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LATEST FIGURES ON CORONAVIRUS

Click Here

NO EXCEPTIONS TO SELF-ISOLATION

► Chief Medical Officer requires by law that all persons arriving in the Cayman Islands from 16 March as well as their household contacts self-isolate for 14 days. Refusal to comply is a criminal offence and could lead to fines, imprisonment. [Read more.](#)

LATEST ADVICE




- Detailed Provisions for Essential Court Services, Modified Business Processes [Read more.](#)
- Updates on Education, Agriculture and Water Authority - Cayman [Read more.](#)
- CMO Urges Social Distancing, Hand Hygiene. [Read more.](#)
- Support For Non-Caymanians Actively Explored. [Read more.](#)
- Student Taken from Isolation Facility for Assessment. [Read more.](#)
- Friday 20 March Government Update: Self isolation, prescribing drugs, pets, business measures, emergency travel, new mental health hotline. [Read more.](#)
- [More news.](#)
- [Advice for Returning Students](#)
- [More Frequently Asked Questions](#)

WE WORK WITH



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

Cayman Islands. There is no local transmission in the Cayman Islands.

ADVICE FOR STUDENTS RETURNING TO THE CAYMAN ISLANDS	PREMIER APPEALS TO RETURNING STUDENTS	HOW & WHEN TO SELF ISOLATE	TEMPORARY BAN ON PUBLIC GATHERINGS	LATEST NEWS
	More information on At our live press briefing 19 March, Premier Alden McLaughlin expressed confidence returning students understand they are our future leaders and that self-isolation is necessary. Read more. Watch video.	More information on how and when to self-isolate. Read more.	More information on the temporary restrictions on public gatherings. Read more.	Get the latest news updates from the Cayman Islands Government on Coronavirus (COVID-19). Read more.
 The following support procedures are in place for students arriving from overseas between Thursday 19 March and Sunday 22 March. Read more.				

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.

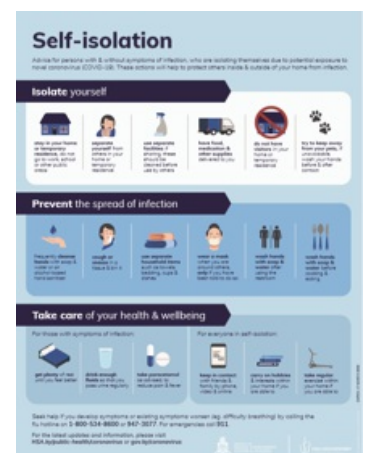
HOW DO I GET MORE INFORMATION?

For further information read our [frequently asked questions page](#) or contact the Flu Hotline on [1800 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 people with confirmed 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 at home. Do not leave your home unless you have to. If you must go out, wear a face mask and avoid public places.
- Do not have visitors. Do not have visitors in your home. Do not have visitors in your car.
- Do not go to work, school, or university. Do not go to the gym, library, or other public places.
- Do not travel. Do not travel by air, sea, or land. Do not travel to other countries.
- Do not visit friends or family. Do not visit friends or family in other countries.
- Do not visit care homes or hospitals. Do not visit care homes or hospitals in other countries.

Prevent the spread of infection

- Wash your hands frequently with soap and water for at least 20 seconds. Use hand sanitizer if you do not have access to soap and water.
- Wear a face mask. Wear a face mask when you are in public places. Wear a face mask when you are in close contact with others.
- Keep your distance. Keep at least 1 meter (3 feet) away from others. Avoid close contact with others.
- Do not cough or sneeze into your hands. Cough or sneeze into your elbow or a tissue. Dispose of tissues immediately.
- Do not share personal items. Do not share personal items such as food, drink, or clothing with others.

Take care of your health & wellbeing

- Get plenty of rest. Get plenty of rest and sleep. Do not overexert yourself.
- Drink enough fluids. Drink enough fluids to stay hydrated. Do not drink alcohol.
- Take prescribed medication. Take prescribed medication as directed. Do not stop taking medication without consulting your doctor.
- Seek medical advice. Seek medical advice if you have symptoms that worsen or if you are unable to breathe. Seek medical advice if you have a fever that lasts for more than 3 days.
- Stay positive. Stay positive and optimistic. Do not panic. Do not stress.

