

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.



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GOV.KY

## 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](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



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

# Travel Advice



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

# Public Health Info



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

## ► Resources

# Resources / Downloads



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

# 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

- ▶ Wednesday 6 May Government Update: Two hundred and ninety-eight negative results and no positives were announced. 96% of Little Cayman has been tested and two more evacuation flights have been added; one to the Dominican Republic and one to Miami. [Read more](#)
- ▶ Tuesday, 5 May Government Update: Three positive results among 224 results announced, hard curfew lifted on Little Cayman, AL Thompsons and Kirk Home Centre open for drive-through collection, special hard curfew exemptions for Mother's Day, RFA Argus departs, landscapers wishing to dispose of green waste at the landfill must carry appropriate exemptions. [Read more](#)
- ▶ DEH Announces Landfill Rules. [Read more](#)
- ▶ RFA Argus Arrives. [Read more](#)
- ▶ Cayman Islands Postal Service Temporary Opening Hours. [Read more](#)
- ▶ Cayman Airways confirms repatriation flight to Costa Rica. [Read more](#)
- ▶ Monday, 4 May Government Update: One positive result among 600 results announced, restrictions on Sister Islands soon to be lifted, General Registry resumes issuing certificates, Royal Navy Task Force ship anchored off Seven Mile Beach, repatriation flights to Honduras and Costa Rica scheduled for 8 May. [Read more](#)
- ▶ 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](#)
- ▶ [Read all news](#)

### More Information

testing

#### How Does COVID-19 Testing Work?

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Here's how testing for COVID-19 works in the Cayman Islands.

[Learn More >>](#)

COVID-19 Flatten the curve

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

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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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*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

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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 >>](#)

**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

Cayman Islands Government, Government Admin Building, Grand Cayman, Cayman Islands, Tel: [345 949 7900](tel:345-949-7900)



**CAYMAN ISLANDS  
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