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**Need To Apply For An Exemption?** 

**Apply Now** 

Suppression Levels

**Prevention Measures** 

**Latest Advice** 

Curfew

Apply for an exemption from soft curfew using our online form.

When Can I Exercise?	$\oplus$
Immigration Questions Answered	$\oplus$
Keep COVID-19 Patient Details Private	$\oplus$
Masks & Face Coverings	$\oplus$
Travel Helpline Available	$\oplus$
Stay Home to Save Lives	$\oplus$
Policies In Action	
Hard Curfew	$\oplus$
Shelter in Place	$\oplus$
Social Distancing	$\oplus$
Gatherings Restricted	$\oplus$
International Travel	$\oplus$
Pension Holiday & Emergency Withdrawals	$\oplus$
Support for Businesses & Commerce	$\oplus$
► <u>All Policies in Action</u>	
We Work With  What Is COVID-19?	
What Is COVID-19?  The Coronavirus Disease (COVID-19) is an infectious disease caused by a newly disc was first identified in Wuhan City, China in 2019. The COVID-19 virus (which is calle of the coronavirus family (a group of viruses) that has never been encountered before	d SARS-CoV-2) is a member

The virus most commonly causes:

What Are The Symptoms?

- coughing
- fever
- tiredness
- breathing difficulties
- loss of smell and taste

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 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

## Household Guidance



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

### **► Vulnerable People**





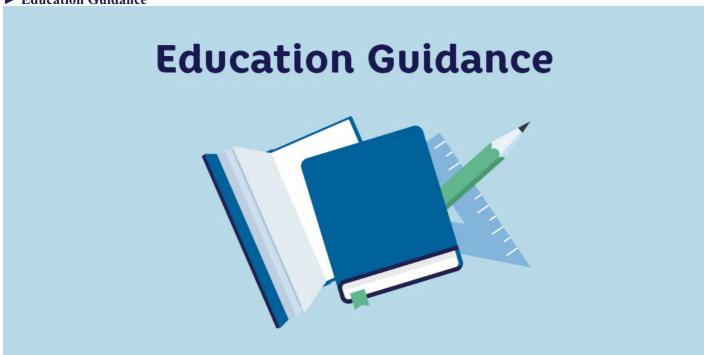
Information for vulnerable people at high risk and their carers. Read more

**▶** 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

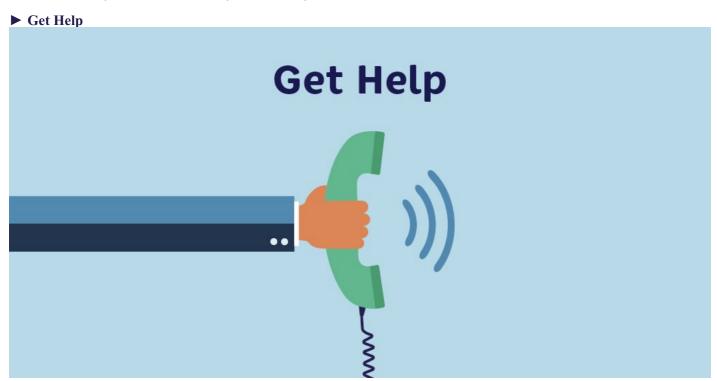


Information for front-line and essential workers on COVID-19 in Cayman Islands and information on policies. Read more

**▶** Policies In Action



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



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 quidance 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 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. <u>Read more.</u>

### Press Room

- ▶ Dr. Lee's COVID-19 Testing Update. Read more
- ▶ Tuesday, 19 May Government Update: 17 positive results out of 1,182 results screened over the long weekend, screening of frontline health workers is complete and testing of other frontline workers is well underway, Cayman has tested 10% of the population ranking eighth in global testing per head, government strategy for reopening the economy proceeds carefully. The public is reminded to continue COVID-19 prevention practices including regular handwashing, social distancing and wearing masks in public enclosed spaces. Read more
- ► HMCIPS Confirms Two COVID-19 Cases. Read more
- ► CIFS Equipment Supports COVID-19 Efforts. Read more
- ▶ 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
- ► Read all news

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

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?**

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

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 >>

**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



# CAYMAN ISLANDS GOVERNMENT