

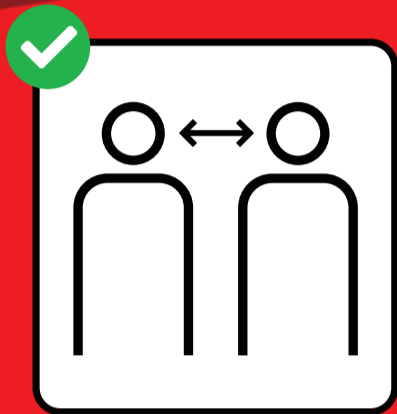
PROTECT YOURSELF AND OTHERS

STOP CORONA

Last update: 22.3.2021



Meet as few people as possible.



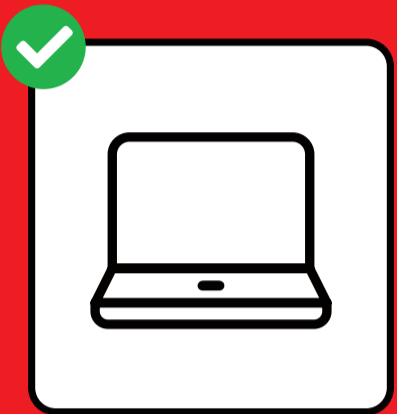
Keep a distance.



Wear a face mask if it is impossible to maintain that distance.



Wearing of masks compulsory in public spaces, on public transport and at the workplace.



Requirement to work from home where feasible.



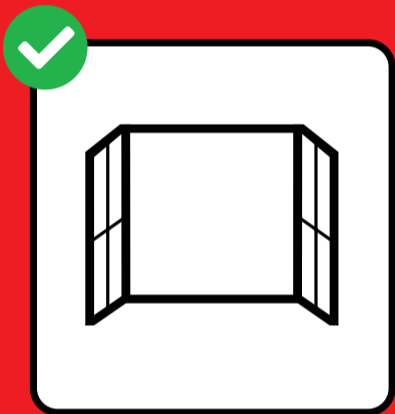
Wash your hands thoroughly.



Cough and sneeze into your elbow.



Do not shake hands.



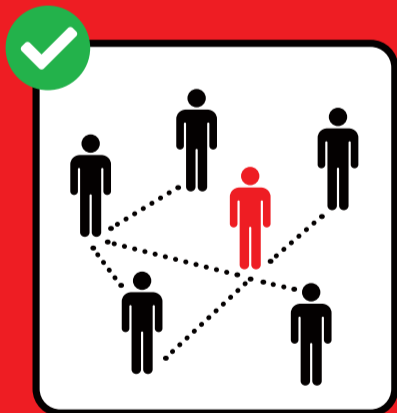
Ventilate rooms several times a day.



Events
Public: banned
Private: max. 10 people
Gatherings in public, max. 15 people



If you experience symptoms, get tested immediately and stay at home.



To enable contact tracing, always provide your complete contact information.



To break infection chains: download and activate the SwissCovid app.



If you test positive: isolate. If you have had contact with a confirmed case: quarantine.



Only visit a doctor's office or an accident and emergency department after making an appointment by phone.

www.foph-coronavirus.ch

Rules can vary from canton to canton



Schweizerische Eidgenossenschaft
Confédération suisse
Confederazione Svizzera
Confederaziun svizra

Swiss Confederation

Bundesamt für Gesundheit BAG
Office fédéral de la santé publique OFSP
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SwissCovid App
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