

From Mon 1 June soft curfew at 4:30am-8pm allows essential movement during daytime while hard curfew continues 8pm-4:30am in GC and CB.



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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	⊕
Outdoor Exercise	⊕
Immigration Questions Answered	⊕
Keep COVID-19 Patient Details Private	⊕
Masks & Face Coverings	⊕
Travel Helpline Available	⊕
Stay Home to Save Lives	⊕
Re-Entering The Workplace	⊕

Policies In Action

Hard 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
- ✓ 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**

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 for advice. You can also take our online COVID-19 self-assessment [here](#) to determine if you may need care.

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

▶ [Three-year Cayman Islands Tourism Recovery Plan. Read more](#)

▶ [Friday, 29 May Government Update: Easing of restrictions in stages from 1 June, one positive test out of 673 results today, FCO-donated gene expert machine to enhance testing capability in Cayman Brac, evacuation flight to London confirmed for 12 June, will also return passengers to the Cayman Islands. Read more](#)

▶ [Inter-Island Travel Restricted. Read more](#)

▶ [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. Finance Minister presents financial facts and projections. Read more](#)

▶ [Tourism Accommodations Update: Waiver of Tourism Accommodation Tax. Read more](#)

▶ [Minister Presents Financial Picture. Read more](#)

▶ [Read all news](#)

More Information

COVID-19

Who Needs To Know Your COVID-19 Test Results?

If you test positive for COVID-19, you might feel worried about your privacy and want to remain anonymous. Your privacy is important and your healthcare providers and public health officials will always respect this.

[Learn More >>](#)

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 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 >>](#)

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

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CAYMAN ISLANDS GOVERNMENT

