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WE WORK WITH



There have been 3 confirmed cases of coronavirus (COVID-19) in the Cayman Islands.

|  <p>ADVICE FOR STUDENTS RETURNING TO THE CAYMAN ISLANDS</p> | <p>TEMPORARY BAN ON PUBLIC GATHERINGS</p> | <p>LATEST NEWS</p> | <p>FREQUENTLY ASKED QUESTIONS</p> | <p>LATEST ON CORONAVIRUS</p> |
|---|--|---|---|---|
| <p>ADVICE FOR RETURNING STUDENTS</p> <p>The following support procedures are in place for students arriving from overseas between Thursday 19 March and Sunday 22 March. Read more.</p> | <p>More information on the temporary restrictions on public gatherings. Read more.</p> | <p>Get the latest news and updates from the Cayman Islands Government on Coronavirus (COVID-19). Read more.</p> | <p>Answers on the novel coronavirus (COVID-19) including the most common symptoms, how it spreads, and how we are prepared ahead of any case. Read More</p> | <p>Information on the novel coronavirus (COVID-19) from a press briefing 16 March. Watch video.</p> |

WHAT IS CORONAVIRUS?

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?

For further information read our [frequently asked questions page](#) or contact the Flu Hotline on [1 800 534 8600](#) or [947 3077](#) or email flu@hsa.ky.

Download the self-isolation information sheet [here](#).

REGIONAL TRACKER

Get updates [here](#).

Self-isolation

Advice for persons with & without symptoms of infection, who are isolating themselves due to potential exposure to novel coronavirus (COVID-19). These actions will help to protect others inside & outside of your home from infection.

Isolate yourself

- Stay in your home or temporary residence. Do not go to work, school or other public areas.
- Separate yourself from others in your home or your temporary residence.
- Use separate facilities if you are sharing. If not possible, clean before use by others.
- Have food, medications & other supplies delivered to you.
- Do not have visitors in your home or temporary residence.
- Try to keep away from your pet, if you have one.

Prevent the spread of infection

- Frequently clean hands with soap & water or an alcohol-based hand sanitizer.
- Cough or sneeze into a tissue & throw it away.
- Use separate household items such as towels, bedding, cups & plates.
- Wear a mask when you are around others, only if you have been told to do so.
- Wash hands with soap & water often, using the restroom.
- Wash hands with soap & water before eating & after.

Take care of your health & wellbeing

For those with symptoms of infection:

- Get plenty of rest until you feel better.
- Drink enough fluids so that you pass urine regularly.
- Take paracetamol as advised to reduce pain & fever.

For everyone in self-isolation:

- Keep in contact with friends & family by phone, video & online.
- Carry on hobbies & interests within your home if you are able to.
- Take regular exercise within your home if you are able to.

Seek help if you develop symptoms or existing symptoms worsen (eg. difficulty breathing) by calling the flu hotline on [1-800-534-8600](#) or [947-3077](#). For emergencies call [911](#).

For the latest updates and information, please visit [HSA.ky/public-health/coronavirus](https://hsa.ky/public-health/coronavirus) or gov.ky/coronavirus



► HOUSEHOLD GUIDANCE

HOUSEHOLD GUIDANCE



Information for schools and other educational settings in providing advice about the novel coronavirus, COVID-19. [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

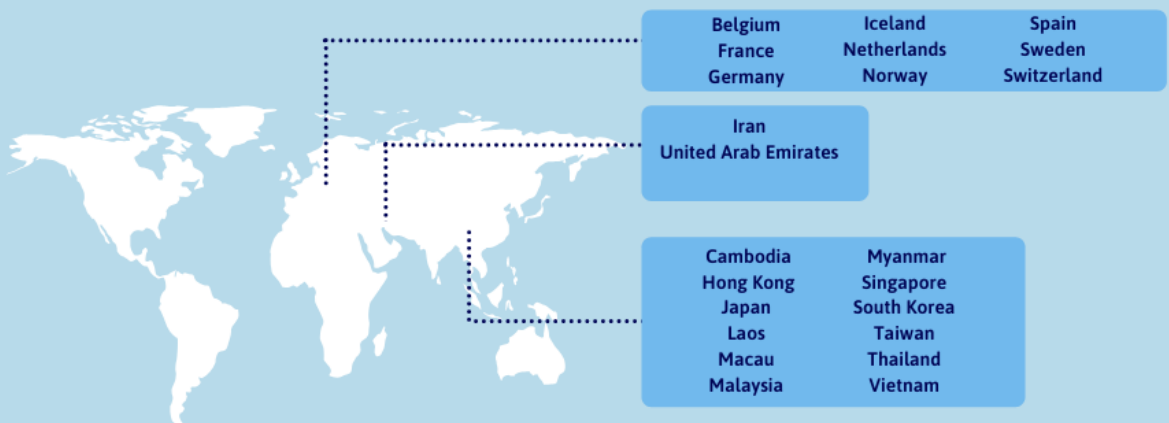


Information for schools and other educational settings in providing advice about the novel coronavirus, COVID-19. [Read more.](#)

► 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



MINISTRY OF
HEALTH, ENVIRONMENT,
CULTURE & HUMAN SERVICES
CAYMAN ISLANDS GOVERNMENT



PUBLIC HEALTH DEPARTMENT
CAYMAN ISLANDS
Caring People. Healthy Islands.

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

USEFUL LINKS



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

CORONAVIRUS

F.A.Q.S

Read our frequently asked questions on the novel coronavirus. [Read more.](#)

How is coronavirus caught & spread?

Information on how coronavirus is caught and can spread, as well as prevention tips.[Read more.](#)

Is the airport closed?

From Sunday 22 March Owen Roberts International airport in Grand Cayman will be closed for 3 weeks to all passengers temporarily.

For all destinations except for the UK, inbound flights from Thursday, 19 March, 2020, will operate for returning residents only. All arriving passengers (and their households even if they did not travel with the passenger) will be required to self-isolate for 14 days effective immediately. [Read more.](#)

Should families of those arriving from overseas or those self-isolating also self-isolate?

Yes. All arriving passengers (and those in their households even if they did not travel with the passenger) will be required to self-isolate for 14 days effective immediately. [Read more.](#)

What should businesses do to prepare?

Advice on how businesses and commerce can prepare ahead of a potential in community case [Read more.](#)

PREVENTION TIPS

Learn more about how to prevent the spread of coronavirus and other illnesses [here.](#)

Coronavirus Prevention Tips

1



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

CAYMAN PREPARED

Mitigation, preparedness, response and recovery for hazards and threats in the Cayman Islands [Read more.](#)

PRESS ROOM

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MORE ON CORONAVIRUS IN THE CAYMAN ISLANDS

YOUR QUESTIONS ANSWERED





More questions? Visit our [frequently asked questions page](#).

CAYMAN ISLANDS HEALTH SERVICES AUTHORITY

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