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# COVID-19 In The Cayman Islands

## Latest Figures On COVID-19

Click Here

## Worried You Might Have COVID-19?

Start a confidential COVID-19 self-assessment.

Click Here

## Latest Advice

Welcome to Your Community



When & where can you exercise



Beaches closed



Immigration Questions Answered



Keep COVID-19 patient details private



Information on masks



Travel helpline available



Guidance for returning to the Cayman Islands



Need support?



Stay Home to Save Lives



Self-isolate



Take care of your emotional well being



Restrict travel



## Policies In Action

Shelter in Place



Curfew



Gatherings restricted



Social Distancing



Restaurants take-out or delivery only



Public transport restricted



No international travel



Support for Businesses & Commerce



► [All Policies in Action](#)

## We Work With



If you need help leaving Cayman or returning home to Cayman submit your information using our online tool. [Read more.](#)



## What Is COVID-19?

The Coronavirus Disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus, which was first identified in Wuhan City, China in 2019. The COVID-19 virus (which is called SARS-CoV-2) 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 Cayman Islands Government 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 [helplines](#) for critical services.

If you have medical questions, many resources are available on this website and at [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 925-6327 (Flow) or 947-3077 (Digicel) 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).

## Cayman Islands Community & COVID-19

We may be limited in our physical movements by practicing social distancing to stay safe. What you can still do is stay connected to your Cayman Community. Learn about what's happening with your neighbours and the community at large [here](#).

## Regional Tracker & WHO Situation Reports

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

## COVID-19 Latest Live Update

## ► Household Guidance

### HOUSEHOLD GUIDANCE



Guidance for households with possible COVID-19 infection. [Read more](#)

## ► Vulnerable People

### VULNERABLE PEOPLE & THEIR FAMILIES



Information for vulnerable people 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



COVID-19 information for schools and other educational settings. [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  
Keeping People Healthy, Keeping the Islands Safe

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

### ► Mental Wellbeing

## MENTAL WELLBEING



Information on maintaining your mental well-being and safety. [Read more](#)

### ► Latest News

## LATEST NEWS



Information for the public, including on the current situation in the Cayman Islands. [Read more](#)

### ► Public Health Info

**CATCH IT**

**WASH IT**

**TRASH IT**

**CORONAVIRUS**

An explanation of how COVID-19 is spread and how to avoid catching or spreading the virus. [Read more](#)

### ► Resources

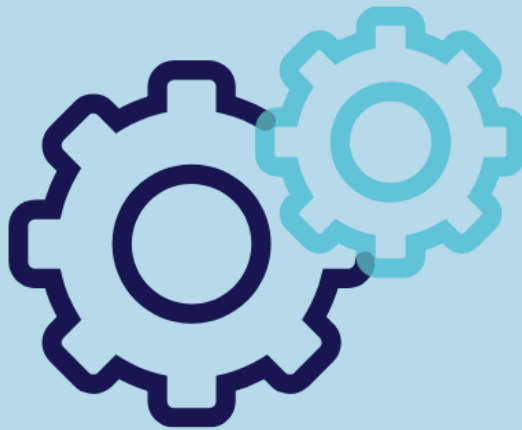
## RESOURCES



Download our graphics, videos, informational booklets and other resources on COVID-19. [Read more](#)

### ► Frontline Staff

## FRONTLINE STAFF



Information for front-line and essential workers on COVID-19 in Cayman Islands and information on policies. [Read more](#)

### ► Policies In Action



## POLICIES IN ACTION



Information the public on COVID-19 policies in Cayman Islands. [Read more](#)

### ► Get Help

## HOTLINES



Information the hotlines and contact details to get information and support in Cayman Islands. [Read more](#)

## COVID-19 FAQs

### What Is COVID-19?

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 24-hour 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, advice and Government relief measures for businesses. [Read more](#)

View all of our frequently asked questions on COVID-19 [here](#).

## Prevention Tips

The best way to protect yourself and others from the spread of COVID-19 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.

## 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

- ▶ Tuesday 28 April, Government Update: Three positive cases out of 187 test results, HSA continues to provide emergency and urgent care and is also now considering offering elective care, laws passed in the legislature last week, Further Repatriation Flights Organised. [Read more.](#)
- ▶ Monday, 27 April Government Update. [Read more](#)
- ▶ Family Resource Centre Rolls Out Parenting Initiative. [Read more](#)
- ▶ Foster Group Helps Seniors Maintain Contact With Loved Ones. [Read more](#)
- ▶ Cayman Islands Postal Service Ready to Reopen. [Read more](#)
- ▶ Update on 2020–21 Scholarship Applications, Reminder Scholarship Secretariat Working Remotely. [Read more](#)
- ▶ Friday, 24 April Government Update. [Read more](#)
- ▶ RCIPS and CIFS Reinforce Road Safety Message. [Read more](#)
- ▶ Thursday, 23 April Video Update: Panel on Clinical Management of COVID-19 in the Cayman Islands. [Watch here](#)
- ▶ Members of the Legislative Assembly Endorse Traffic Amendments. [Read more](#)
- ▶ Immigration Law Changes Brought by Government. [Read more](#)
- ▶ First Historic Sitting of the Legislative Assembly with MLAs Participating via Electronic Means, Five Bills On the Agenda. [Read more](#)
- ▶ [Read all news](#)

## More Information

[COVID-19 Flatten the curve](#)

### Flatten The Curve: Public Gathering Bans & School Closures Slow Spread

A number of proactive measures have been taken in the Cayman Islands to slow the spread of

coronavirus disease that causes the virus known as COVID-19. Alongside these announcements comes the closure of all education facilities as of Monday 16 March through to the end of the 2019/2020 academic...

[Learn More >>](#)

COVID-19

## How To Exercise At Home During COVID-19

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You don't need a gym to stay in shape. You can stay home and stay fit during curfew with some creativity and modifications to your current exercise plan.

[Learn More >>](#)

## Government School Staff Going Above And Beyond

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Feeding The Mind, Body And Soul Of Our Future

[Learn More >>](#)

Flatten the curve Stay Home to Save Lives

## Stay Inside Save Lives: 24 Fun Things To Do Inside Over Easter

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We understand how important Easter weekend is to the Cayman Islands, especially given the significance of the holiday to families.

[Learn More >>](#)

COVID-19

## When & Why To Wear A Mask In The Cayman Islands

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Homemade masks can be useful when acting as a partial barrier to stop droplet spread of the virus responsible for the coronavirus disease (COVID-19). That said, we must be cautious when considering using them as protection against the transmission of COVID-19 cannot be guaranteed.

[Learn More >>](#)

COVID-19 Business

## Small Business Continuity During COVID-19 In The Cayman Islands

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We understand that businesses have been impacted by COVID-19 in the Cayman Islands. With non-

essential workers being asked to stay at home in order to reduce the spread of the virus and to protect the community, as well as a decrease in customers, such as tourists, your business's...

[Learn More >>](#)

**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