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# CORONAVIRUS (COVID-19)

## LATEST FIGURES ON CORONAVIRUS

Click Here

Worried you might have COVID-19?

Click here to start a confidential COVID-19 self-assessment

## LATEST ADVICE

- Stay home to saves lives +
- Only leave for essentials +
- Six feet to save lives +
- Self-isolate +
- Take care +
- Restrict travel +
- Get creative +

## POLICIES IN ACTION

- Supermarket Provisions +
- Shelter in Place +
- Nightly Curfew +
- Social Distancing +

Gatherings restricted



Non-essential operations closed



Restaurants take-out or delivery only



Public transport restricted



No international travel



► [All Policies in Action](#)

## WE WORK WITH



NEW  
REGULATIONS  
BRING

◀ FURTHER  
RESTRICTIONS

The [Public Health \(Prevention, Control and Suppression of COVID-19\) Regulations, 2020](#) are in effect from 5:01 am on Saturday, 28 March. [Read more.](#)



## WHAT IS CORONAVIRUS (COVID-19)?

Coronavirus or COVID-19 is a new strain of the coronavirus, which was first identified in Wuhan City, China in 2019. COVID-19 is a member of the coronavirus family (a group of viruses) that has never been encountered before.

## WHAT ARE THE SYMPTOMS?

The virus most commonly causes:

- ✓ coughing
- ✓ fever
- ✓ tiredness
- ✓ breathing difficulties

These symptoms are usually mild and begin gradually but commonly occur within 1-10 days after a person has been exposed.

Some people become infected but don't develop any symptoms and don't feel unwell. Around 1 out of every 6 people who gets COVID-19 becomes seriously ill and develops difficulty breathing.

## HOW DO I GET MORE INFORMATION?

This official website includes a lot of helpful information that is constantly being updated, including a detailed explanation of the [Daytime "Soft" Curfew and Nighttime "Hard" Curfew](#) that are in place, answers to [Frequently Asked Questions](#) and details of [Policies in Action](#). We also have a list of [Hotlines](#) for critical services.

If you have medical questions, many resources are available on this website and [www.hsa.ky/coronavirus](http://www.hsa.ky/coronavirus). If you can't find what you're looking for or have a question about your specific situation, contact your General Practitioner or the 24-hour Flu Hotline on 1-800-534-8600 or 947-3077 or email [flu@hsa.ky](mailto:flu@hsa.ky). If you have a medical emergency dial 911.

If you have a non-medical question and can't find the answer on this website, contact the National Emergency Operations Centre hotline on 1-800-534-6555 or email [NEOC@gov.ky](mailto:NEOC@gov.ky).

## REGIONAL TRACKER

Get updates from the Pan American Health Organization [here](#).

## WHO SITUATION REPORTS

Get global updates from the World Health Organization [here](#).

### ► HOUSEHOLD GUIDANCE

## HOUSEHOLD GUIDANCE



Stay at home guidance for households with possible coronavirus (COVID-19) infection [Read more](#).

### ► VULNERABLE PEOPLE

## VULNERABLE PEOPLE & THEIR FAMILIES



Information for vulnerable people such as older persons or chronic conditions that place them at high risk and their carers. [Read more.](#)

► BUSINESS GUIDANCE

## BUSINESS GUIDANCE



Information on the novel coronavirus (COVID-19) including guidance for businesses. [Read more.](#)

