



Department of Health, Social Affairs and Culture  
Public Health Service  
Office of the cantonal doctor

Departement für Gesundheit, Soziales und Kultur  
Dienststelle für Gesundheitswesen  
Kantonsarztamt

CANTON DU VALAIS  
KANTON WALLIS

## 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](http://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.
- **Fill in a list of your close contacts** on the link received by SMS from COVID Valais and advise them to personally put themselves into quarantine. You and your contacts will then be contacted by the contact tracing team.
- Contact tracing** → **Close contacts** are those living in the same household and those who have had intimate contact with someone who has tested positive during the contagious period (during symptoms and as early as 48 hours before onset).
- Quarantine** → If you have been in close contact with someone who is positive, **quarantine** yourself for 5 days from the last contact with the positive person. **Stay at home or in your bedroom** and avoid contact with other people. If you have any symptoms, get tested. People with a COVID certificate of vaccination or recovery dated less than 4 months can obtain an exemption from the contact quarantine by showing the certificate.

#### Medical advice (24/7)

CHF 0.50/call + CHF 2.00/min, max. CHF 30.50 (fr/de/it/en)

**ADULTS 0900 144 033**  
**CHILDREN 0900 144 027**

#### COVID-19 hotline

**+41 (0)58 433 0 144**

[contact.covid19@psvalais.ch](mailto:contact.covid19@psvalais.ch)

[www.vs.ch/covid-19](http://www.vs.ch/covid-19)

#### Vaccination registration

[vs.covid-vaccin.ch](http://vs.covid-vaccin.ch)

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