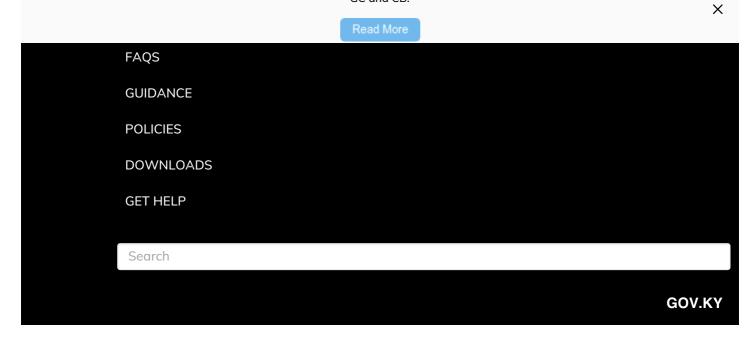
From Fri 15 May soft curfew at 5am-8pm allows essential movement during daytime while hard curfew continues 8pm-5am in GC and CB.



# **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	$\oplus$
Curfew	$\oplus$
Prevention Measures	$\oplus$

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?

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
- viredness
- breathing difficulties
- Ioss 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



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

► Vulnerable People



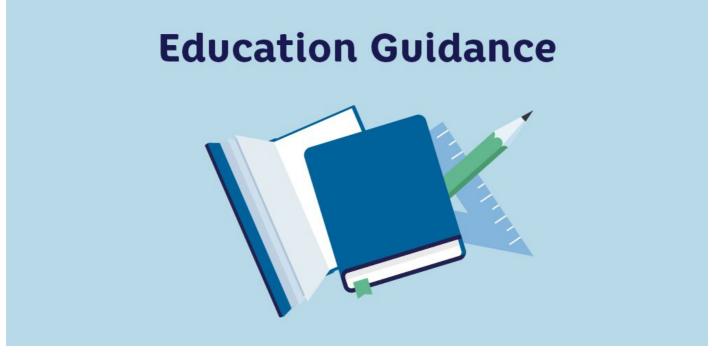
Information for vulnerable people at high risk and their carers. Read more

**Business Guidance** 



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

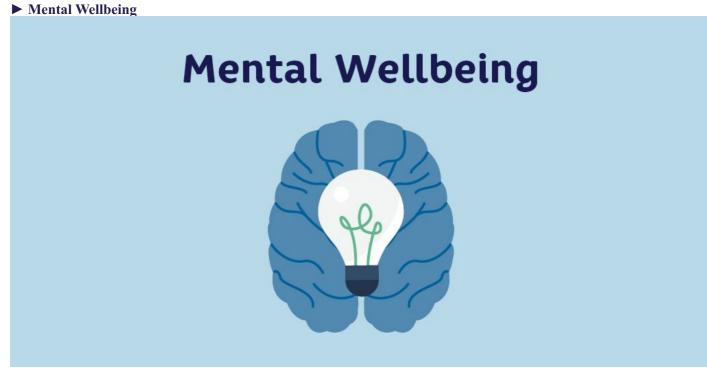
### Education Guidance



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



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



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



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

► Resources

▶ Public Health Info



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

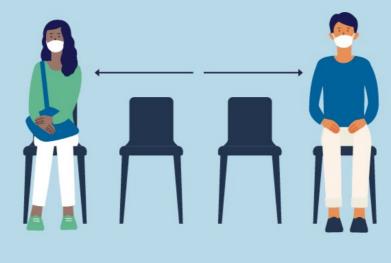
### Frontline Staff



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

Policies In Action

# **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. <u>Read</u> <u>more</u>.

### 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 for advice. You can also take our online COVID-19 self-assessment <u>here</u> to determine if you may need care. <u>Read more.</u>

### 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. <u>Read more</u>

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.
- Sin 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**

Thursday, 28 May Testing Update. 292 tests all of which were negative. No cases have presented for clinical management since the last such case on 27 April. Read more

- Why Is My Package On Hold? CIPS answers. Read more
- Community Partnership with Rotary Central Places COVID-19 Messages On Bus Shelters. Read more

Wednesday, 27 May Government Update. Three positive results out of 359 new results were reported. Over 10,000 people have been tested in the Cayman Islands, placing us sixth in the world in per capita testing for COVID-19. The Finance Minister presents financial facts and projections. Cabinet meets on Thursday to discuss reopening of remaining construction industry activities and further easing of social restrictions. Negotiations for additional evacuation flights are ongoing. All charities wishing to help should register with the Red Cross. Read more

- > Tourism Accommodations Update: Waiver of Tourism Accommodation Tax. Read more
- Minister Presents Financial Picture. Read more
- Savannah Post Office Re-Opens This Week. Read more
- Update on International Mail. Read more
- CBC Confirms Officer Tested Positive for COVID-19. Read more
- Read all news

### **More Information**

### COVID-19 How To Reduce Anxiety During COVID-19

Feeling overwhelmed, helpless, or just generally anxious during curfew? You're not alone.

Learn More >>

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 >>

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 G O V E R N M E N T