► EDUCATION GUIDANCE

# EDUCATION GUIDANCE

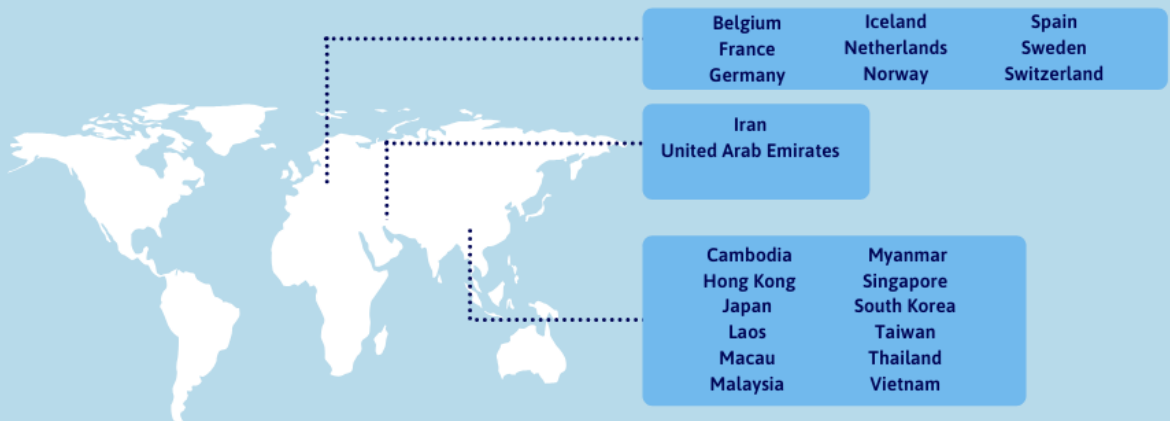


Information for schools and other educational settings in providing advice about the novel coronavirus (COVID-19). [Read more.](#)

## ► TRAVEL ADVICE

### COVID-19 Countries on Watch

If you have returned from the below countries within the last 14 days, please contact the Public Health Department immediately if you have a cough, fever or shortness of breath on 244-2621 / 244-2561



People should avoid all but essential travel to countries where there appears to be extensive in country transmission of COVID-19. Please note, this list is subject to change as further updates are received.  
HSA.ky/Coronavirus



Travel advice and restrictions from the Cayman Islands Government. [Read more.](#)

## ► MENTAL WELLBEING

## MENTAL WELLBEING



Information on maintaining your mental wellbeing and safety in the unlikely event of needing to self-isolate [Read more.](#)

### ► LATEST NEWS

## LATEST NEWS



Information for the public on the worldwide outbreak of coronavirus, including the current situation in the Cayman Islands and information about the virus and its symptoms. [Read more.](#)

### ► PUBLIC HEALTH INFO

**CATCH IT**

**WASH IT**

**TRASH IT**

**CORONAVIRUS**

Public health information about how coronavirus is spread and how to avoid catching or spreading germs [Read more.](#)

► RESOURCES

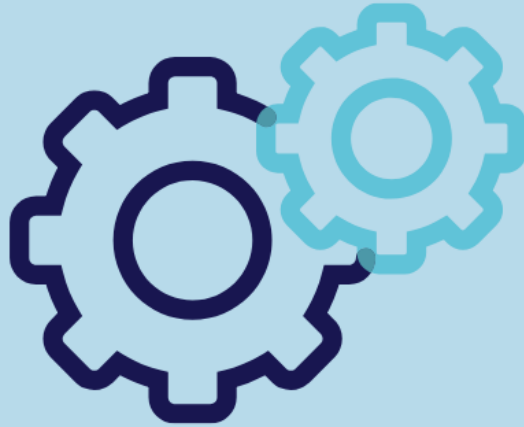
**RESOURCES**



Download our on the novel coronavirus (COVID-19) information, graphics and videos [Read more.](#)

► FRONTLINE STAFF

## FRONTLINE STAFF



Information for front-line and essential workers on coronavirus in Cayman Islands and information on policies [Read more.](#)

### ► POLICIES IN ACTION

## POLICIES IN ACTION



Information the public on coronavirus policies in Cayman Islands [Read more.](#)

### ► HOTLINES



## HOTLINES



Information the hotlines and contact details for various information on coronavirus in Cayman Islands [Read more.](#)

## CORONAVIRUS

### F.A.Q.S

What is coronavirus? How is it caught & spread?

The information and studies we are receiving on COVID-19 grow by the day, and so does the understanding. The advice from our Chief Medical Officer is that shared by national public health agencies such as the Centers for Disease Control in the USA, Public Health England and the World Health Organization. [Read more.](#)

What is Government doing to address COVID-19?

