



Categories of persons at high risk

In specifying the categories of persons with a high risk from COVID-19 disease, the FOPH takes into account the current state of scientific knowledge and the assessments of Swiss medical societies. The FOPH continually updates the categories of persons at high risk.

Persons considered to be at particular risk include

A Persons aged 65 and over

B Persons aged 16 and over with chronic diseases according to the list below

C Persons aged 16 and over with Trisomy 21

Persons aged 16 and over with the following chronic diseases (group B) are considered to be at high risk:

1. High blood pressure (hypertension)

- Arterial hypertension with end-organ damage
- Therapy-resistant arterial hypertension

2. Cardio-vascular diseases

2.1 General criteria

- Patients with dyspnea of functional class NYHA II–IV and NT per BNP > 125 pg/ml
- Patients with at least 2 cardio-vascular risk factors (one of which is diabetes or arterial hypertension)
- Prior stroke and/or symptomatic vasculopathy
- Chronic renal insufficiency (Stage 3, GFR <60ml/min)

2.2 Other criteria

2.2.1 Coronary heart disease

- Myocardial infarction (STEMI and NSTEMI) in the past 12 months
- Symptomatic chronic coronary syndrome despite medical treatment (irrespective of any prior revascularisation)

2.2.2 Disease of the heart valves

- Moderate or serious stenosis and/or regurgitation in addition to meeting at least one general criterion
- Any surgical or percutaneous valve replacement in addition to meeting at least one general criterion

2.2.3 Cardiac insufficiency

- Patients with dyspnea of functional class NYHA II–IV or NT-Per BNP > 125pg/ml despite medical treatment for any LVEF (HFpEF, HFmrEF, HFrEF)
- Cardiomyopathy with any cause
- Pulmonary arterial hypertension

2.2.4 Arrhythmia

- Auricular fibrillation with a CHA2DS2-VASc score of at least 2 points
- Prior implant of pacemaker (incl. ICD and/or CRT implantation) in addition to meeting one general criterion

2.2.5 Adults with congenital heart disease

- Congenital heart disease according to the individual assessment of the attending cardiologist



3. Diabetes

- Diabetes mellitus, with long-term complications or a HbA1c of $\geq 8\%$

4. Chronic pulmonary and respiratory diseases

- Chronic obstructive lung diseases GOLD Grade II-IV
- Pulmonary emphysema
- Uncontrolled asthma, in particular serious bronchial asthma
- Interstitial lung diseases / pulmonary fibrosis
- Active lung cancer
- Pulmonary arterial hypertension
- Pulmonary vascular disease
- Active sarcoidosis
- Cystic fibrosis
- Chronic lung infections (atypical mycobacteriosis, bronchiectasis, etc.)
- Ventilated patients
- Diseases with severely reduced lung capacity

5. Diseases/Therapies that weaken the immune system

- Serious immunosuppression (e.g. HIV-infection with a CD4+ T cell number of $< 200/\mu\text{l}$)
- Neutropenia ($< 1'000$ neutrophils/ μl) for ≥ 1 week
- Lymphocytopenia (< 200 lymphocytes/ μl)
- Hereditary immunodeficiencies
- Use of medication that suppresses the immune defences (such as long-term use of glucocorticoids (prednisolone equivalent > 20 mg/day), monoclonal antibodies, cytostatics, biologics etc.)
- Aggressive lymphomas (all entities)
- Acute lymphatic leukaemia
- Acute myeloid leukaemia
- Acute promyelocytic leukaemia
- T-cell prolymphocytic leukaemia
- Primary lymphomas of the central nervous system
- Stem cell transplantation
- Amyloidosis (light-chain (AL) amyloidosis)
- Chronic lymphatic leukaemia
- Multiple myeloma
- Sickle-cell disease
- Bone marrow transplant
- Solid organ transplant
- Individuals on a transplant waiting list

6. Cancer

- Cancer undergoing medical treatment



7. Obesity

- Patients with a body-mass index (BMI) of 35 kg/m² or more

8. Liver disease

- Cirrhosis of the liver

9. Kidney disease

- Chronic renal insufficiency with a GFR < 60ml/min

Information on the vaccination recommendation for pregnant women:

Pregnant women without risk factors do not belong to the group of persons at high risk. For them, there is a recommendation for COVID-19-vaccination in the individual case. Pregnant women with chronic diseases as listed above are considered persons at high risk due to their pre-existing condition. For details, please refer to the guidelines and recommendations for vaccination against COVID-19 (available in [German](#), [French](#) and [Italian](#)).