

From Fri 15 May soft curfew at 5am-8pm allows essential movement during daytime while hard curfew continues 8pm-5am in GC and CB.



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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 from soft curfew using our online form.

[Apply Now](#)

### Latest Advice

Suppression Levels



Curfew



Prevention Measures



When Can I Exercise?



Immigration Questions Answered



Keep COVID-19 Patient Details Private



Information On Masks



Travel Helpline Available



Stay Home to Save Lives



## Policies In Action

Curfew



Shelter in Place



Social Distancing



Gatherings Restricted



International Travel



Pension Holiday & Emergency Withdrawals

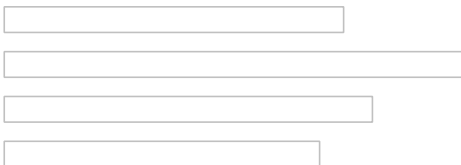


Support for Businesses & Commerce



► [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



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 Suppression Levels Are We On?

We are currently on the following suppression levels for the Cayman Islands. Each suppression level and guidance is specific to each island:

- ▶ Grand Cayman, Suppression Level 3
- ▶ Cayman Brac, Suppression Level 3
- ▶ Little Cayman, Suppression Level 2

The latest suppression information for the Cayman Islands can be found [here](#).

### What Should I Do If I Think I Have COVID-19?

If you are having a medical emergency, including difficulty breathing, dial 911. Unless you require emergency medical care, stay home. Do not visit a medical centre or hospital. Call your General Practitioner or the 24-hour Flu Hotline 1-800-534-8600 / 925-6327 (Flow) / 947-3077 (Digicel) or email [flu@hsa.ky](mailto:flu@hsa.ky) for advice. You can also take our online COVID-19 self-assessment [here](#) to determine if you may need care. [Read more](#).

### What Should Businesses Do?

The Cayman Islands Government issued advice on how to 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, 15 May Government Update: One positive result and 557 negatives were reported, relaxed restrictions to take effect on Tuesday, 19 May allowing; limited beach access, fishing and swimming in accordance with regulations, easing of hard curfew, and the reopening of some businesses. An evacuation flight to the Philippines is also scheduled for Saturday, 23 May. [Read more](#)
- ▶ Isolation Policy Update for Returning Work Permit Holders. [Read more](#)
- ▶ Amendments to Traffic Law Approved. [Read more](#)
- ▶ Caymanians Supported Overseas During COVID-19. [Read more](#)
- ▶ Thursday 14 May Testing Update: a further 449 COVID-19 tests have been completed over the last 24 hours. Of these 449, seven people have tested positive for COVID-19. [Read more](#)
- ▶ Wednesday 13 May Government Update: One positive case, acquired through community transmission, 98 persons are in government isolation and 100 in Public Health mandated community isolation, next phase of relaxation of restrictions hopefully starts next week Tuesday, 19 May. Details will be announced at the press briefing on Friday. [Read more](#)
- ▶ Tuesday 12 May Testing Update: a further 377 COVID-19 tests have been completed. Of these, one person tested positive for COVID-19. [Read more](#)
- ▶ [Read all news](#)

### More Information

[COVID-19 general information](#) [little cayman testing](#) [Cayman Brac](#)

**Why & How Are We Screening The General Population For COVID-19?**

In the Cayman Islands we have begun wider screening for COVID-19. Here's what that means:

[Learn More >>](#)

Strong Economy COVID-19 Business

## **Improve Your Productivity While Working From Home**

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Working from home can be a welcome change of scenery, but some will find it challenging to stay focused and stay on top of their workload. If you're finding yourself getting distracted, unable to focus or are generally not as productive as you used to be, these tips can help you refocus and get...

[Learn More >>](#)

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 >>](#)

**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  
GOVERNMENT**

