Good reasons to get vaccinated against COVID-19

Why get vaccinated against COVID-19? There are many good reasons to do so. The COVID-19 vaccination protects against a severe case of the disease. People who have been vaccinated are at far lower risk of having to be admitted to hospital due to COVID-19 than those who have not been vaccinated. Getting vaccinated is also an act of solidarity and helps to contain the spread of the pandemic the less the other measures will be needed.

Protecting yourself against a severe case of COVID-19

COVID-19 can be a very dangerous disease, especially for older people and those with chronic illnesses. Younger and healthy people who get a coronavirus infection often have only mild symptoms or no symptoms at all. But they too can suffer a serious case of the disease. With the vaccination you can protect yourself against a serious case of COVID-19, which could result in hospital admission. Once you have been fully vaccinated, make sure you also have the booster jab; that way you are even better protected over a longer period of time.

Avoiding the consequences of COVID-19

After an infection long-lasting health problems can occur (long Covid), such as shortness of breath during strenuous activity or exhaustion. This can also happen to younger, healthy people. If you get vaccinated you reduce the risk of getting the disease and the potential long-term consequences. In contrast, serious side effects occur very rarely after vaccination with COVID-19 vaccines used in Switzerland. Long-term effects are not to be expected.

A safe way to get immunity

Acquiring immunity only by getting infected and falling ill isn't recommended, as it can also lead to a severe case of the disease and long-term effects. The COVID-19 vaccination is a controlled way of getting better, longer-term protection without the risks of unprotected infection with the coronavirus. The vaccines used in Switzerland are safe. For a vaccine to be authorised and recommended in Switzerland, its benefits must significantly outweigh the risks. Experience so far shows clearly that this is the case for these vaccines. People who have already tested positive for the coronavirus should also get vaccinated. That way, they are also better protected against serious illness in the longer term.

Supporting health workers

At times the pandemic has placed a serious strain on health workers and the healthcare system. If you have vaccine protection, the risk that you will need to be treated in hospital for COVID-19 is very low. That way you help reduce the burden on the healthcare system, which can continue to provide treatment for other illnesses and emergencies.

Protecting the people around you

In the weeks after receiving the vaccination or booster, the likelihood of becoming infected with coronavirus is reduced. As such, so is the risk of infecting other people. However, this protection against infection and mild illness diminishes over time. Therefore, the hygiene and distancing recommendations still play an important role. By getting vaccinated and following the recommendations, you can help to protect particularly vulnerable people, for example those with a weakened immune system for whom the vaccination is less effective, as well as people who are unable to be vaccinated for medical reasons, and children under the age of 5 who are not yet able to be vaccinated.

Strengthening mental health

The spread of the coronavirus during this pandemic has at times severely reduced our contact with other people. This can impair well-being and make mental illness worse or more likely to occur. The protection provided by COVID-19 vaccination can help reduce anxiety and enable us to be more relaxed around other people again. The vaccination is also an act of solidarity with our fellow human beings.

Containing the effects of the pandemic

Vaccination is the most effective way, in combination with the hygiene and distancing recommendations, to limit the pandemic and enable us to enjoy a carefree life again. By getting vaccinated you're making an important contribution to your personal health and the health of others – in Switzerland, in Europe, and all over the world.