Break the chain of COVID 19 transmission

We are all responsible for stopping the virus!

If you have no symptoms → **Observe protective measures**
Even without symptoms, you can be infected without knowing it and spread the virus. Make sure to follow the protective measures (wearing a mask, hand hygiene, social distancing) at all times, even if you are fully vaccinated or recovered from COVID-19.

In you have symptoms → **Get tested immediately**, even if you are fully vaccinated or recovered or have mild symptoms (symptoms: fever, cough, sore throat, difficulty breathing, chest pain, loss of taste and/or smell).

Where you can get tested → go to [www.vs.ch/covid-19](https://www.vs.ch/covid-19) (test)

While waiting for the result → **Stay at home** and avoid contact with anybody.

If the test is positive → **Isolate yourself** at home or in your bedroom for at least 5 days and 48 hours after the symptoms have disappeared (avoid contact with others, wear a mask if you leave your bedroom, use your own bathroom if possible, do not share your linen or household items). Isolation measures are the same regardless to vaccination status.

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Medical advice (24/7)
CHF 0.50/call + CHF 2.00/min, max. CHF 30.50
(f/r/d/e/i/en)
**ADULTS** 0900 144 033
**CHILDREN** 0900 144 027

COVID-19 hotline
+41 (0)58 433 0 144
contact.covid19@psvalais.ch
www.vs.ch/covid-19

Vaccination registration
vs.covid-vaccin.ch
+41 (0)58 433 0 144