

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 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.



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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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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

holders to return to the Islands via evacuation flights. CIG Cares Community Support Programme to launch next week. The civil service is preparing to resume 100 per cent service in next phase of reopening. **Read more.**

► Minister Of Health Highlights Blood Donor Day, Mental Health Symposium, Stipends For Musicians and Health Insurance Premium Assistance. **Read more**

► Ministry Response to OES

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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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