

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. 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.

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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](#)

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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

press conference there are four positive results. **Read more.**

► **Tuesday 9 June Government Update:** Five new positives from 690 tests and all are determined to be locally contracted. This brings the total number tested to 15,423 and the current rate of infection 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, limit

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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:

[Learn More >>](#)

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