

**PROTECT YOURSELF
AND OTHERS.**

**Information on the
COVID-19 vaccination
for young people aged 12 and over**

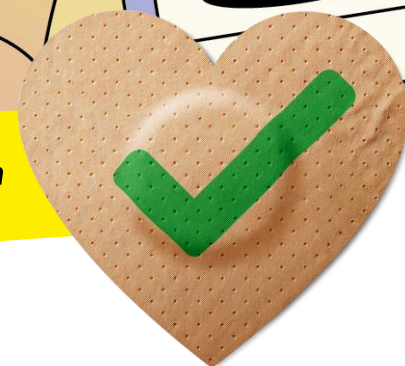


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Bundesamt für Gesundheit BAG
Office fédéral de la santé publique OFSP
Ufficio federale della sanità pubblica UFSP
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Learn more:
foph-coronavirus.ch/vaccination
or phone 0800 88 66 44





Now you can make up your mind too

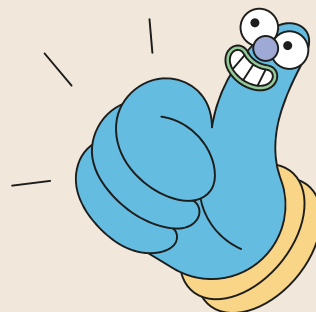
The coronavirus has affected our lives a lot. The COVID-19 vaccination is another important step back to a normal life. To begin with, only adults were able to have the vaccination for the coronavirus. But now young people between the ages of 12 and 15 can also be vaccinated. You'll find plenty of information in the next few sections. Make up your own mind and find out whether you also want to have the vax.

Is the vaccination safe and effective?

Yes. Swissmedic, the Swiss Agency for Therapeutic Products, has thoroughly examined the vaccines for COVID-19. The studies involved people in different age groups, including young people. The vaccines are safe and effective, so they have been authorised in Switzerland. A lot of adults all over the world and many young people have now already been vaccinated. COVID-19 causes more health problems than vaccination. Experts are continuing to monitor the vaccines carefully.

Who should have the vaccination? Why does it make sense?

– The vaccination protects against COVID-19. The vaccination above all prevents you from becoming seriously ill after contact with coronavirus. It also protects you from other health problems after a coronavirus infection. Both these things are very rare among people of your age.



- You meet a lot of people at school and in your free time. This also means you're more likely to have contact with someone carrying the virus. With vaccination, there is less risk that you get infected and have to go into isolation.
- People who have been vaccinated are less likely to spread the virus to others.

The vaccination is recommended for everyone aged 12 and over.

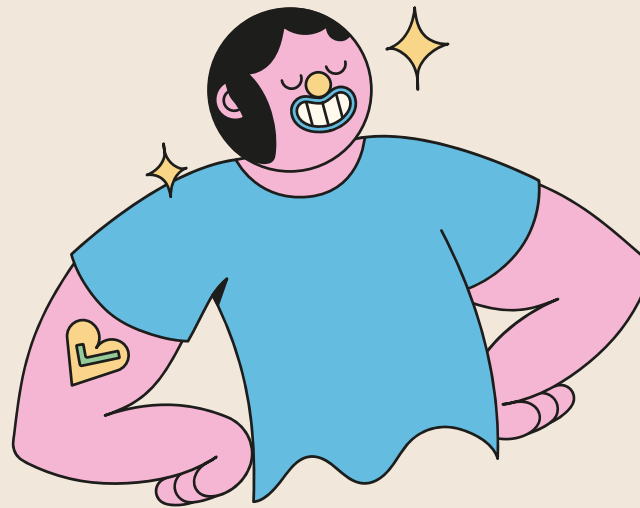
The vaccination makes particular sense if you have a chronic illness or if you live with someone who has a weakened immune system, for example because they're sick or having treatment.

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National COVID-19 vaccination
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Make up your own mind

There's a lot of inaccurate and even fake information about the COVID-19 vaccination on the internet and social media. At foph-coronavirus.ch/vaccination, you'll find all the important information from the Federal Office of Public Health about the COVID-19 vaccination. If you have questions, talk to your parents, other people you trust or medical professionals, or call the infoline.



