



COVID-19 VACCINATION

Information for adults with a chronic illness and people aged 65 and over

**I have a chronic illness or a congenital infirmity.
I am aged 65 or over.**

COVID-19 poses a risk to you.

We therefore recommend the following: Get vaccinated.

Talk to your doctor about it.

Why does COVID-19 pose a risk to me?

COVID-19 can have serious, or even very serious, consequences for you. For example, shortness of breath in connection with pneumonia. You will then need to be admitted to hospital and given oxygen. It may take a long time before you are healthy again. If COVID-19 gets worse, you will then need to be treated in intensive care. You may need to be put on a ventilator. COVID-19 can also damage other organs and you can die from it.

For what illnesses and congenital infirmities does the FOPH recommend COVID-19 vaccination?

We recommend vaccination for adults with certain forms of the following chronic illnesses¹:

- high blood pressure
- cardiovascular illnesses
- diabetes
- pulmonary and respiratory illnesses
- cancer
- illnesses and treatments that weaken the immune system
- obesity (BMI ≥ 35 kg/m²)
- renal insufficiency
- liver cirrhosis

Some of these illnesses put people at the highest risk of suffering a severe case of COVID-19. People with these illnesses should be vaccinated as a matter of priority. If you belong to the group of people with chronic illnesses with the highest risk, your doctor will urgently recommend vaccination for you as soon as possible.

We also recommend vaccination for adults with trisomy 21.

Is the vaccination safe and effective?

Since every vaccine in Switzerland must be authorised and recommended, it has to meet stringent safety, efficacy and quality requirements. Swissmedic, the Swiss Agency for

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

Therapeutic Products, has carefully assessed and authorised the vaccines against COVID-19. They are safe and 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.

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.

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) 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 COVID-19 vaccination 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)

or ask your doctor or pharmacist.

