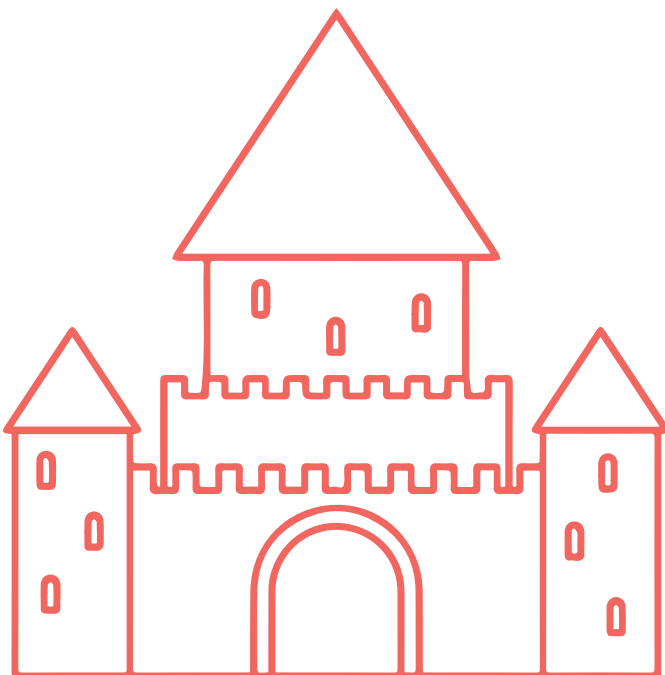


Montreux City Safety Recommendations

#EUCares

November 4, 2020



#StartHere

The charming city of Montreux sits on the shores of Lake Geneva, set against the backdrop of the Swiss Alps. These are some of the ways you can ensure you make the most of the city while staying safe and healthy.

General safety

We recommend you use the same precautions with your belongings in Montreux as you would when moving around any city. These include:

01 Always **keep a close eye on your belongings**, particularly when on public transport or at the lakeside.

02 Use a **bag that straps across you** and do not keep wallets, phones or other valuables in a backpack that can be easily accessed. Do not put any valuables or identification in the overhead storage compartments of trains; keep them with you at all times.

03 **Keep copies of all your important documents** such as your passport, permit, health insurance, etc. (We recommend taking photos of them and emailing them to yourself.)

04 Swiss law requires that you **carry identification with you at all times**, but a photocopy of your passport or national ID card will suffice except when crossing the French border.

05 **Call 112** (for police, ambulance and fire brigade) in emergencies. For medical assistance, **call 144**.

Useful links and helplines:

- COVID-19 statistics for Switzerland:
<https://www.corona-data.ch/>
- Risk evaluation test:
<https://coronavirus.unisante.ch/en/evaluation>
- Swiss Federal Government information on COVID-19:
<https://www.bag.admin.ch/bag/en/home/krankheiten/ausbrueche-epidemien-pandemien/aktuelle-ausbrueche-epidemien/novel-cov.html>
- COVID-19 medical hotline: **0800 316 800**
- Medical emergencies: **144**
- Psychological support: **143**
- Health hotline: **0800 316 800**

To prevent the spread of COVID-19

We recommend you follow these guidelines to protect your health and the health of those around you. Please note that we have also prepared a booklet listing health and safety guidelines on campus.

- 01 **Wash your hands often.** Use soap and water or an alcohol-based hand rub.
- 02 **Maintain a safe distance** (at least 1.5 meters), particularly from anyone who is coughing or sneezing.
- 03 **Avoid crowds**, both indoors and outdoors, as much as possible.
- 04 **Avoid touching your eyes, nose or mouth.**
- 05 **Cover your nose and mouth** with your bent elbow or a disposable tissue when you cough or sneeze.
- 06 **Avoid sharing** utensils, food or drink.
- 07 **Masks must be worn** in public transport, in all buildings accessible to the public and in crowded areas such as street markets and pedestrianized areas of the city.
- 08 **Cafés, bars and restaurants are temporarily closed** (except for takeaway/delivery services), as well as publicly accessible establishments such as gyms, swimming pools, cinemas and theaters.
- 09 **Gatherings** of more than five people public or in private spaces are prohibited.
- 10 **Always leave your contact details** whenever possible so you can be traced if necessary (for example, when visiting cafés and restaurants).
- 11 **Use the hand-sanitizer gel** provided in shops and other establishments when entering and leaving.
- 12 **Walk or cycle** whenever possible.
- 13 **Stay home** if you feel unwell.
- 14 We recommend that you **download the SwissCovid app**, which informs you if you have been in close physical contact with someone infected with COVID-19.
- 14 **Quarantine is compulsory for anyone entering Switzerland from a region at risk during the 14 days preceding entry.** Quarantine begins on the day you enter Switzerland and lasts 10 days. The list of countries deemed at risk changes often: please check the Swiss Federal Government's website (see above under 'Useful links and helplines').

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