Here on our official website, you can find the most up to date news and information about Government's response to COVID-19. This includes [Policies in Action](#) to protect our community and save lives.

What should I do if I think I have COVID-19?

Unless you require emergency medical care, stay home. Call your General Practitioner or the Flu Hotline on 1 800 534 8600 or 947 3077 for advice if you are not managing. Depending on your symptoms and travel history you will most likely be advised to self-isolate at home. A member of the Health Services Authority will visit you at your home. [Read more.](#)

What should businesses do?

The Cayman Islands Government issued advice on how businesses and commerce can prepare ahead of a potential community case. We are also keeping this website updated to reflect the latest policies and advice. [Read more.](#)

[View all of our frequently asked questions on the novel coronavirus.](#)

# PREVENTION TIPS

The best way to protect yourself and others from the spread of this virus is to practice these three tips:

- ✔ Catch it. Catch a cough or sneeze in a tissue. If you have nothing to use, use your elbow and not your hands.
- ✔ Bin it. Bin the tissues after use. Viruses can live for hours in tissues.
- ✔ Kill it. By avoiding close contact with those suffering from acute respiratory illness, avoiding travel if you have flu-like symptoms (or a cough or a fever) we can help kill the virus.

## Coronavirus Prevention Tips

1



frequently **cleanse hands**  
with soap and water or an  
alcohol-based hand sanitizer

## CAYMAN PREPARED

Hazard Management Cayman Islands has overall responsibility for the national Comprehensive Disaster Management programme, including preparedness, response, mitigation and recovery.

HMCI is responsible for the National Emergency Operations Centre (NEOC), which is activated to direct and coordinate the response to national threats. [Read more.](#)

# PRESS ROOM

- ▶ March 29 Govt Update: 4 New Positive Cases, More Stringent Policing of Daytime Curfew, New Supermarket Rules [Read more.](#)
- ▶ Too Many Non-essential People Out and About in the Community, in Violation of the Shelter in Place (soft curfew) Requirements. March 28 Update, [Read more.](#)
- ▶ Supermarkets Prepare to Welcome Shoppers on Saturday, 28 March [Read more.](#)
- ▶ Attorney General Details New COVID-19 Regulations, Including Shelter in Place [Read more.](#)
- ▶ LSD Operational Changes Allow Video Verification, Extensions, Digital Lodgments [Read more.](#)
- ▶ NAU Revises Opening Hours, Customers Allowed Monday to Thursday, 8:30am to 1:00pm [Read more.](#)
- ▶ DLP Reminds Employers of Provisions for Terminations, Temporary Lay-offs Due to Coronavirus [Read more.](#)
- ▶ Friday, 27 March Government Update: Two Curfew Regimes Going Forward from Saturday, 28 March [Read more.](#)
- ▶ Changes to External Examinations Scheduled for Secondary Students [Read more.](#)
- ▶ Cayman Islands Public Library Service Announces Online eBook Service [Read more.](#)
- ▶ Essential Services from Ministry of Home Affairs Continue [Read more.](#)
- ▶ [Read all news](#)

## CORONAVIRUS LATEST LIVE UPDATES

Unavailable

This video can't be embedded.

[Watch on Facebook](#) · [Learn More](#)

## NEWS FROM AROUND THE WEB



How A Little Island In The Caribbean Sea Is Standing Up To The Goliath Of Coronavirus  
forbes.com

CAYMAN ISLANDS HEALTH SERVICES AUTHORITY (HSA)

[Learn more](#)

USA CENTERS FOR DISEASE CONTROL & PROTECTION (CDC)

[Learn more](#)

PUBLIC HEALTH ENGLAND (PHE)

[Learn more](#)

WORLD HEALTH ORGANIZATION (WHO)

[Learn more](#)

CARIBBEAN PUBLIC HEALTH AGENCY (CARPHA)

[Learn more](#)























































































































































































































































GIVE US YOUR  
FEEDBACK

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**CAYMAN ISLANDS  
GOVERNMENT**