

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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## 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](#)



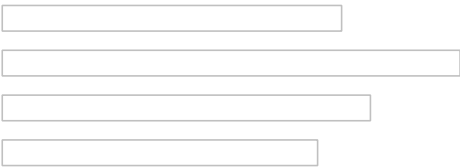
|                                       |   |
|---------------------------------------|---|
| Curfew                                | ⊕ |
| Prevention Measures                   | ⊕ |
| Outdoor Exercise                      | ⊕ |
| Immigration Questions Answered        | ⊕ |
| Keep COVID-19 Patient Details Private | ⊕ |
| Masks & Face Coverings                | ⊕ |
| Travel Helpline Available             | ⊕ |
| Stay Safe: 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 one out of every six 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.

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](mailto:NEOC@gov.ky).

## Cayman Islands Community & COVID-19

We may be limited in our physical movements by practising 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 COVID-19 and 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

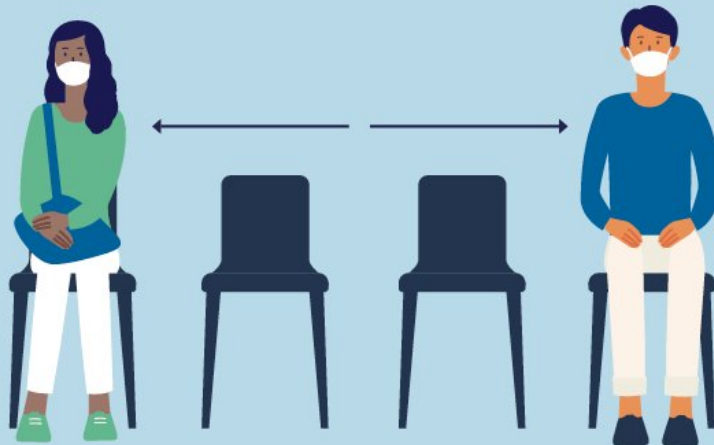
# Frontline Staff



Information for front-line and essential workers in the Cayman Islands. [Read more](#)

## ► Policies In Action

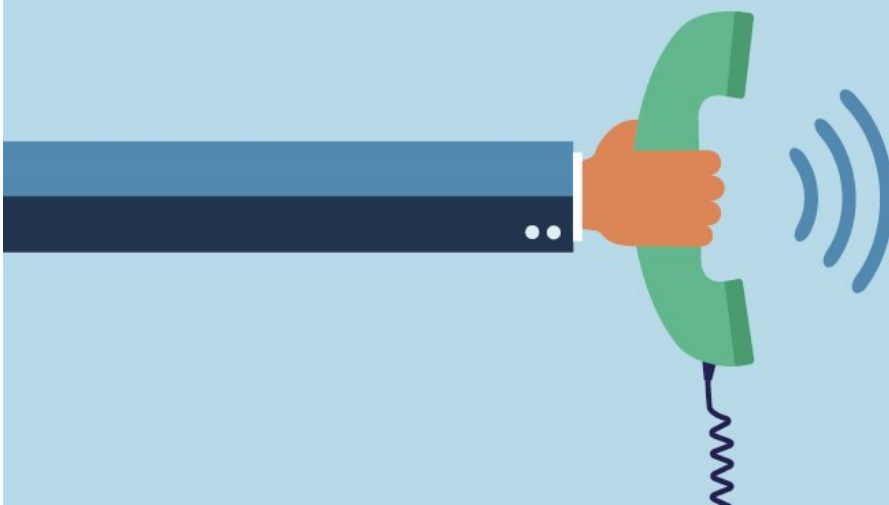
# Policies in Action



Information the public on COVID-19 policies in Cayman Islands.[Read more](#)

## ► Get Help

# Get Help



Hotlines and contact details for 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](mailto: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

- ▶ Thursday, 11 June Testing Update: Of the 556 tests carried out since yesterday's press conference there are six positive results. [Read more.](#)
- ▶ Notice of Travel for Students on Overseas Scholarships. [Read more.](#)
- ▶ Wednesday, 10 June Testing Update: Of the 649 tests carried out since yesterday's press conference there are four positive results. [Read more.](#)
- ▶ HSA Leads National Response to COVID-19 With Further Expansion of Testing Capabilities. [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, physical distancing, and wear masks. [Read more](#)
- ▶ Deadline For Work Permit Applications Extended. [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](#)
- ▶ [Read all news](#)

## More Information

COVID-19

### Who Needs To Know Your COVID-19 Test Results?

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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

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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?

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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

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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?

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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

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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

Cayman Islands Government, Government Admin Building, Grand Cayman, Cayman Islands, Tel: [345 949 7900](tel:3459497900)



# CAYMAN ISLANDS GOVERNMENT

