



## COVID-19: Instructions on quarantine

**What to do when you have been in close contact with someone who has tested positive for the new coronavirus (SARS-CoV-2) or if you have just arrived from a country or region where there is an increased risk of infection.**

**Valid from 04.12.2020**

**You have been in close contact with someone who has been confirmed in a laboratory test to have the new coronavirus.** Close contact means that you have been within 1.5 metres of a person who is infected for more than 15 minutes without any form of protection (one or both individuals are not wearing a mask or there is no partition). If this person was infectious at the time<sup>1</sup>, you must spend 10 days at home in quarantine.



Close contact

**You are entering Switzerland and have stayed in a country or area within the last 10 days where there is an increased risk of infection.** You are required on arrival to go immediately and directly to your home or to other suitable accommodation. You must remain there at all times for 10 days following your arrival (quarantine) and contact the responsible cantonal authority within two days of your arrival (see cantonal contact details [www.bag.admin.ch/entry](http://www.bag.admin.ch/entry))<sup>2</sup> to tell them you are in quarantine. Follow the instructions that the cantonal authority gives you.



Arrival

By putting yourself in quarantine, you avoid transmitting the virus to people in your household and to the general public. You could become infectious during this time. By going into quarantine, you are helping to protect people in high-risk groups<sup>3</sup> and to slow the spread of coronavirus.



New coronavirus

The following instructions explain what measures you should take while you are in quarantine in order to avoid transmitting the virus. Comprehensive information about new coronavirus is published at: <http://www.bag.admin.ch/novel-coronavirus>.

### Quarantine period

- The quarantine period lasts ten days.
- The ten days begin from the date on which you last had contact with the person who has tested positive.
- In the case of **travel quarantine**, the ten days commence from the date 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 in your quarantine period.
- If you do not have any symptoms after ten days, you may come out of quarantine.

<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> 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 in your quarantine period.

<sup>3</sup> Older individuals, pregnant women and adults with high blood pressure, diabetes, cardiovascular disease, chronic respiratory disease, cancer or who have a disorder or are undergoing treatment which weakens the immune system.

## Physical distancing

- Avoid all contact with other people. You may, however, 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).
- Even if your test for the virus is negative (PCR or rapid antigen test), you still have to spend 10 days in quarantine.



Rules on hygiene and social distancing

## If you live in the same household as the person who has tested positive

- The person who has 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 has 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 crockery, glasses, cups or kitchen utensils. Wash these items after use in the dishwasher or thoroughly by hand, using washing-up liquid.
- Do not share towels or bed linen. Wash all clothes, towels and bed linen regularly in the washing machine.
- People in your household who are at high risk should, if possible, stay separate from all others while in 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 with others in the same household but not with 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>4</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 cleaning product.
- Do not share household items such as crockery, glasses, cups or kitchen utensils with other people. Wash these items after use in the dishwasher or thoroughly by hand, using washing-up liquid.
- Do not share towels or bed linen with other people.

## If you have to leave the house (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 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; secure the mask so that it fits tightly against your face.



Masks

---

<sup>4</sup> [www.bag.admin.ch/masks](http://www.bag.admin.ch/masks)

- 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 used for at least 4 hours.
- Please note the detailed requirements at [www.bag.admin.ch/masks](http://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 new 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 them 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: <http://www.dureschnufe.ch>



Dureschnufe

### Regular handwashing<sup>5</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 reduced to the greatest extent possible. The feasibility of this depends on factors such as the child's age. The needs of the child should be taken into consideration, however, especially in the case of young children.
- Children in quarantine are permitted to spend brief periods outside in the 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 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 aforementioned protective measures of the parents, also subjecting the child to quarantine should be taken into consideration.

<sup>5</sup> Video "Proper handwashing": <https://youtu.be/gw2Ztu0H0YY>

**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