



## 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 having the vaccination you can greatly lower the risk of suffering from the illness and its consequences.
- Immunisation against COVID-19 means that you stay healthy and can take care of those who are at especially high risk, whether in your private life or at work.
- It is not yet clear whether the vaccination also prevents the coronavirus from being passed on. If you are vaccinated, you're well protected from the disease and its symptoms. The vaccination may possibly also reduce the risk of transmission – in particular to vulnerable people in the same household or at work. More data on this matter is expected in future.

**In general:** The risk of serious side effects after the vaccination is much lower than the danger of falling seriously ill 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's a good idea to be vaccinated yourself, as 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 trisomy 21
- Adults with certain forms of the following chronic illnesses<sup>1</sup>:
  - high blood pressure
  - cardiovascular illnesses
  - diabetes
  - pulmonary and respiratory illnesses
  - cancer
  - illnesses and treatments that weaken the immune system
  - obesity (BMI  $\geq$  35 kg/m<sup>2</sup>)
  - renal insufficiency
  - liver cirrhosis

### 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.

<sup>1</sup> You can find the detailed list of conditions here: *List of people at especially high risk* (PDF, 160 kB)



**PROTECT YOURSELF  
AND OTHERS****Is the vaccination safe and effective?**

In Switzerland, every vaccine needs an authorisation and a recommendation. For this, it has to meet stringent safety, efficacy and quality requirements. Swissmedic, the Swiss Agency for Therapeutic Products, has carefully assessed and authorised the vaccines against COVID-19. They are safe and they work. Several tens of thousands of people have received the vaccines in clinical trials. They are also safe and effective for the elderly and those with chronic illnesses. Since their approval, several million people have received these vaccines. So far there have not been noticeable problems with serious side effects, either in the trials or in the vaccination programmes. Experts will continue to monitor the safety and efficacy of the vaccines.

**Where and when can I be vaccinated?**

The federal government has drawn up a vaccination strategy and vaccination recommendations.

The cantons are responsible for vaccination.

Find out from your cantonal website or infoline ([www.foph-coronavirus.ch/cantons](http://www.foph-coronavirus.ch/cantons)) who can currently be vaccinated and where, or ask your doctor or pharmacist.

**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 vaccines, particularly polyethylene glycol (PEG).
- Children and adolescents under the age of 16. So far not enough data is available on vaccination in this age group.

There is still not enough data on the vaccination in pregnancy. We currently do not recommend vaccinations for pregnant women across the board. However, vaccination may make sense for those with specific chronic diseases with the highest risk of contracting a severe case of COVID-19. Please talk to your doctor if you're pregnant and have a chronic disease.

**Where can I find further information?**

You will find further information on COVID-19 vaccination on the FOPH website ([www.foph-coronavirus.ch/vaccination](http://www.foph-coronavirus.ch/vaccination)) or ask your doctor or pharmacist.

[www.foph-coronavirus.ch/vaccination](http://www.foph-coronavirus.ch/vaccination)

Covid-19 vaccination infoline: 058 377 88 92



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more infos