

From Sun 7 June soft curfew at 4:30am-10pm allows essential movement during daytime while hard curfew continues 10pm-4:30am in GC and CB.

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## 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



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 in Grand Cayman, answers to [Frequently Asked Questions](#) and details of [Policies in Action](#) across the Cayman Islands. 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](https://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.



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Guidance for households with possible COVID-19 infection. [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](#)

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Cayman Islands and information on policies. [Read more](#)

Islands. [Read more](#)

and support in Cayman Islands. [Read more](#)

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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

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

is very low at 1.15%. Scientific discussions on viral load are ongoing and asymptomatic spread is not ruled out. With more re-openings scheduled, to avoid jeopardising the community and the good progress made so far, people must ensure they practise hand and respiratory hygiene, physical distancing, and wear masks. [Read more](#)

► **Monday 8 June Testing Update:** 786 COVID-19 tests carried out since Friday's press conference, of which seven positive results. [Read more](#)

► **Friday 5 June Government**

Update: Out of 624 test

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

[Learn More >>](#)

**Caribbean Public  
Health Agency  
(Carpha)**

[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:

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