Your personal decision is important

Vaccination is voluntary. Inform yourself properly and talk to other people, for example your parents, and then decide with them or on your own whether you want to have the vaccination.

What is a vaccination actually?

Vaccinations protect you from many diseases that can have serious health consequences. They imitate infections and help your body build up defences against viruses and bacteria without you getting sick. You have probably been vaccinated against various diseases already, as a child or even more recently.

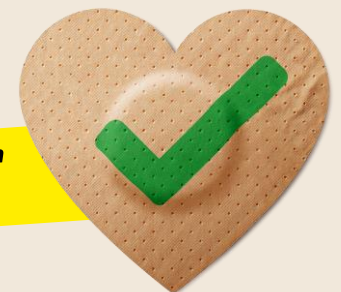
Where can I be vaccinated?

You can find out where and when you can get the vaccination on your canton's website or infoline, or from your doctor or pharmacist.

What does the vaccination involve?

You're given an injection in your upper arm and then a plaster is put over it. After around four weeks, you will have a second jab to make sure you're as fully protected as possible.

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How will I feel after the vaccination?

After the vaccination, your body builds up protection against the coronavirus and your immune system starts working hard. Each person reacts differently to the vaccination. It may be that you notice nothing at all after the vaccination. But it's also very possible that you'll feel your body's reactions to it.

The most frequent reactions are:

- Pain/reddening at the injection site
- Headache
- Tiredness
- Aching muscles and joints
- A feeling of being feverish, a high temperature or shivering
- Diarrhoea, vomiting

While these reactions are unpleasant for young, healthy people, they're not dangerous. They are not a reason to worry and should quickly disappear.

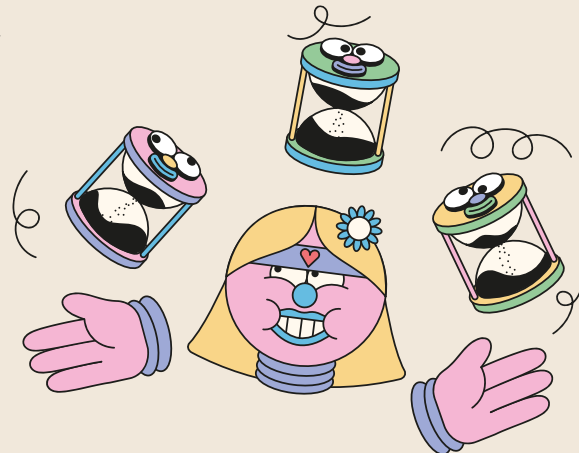
Don't try to do too much for the two days after your vaccination and listen to your body: if it needs rest, take it easy. If you're still feeling the effects of the vaccination after several days, talk to your doctor.

What are the known side effects?

Severe allergic reactions immediately after the vaccination are very rare. This is why you have to wait for 15 minutes after the vaccination before going home.

The heart muscle or heart sac can become inflamed in the 14 days after the vaccination. This is very rare and can usually be treated very well. Contact your doctor straight away if you have chest pain, shortness of breath or a pounding heartbeat in the days after the vaccination.

Among people under age 30 such inflammations were observed more frequently after vaccination with the Moderna vaccine. The recommendation is therefore for the Pfizer/BioNTech vaccine to be favoured for vaccinating those under 30. The following applies to both vaccines: The benefits of a COVID-19 vaccination clearly outweigh any possible risks, also among young people. Inflammation of the heart muscle or heart sac is a lot more common after a coronavirus infection than after the vaccination.



How long does the vaccination protect me for?

At the moment, experts are doing research to find out how long the vaccination will protect you. So far, it is unclear whether the protection against severe disease decreases in those aged under 65 and for new virus variants. However, protection from mild cases and transmission of the virus declines over time for everybody. This can occur more or less quickly, depending on the variant. For this reason we also recommend everyone from the age of 16 have a booster vaccination 4 months after completing the primary vaccination course. For young people aged 12-15 years, there is still too little data on the benefits of a booster vaccination.

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