



## COVID-19: Instructions on quarantine

### Measures to be taken if:

- A. You were in close contact with someone who was tested positive for the coronavirus (SARS-CoV-2), or**
- B. You are entering Switzerland from a country or region where there is an increased risk of an infection with SARS-CoV-2**

**Valid from 17 May 2021**

**A. You have been in close contact with a person who has tested positive for the new coronavirus.**

Close contact means that you have been in the immediate vicinity (a distance of less than 1.5 metres) for more than 15 minutes without adequate protection. If this person was infectious at the time of contact,<sup>1</sup> you must go into quarantine at home (contact quarantine). In certain situations, for example if you are fully vaccinated with an mRNA vaccine or have had COVID-19 (a laboratory-confirmed case) in the last six months, the responsible cantonal office may decide not to put you into quarantine. You are, however, required to follow the rules on hygiene and social distancing<sup>2</sup>. If you develop symptoms, you should self-isolate and get tested.



Close contact

**B. You are entering Switzerland and have stayed within the last 10 days in a country or area where there is an increased risk of infection.**

For this situation, you will find all relevant information at [www.bag.admin.ch/en-try](http://www.bag.admin.ch/en-try). On arrival you are required to go immediately and directly to your home or to another suitable accommodation. You must remain there at all times for the 10 days following your arrival (travel quarantine).



Arrival

**If you have recovered from COVID-19 within the last six months** you do not have to quarantine or inform the authorities. However, you need a medical certificate proving that you had a corona infection and have recovered from it (Physician statement or laboratory proof).

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.



Coronavirus

The following instructions explain which measures you should take while you are in quarantine in order to avoid transmitting the virus. Comprehensive information about the coronavirus is published at: [www.bag.admin.ch/novel-coronavirus](http://www.bag.admin.ch/novel-coronavirus).

### Quarantine period

- **Contact quarantine:** Quarantine lasts for 10 days from the time you last had contact with the person who was tested positive.

<sup>1</sup> A person is infectious two days before the onset of symptoms and up to ten days after the onset of symptoms.

<sup>2</sup> [www.bag.admin.ch/protect-yourself-and-others](http://www.bag.admin.ch/protect-yourself-and-others)

- **Travel quarantine:** 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 an increased risk of infection, the responsible cantonal authority can include the duration of your stay in this country or area as part of your quarantine period.
- You can reduce this period by having a test on day 7 of quarantine at the earliest (PCR test or rapid antigen test for SARS-CoV-2). If the result of the test is negative you may be released from your obligation to quarantine. However, until the original quarantine period has ended (in other words until day 10) you must wear a mask outside your home or accommodation and maintain a distance of 1.5 metre from other people. The negative result must be forwarded to the responsible cantonal authorities. Please follow the specific instructions by your canton. If the test is positive, the instructions on isolation apply (see [www.bag.admin.ch/isolation-and-quarantine](http://www.bag.admin.ch/isolation-and-quarantine)).
- In certain cases, a test may be arranged by doctor's orders before day 7. Such a test does not allow you to shorten the quarantine.

### Physical distancing

- Avoid all contact with other people. You may, of course, 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 rules on hygiene and social-distancing in the 'Protect yourself and others' campaign: [www.bag.admin.ch/protect-yourself-and-others](http://www.bag.admin.ch/protect-yourself-and-others).



Physical distancing

### If you live in the same household as the person who was tested positive (contact quarantine)

- Persons who tested positive should stay by themselves in a room and keep the door closed. They should eat meals in their room (see instructions on isolation at [www.bag.admin.ch/isolation-and-quarantine](http://www.bag.admin.ch/isolation-and-quarantine)).
- Keep a distance of 1.5 metres 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 to leave them 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 your household who are at high risk should, if possible, stay separate from all others during quarantine.



Isolation instructions

### 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 live in a household with others, but not the person who has tested positive

- 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.<sup>3</sup>
- 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.

<sup>3</sup> [www.bag.admin.ch/masks](http://www.bag.admin.ch/masks)

**If you have to leave the house** (e.g. for a doctor's appointment)

- **Wear a mask.**<sup>3</sup>
- **Avoid public transport.** If you are feeling well enough, drive, cycle, walk or take a taxi.

#### **How to use a mask correctly**

- Wash your hands with water and soap or use a hand sanitiser before putting on the mask.
- Put the mask on carefully, ensuring that 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](http://www.bag.admin.ch/masks) under 'Wearing a mask correctly'.



Masks

#### **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**

- Go into isolation and follow the instructions on isolating. You will find all the information you need at: [www.bag.admin.ch/isolation-and-quarantine](http://www.bag.admin.ch/isolation-and-quarantine).
- Do the [coronavirus check](#) on the FOPH website and get tested if necessary.
- 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.



Coronavirus check

#### **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](http://www.dureschnufe.ch)



Dureschnufe

#### **Regular handwashing<sup>4</sup>**

- You and the people around you must wash 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.

#### **Quarantine for children under 12 years of age and parents**

- In principle, the rules on quarantine 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.

<sup>4</sup> Video "Proper handwashing": <https://youtu.be/gw2Ztu0H0YY>

- If one parent is in quarantine but the child is not, childcare must be provided during the quarantine period by the other parent who acts as caregiver.
- If both parents 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 one of their parents is in isolation, provided the child has no symptoms of COVID-19 the child can be released from quarantine at the same time as the parent ends his or her 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 on hygiene and social distancing: [www.bag-corona-virus.ch](http://www.bag-corona-virus.ch)
- Continue to monitor your health. First symptoms may still appear after the end of the quarantine.



Campaign

#### **Compensation for loss of income due to measures against coronavirus**

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



FSIO