Self-help if you develop symptoms or suspect symptoms: wear a face mask, avoid breathing by using the Flu Hotline on 1800 534 8600 or 947 3077. For emergencies call 911.

For the latest updates and information, please visit [HSA website](#), [healthlinecayman.com](#) or [get-hsa.com/covid19](#)

► 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

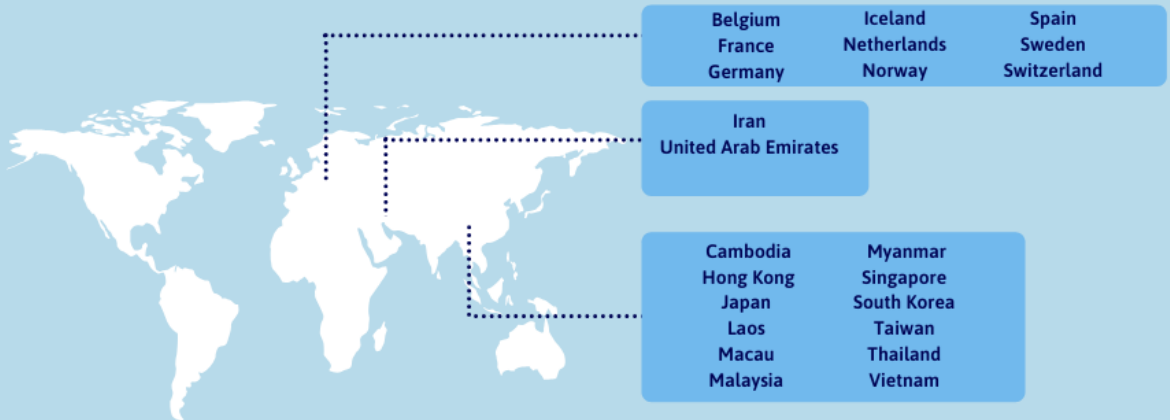


Information for schools and other educational settings in providing advice about the novel coronavirus (COVID-19). [Read more.](#)

► 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



MINISTRY OF
HEALTH, ENVIRONMENT,
CULTURE & HOUSING
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



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

- ▶ Chief Medical Officer Orders 14 Days Self-Isolation for All Arrivals and Household Contacts from 16 March [Read more.](#)
- ▶ Judicial Administration Details Provisions for Essential Court Services, Modified Business Processes [Read more.](#)
- ▶ Updates from Ministry on Measures in Education, Agriculture and by Water Authority – Cayman [Read more.](#)
- ▶ Chief Medical Officer Issues Statement, Urges Social Distancing and Hand Hygiene [Read more.](#)
- ▶ Extension of Support For Non-Caymanians Actively Explored [Read more.](#)
- ▶ Student Taken from Isolation Facility for Assessment on 20 March [Read more.](#)
- ▶ Revised Sister Islands Flight Schedule from Cayman Airways [Read more.](#)
- ▶ Friday 20 March Government Update [Read more.](#)
- ▶ DVDL Introduces Additional Precautionary Measures, Encourages Online Renewals [Read more.](#)
- ▶ DOA Implements Operational Changes, Reduced Hours [Read more.](#)
- ▶ Centre for Business Development to Open 23 March, Focus on Business Continuity [Read more.](#)
- ▶ NAU Food Stipends for Caymanian Families Whose Children Received School Lunch Assistance [Read more.](#)
- ▶ [Read all news.](#)

MORE ON CORONAVIRUS IN THE CAYMAN ISLANDS

YOUR QUESTIONS ANSWERED





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

CAYMAN ISLANDS HEALTH SERVICES AUTHORITY

[Learn more](#)

CENTERS FOR DISEASE CONTROL & PROTECTION

[Learn more](#)



GIVE US YOUR
FEEDBACK

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CAYMAN ISLANDS GOVERNMENT