnesses
  - cancer
  - illnesses and treatments that weaken the immune system
  - severe obesity

Am I a "close contact"?
You are a close contact if you live in the same household as someone who is at especially high risk. Or if you look after relatives who are at especially high risk.
You are also a close contact if you come into contact with people at especially high risk in connection with your work. For example, if you are a nurse or doctor, work in a hospital or in home healthcare, in an old people's home or an institution for people with disabilities.

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Is the vaccination effective and safe?

In Switzerland, every vaccine needs an authorisation and a recommendation. For this, it has to meet high standards of safety, efficacy and quality. Swissmedic, the Swiss Agency for Therapeutic Products, has carefully assessed and authorised the vaccine against COVID-19. It is safe and it works. Several tens of thousands of people have received the vaccine in clinical trials. It is also safe and effective in the elderly and those with chronic illnesses. The trials have not shown any serious side effects to date (mid-December 2020). Swissmedic will continue to monitor the safety and efficacy of the vaccine.

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 vaccine (particularly PEG).
- Pregnant women
  No information on vaccination in pregnancy has been obtained to date.
- Children and adolescents under the age of 16.
  No information on vaccination in this age group has been obtained to date.

Where can I find further information?

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

www.foph-coronavirus.ch/vaccination   COVID-19 vaccination infoline: 058 377 88 92

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