New Coronavirus (COVID-19)

Welcome back to Switzerland

Stay at home
The general rule is, please stay at home. Only leave your home if absolutely necessary. That means:

- If you have to purchase groceries
- If you have to go to the doctor’s or to the pharmacy
- If you have to help someone
- If you have to go to work because you are unable to work from home.

If you are over the age of 65 or have an underlying medical condition, we strongly urge you to stay at home at all times unless you have to see a physician.

We would ask you to follow these instructions:

- Follow essential hygiene and social distancing measures such as keeping your distance from other people (2 m) and regularly washing your hands.
- Monitor your state of health.
- As long as you have no symptoms, there is nothing you need to do.
- If you develop a cough, a sore throat, experience shortness of breath with or without a high temperature, feverishness or muscle ache, stay at home for at least 10 days and avoid all contact with other people (self-isolation).
- If you share a household with a person with an acute respiratory disease exhibiting any of the symptoms mentioned above then you must stay at home in self-imposed quarantine for 10 days.
- If you feel particularly ill, or if you experience strong symptoms (e.g. breathing difficulties), call a physician, a medical practice or a telemedicine call centre.

Please also consult the FOPH website for further information: www.bag.admin.ch/new-coronavirus

FOPH Infoline for travellers 058 464 44 88

IMPORTANT: If you use the travel app of the Swiss confederation (Travel Admin), please do not forget to cancel your trip after arriving in Switzerland. Thank you