From Mon 4 May soft curfew at 5am-8pm allows essential movement during daytime while hard curfew continues 8pm-5am and 24 hours a day on Sundays.

Read More

✕

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

Need To Apply For An Exemption?

Apply for an exemption using our online form.

Apply Now

Latest Advice

Regulations & Curfew Change ⊕

Essential & Exempted Services ⊕

When Can I Exercise? ⊕

Beaches closed ⊕

Immigration Questions Answered ⊕

Keep COVID-19 patient details private ⊕

Information on masks ⊕

Travel helpline available ⊕

Stay Home to Save Lives ⊕

Welcome to Your Community ⊕

Jingle Open Call Results ⊕

Policies In Action

Pension Holiday & Emergency Withdrawals ⊕

Shelter in Place ⊕

Curfew ⊕

Gatherings restricted ⊕

Social Distancing ⊕

No international travel ⊕

Support for Businesses & Commerce ⊕

▶ All Policies in Action

We Work With

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. 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 . 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.

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

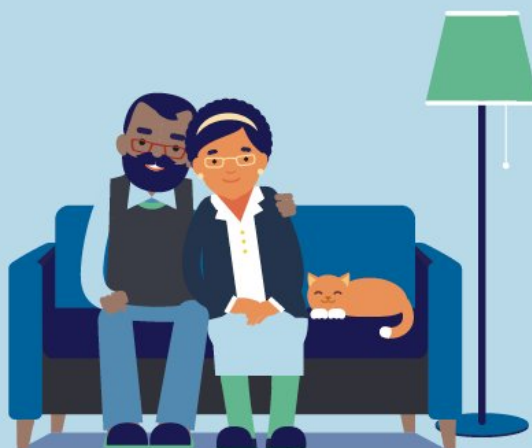Guidance for households with possible COVID-19 infection. Read more

► Vulnerable People

Information for vulnerable people at high risk and their carers. Read more

► Business Guidance

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

► **Education Guidance**

COVID-19 information for schools and other educational settings. Read more

► **Travel Advice**

Travel advice and restrictions from the Cayman Islands Government. Read more

► **Mental Wellbeing**

Information on maintaining your mental well-being and safety. Read more

► **Latest News**

Information for the public, including on the current situation in the Cayman Islands. Read more

▶ **Public Health Info**

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

▶ **Resources**

Download our graphics, videos, informational booklets and other resources on COVID-19. Read more
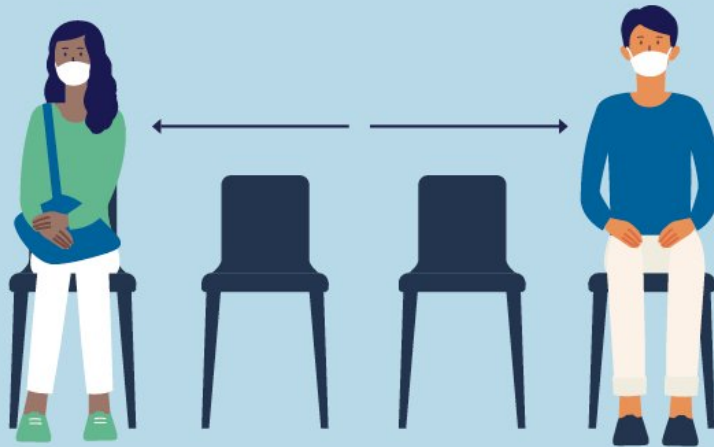
► **Frontline Staff**

Information for front-line and essential workers on COVID-19 in Cayman Islands and information on policies. Read more
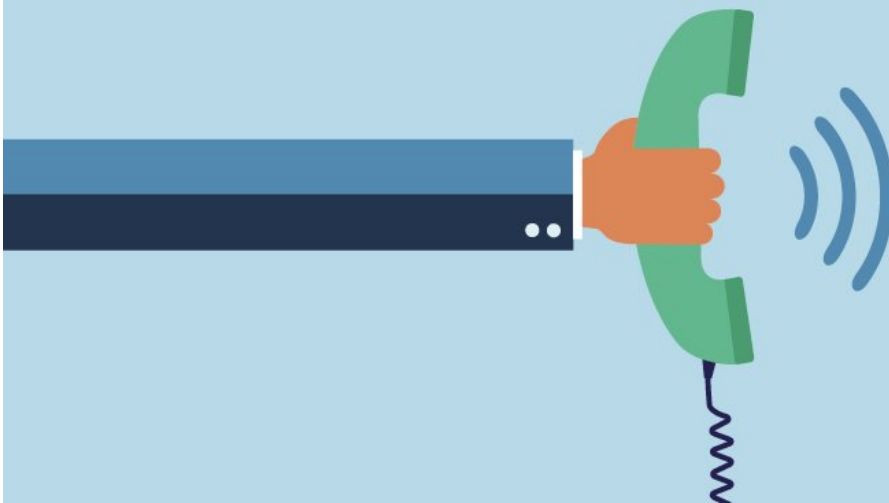
► **Policies In Action**

Information the public on COVID-19 policies in Cayman Islands. Read more

► **Get Help**

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

▶ Friday, 1 May Government Update: One positive result among 392 results announced, new regulations coming into effect Monday include opening of money remittance facilities and other additional essential services, hard curfew will also be extended with changes, support for local musicians. Read more

▶ Governor and Premier Welcome Disaster Relief Funds. Read more

▶ COVID-19 Testing Boosted. Read more

▶ Visiting the Post Office During COVID-19 Soft Curfew. Read more

▶ Special Measures for Collecting Dutiable Items During COVID-19 Soft Curfew. Read more

▶ Clearing a Box Inside the General Post Office During Soft Curfew. Read more

▶ Visiting the Post Office During COVID-19 Soft Curfew. Read more

▶ Cayman Improves COVID Testing Resilience. Read more

▶ WORC Employment Services Seeing Positive Results. Read more

▶High Demand Prompts Extra CAL Flight to Honduras. Read more

▶ Wednesday 29 April, Government Update: 200 negative test results announced, with 200 people in Government isolation facilities, International Mail currently not available though limited postal services are available, DVDL allowing extended vehicle inspection certificate online, all beaches remain closed. 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 know 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

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

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

Update Monday May 4: The Cayman Islands is now under a "soft curfew" during the day from Monday to Saturday from 5am - 8pm followed by a "hard curfew" from 8pm - 5am daily and all day on Sunday.

We understand how important Easter weekend is to the Cayman Islands, especially given the...

Learn More >>

COVID-19

When & Why To Wear A Mask In The Cayman Islands

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

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)

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USA CENTERS FOR DISEASE CONTROL & PROTECTION (CDC)

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PUBLIC HEALTH ENGLAND (PHE)

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WORLD HEALTH ORGANIZATION (WHO)

Learn more

CARIBBEAN PUBLIC HEALTH AGENCY (CARPHA)

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GIVE US YOUR
FEEDBACK

Cayman Islands Government, Government Admin Building, Grand Cayman, Cayman Islands, Tel: 345 949 7900

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