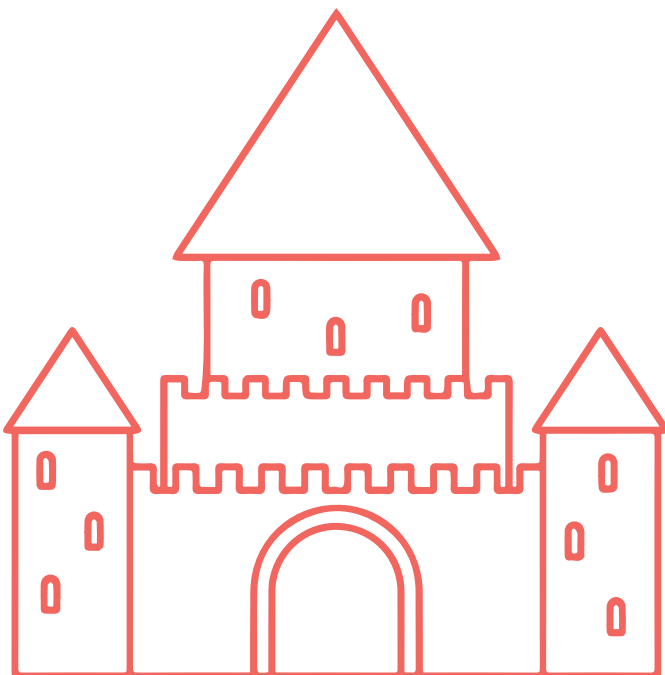


Montreux City Safety Recommendations

#EUCares

September 8, 2021



#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 **Walk or cycle** whenever possible.
- 08 If you have a **fever, cough or other symptoms**, you should self-isolate and call your doctor or the COVID-19 hotline on +41 58 463 00 00 for advice.
- 09 **If you have been in contact with someone who has COVID-19**, you must self-isolate unless you have been fully vaccinated. Call your doctor or the COVID-19 hotline on +41 58 463 00 00 for advice.
- 10 **Masks must be worn** in public transport and in all buildings accessible to the public.
- 11 **A COVID certificate** (which provides proof of vaccination, a negative test or recovering from COVID-19 within the previous 6 months) is required for entry to indoor venues such as restaurants, cafés, bars, cultural institutions and sports facilities.
- 12 **Outdoor gatherings** of up to 50 people and **indoor gatherings** of up to 30 people are permitted.
- 13 **Travelers arriving from abroad must** fill in a registration form and provide a negative test, proof of recovery from COVID-19 within the previous 6 months or an approved vaccination certificate. Check up-to-date travel information at www.bag.admin.ch/entry.

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