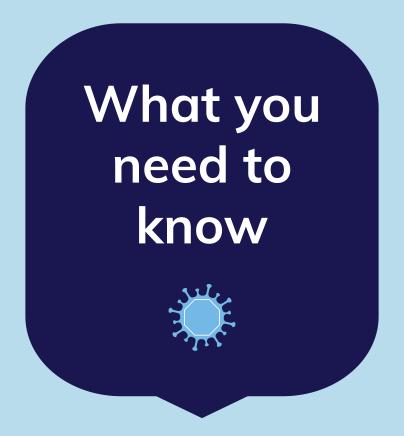
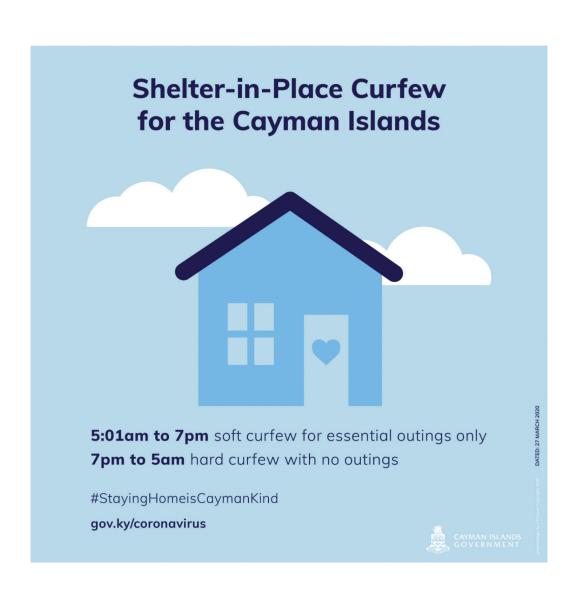


Coronavirus (COVID-19) in the Cayman Islands



March 2020 Issue 1





Greetings,

These are trying times for all of us, but I want to thank each and every person who has done his or her part to help keep our beloved Cayman Islands as safe as possible from the COVID-19 coronavirus.

My message to you is to **Stay Home Cayman**. Staying home will help to protect you and your family from the possibility of infection of this dangerous virus.

This booklet contains valuable information, so please take the time to carefully read through and visit the Government website **gov.ky/coronavirus** for trusted information.

I want to reassure you that we are all in this together and it is by coming together that we will get through this global pandemic. I offer my thanks and gratitude to the front-line workers who are facing this virus head-on. They are working with compassion for their fellow man.

I thank everyone for respecting the rule of law and doing what we need to do as a community to continue to be safe. God willing, we will be spared.

Premier Hon. Alden McLaughlin

What is coronavirus (COVID-19)?

COVID-19 is an infectious disease caused by a newly discovered coronavirus, which was first identified in Wuhan, China in 2019. The COVID-19 virus has never been encountered before.

COVID-19 is a highly infectious respiratory illness that can be spread from an infected person to persons in close contact with them.

It is also spread through contact with contaminated surfaces that have been exposed to the virus by touching a surface or object that has the virus on it and then touching your mouth, nose, or eyes.

An infected person can spread the virus to a healthy person if they are in close contact with each other (within six feet) through droplets produced when an infected person coughs or sneezes.

What are the symptoms?

- coughing
- fever
- tiredness
- breathing difficulties

These symptoms are usually mild and begin gradually but commonly occur within 1 to 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.

The vast majority of persons who contract COVID-19 have mild symptoms and fully recover within two weeks.

Being COVID-19 prepared will help you keep yourself and your loved ones safe.

Who is most vulnerable?

Some people are more at risk of serious illness if they get the virus. Vulnerable populations may include:

- Older adults
- Those with **underlying medical conditions**, such as heart disease, diabetes, chronic respiratory diseases, cancer, hypertension
- Those with a **compromised immune system** from medical treatment

Prevention

There is currently no vaccine to prevent COVID-19. The best way to prevent infection is to avoid being exposed to the virus.

There are general principles anyone can follow to help prevent the spread of respiratory viruses, including:

- Washing your hands often with soap and water for at least 20 seconds
- If soap and water are not available, use a hand sanitiser that contains at least 60% alcohol
- Covering your cough or sneeze with a tissue, then throwing the tissue in a bin



- People who feel unwell should stay at home and should not attend work
- Avoid touching your eyes, nose and mouth
- Clean and disinfect frequently touched objects and surfaces
- Wash your hands after using the toilet, before food preparation and before eating any food, including snacks

Social distancing is Caymankind

Social distancing is proven to be one of the most effective ways to reduce the spread of illness during an outbreak.

That means keeping a distance of approximately six feet or two metres from others.

To minimise contact with others:

- avoid crowded places and non-essential gatherings
- avoid common greetings, such as handshakes and hugs
- limit contact with people at higher risk, such as older adults and those in poor health
- stay home as much as possible, including for meals and entertainment
- conduct virtual meetings
- use technology to keep in touch with friends and family



Call the 24-hour 'Flu Hotline on 1-800-534-8600 or 345-947-3077 or email flu@hsa.ky for advice.

If you want to quickly check your symptoms without speaking to an medical professional, you may **utilise a confidential, online self-assessment at www.gov.ky/coronavirus**. The online tool asks about your symptoms, followed by a series of questions to determine whether you should seek further medical assessment. It takes less than 5 minutes to complete and does not collect personal information.

Depending on your symptoms and travel history you will most likely be advised to self-isolate at home. A member of the Health Services Authority will visit you at your home.

If you suspect you may have COVID-19, you are advised to take the following additional precautions:

Do not visit a medical centre or hospital unless it is an emergency, for example you are having trouble breathing.



Self-isolation

Advice for persons with and without symptoms of infection, who are isolating themselves due to potential exposure to COVID-19. These actions will help to protect others inside and outside of your home from infection.

Isolate yourself



stay in your home or temporary residence do not go to work, school or other public areas



separate yourself from others in your home or temporary residence



use separate facilities if sharing, these should be cleaned before use by others



have food, medication and other supplies delivered to you



do not have visitors in your home or temporary residence



there is no evidence that pets can be infected with coronavirus; however, it is good practice to wash your hands after contact

Prevent the spread of infection



frequently wash hands with soap and water or an alcohol-based hand sanitiser



cough or sneeze in a tissue and bin it



use separate household items such as towels, bedding, cups and dishes



wear a mask when you are around others, only if you have been told to do so



wash hands with soap and water after using the restroom



wash hands with soap and water before cooking and eating

Take care of your health & wellbeing

For those with symptoms of infection:



get plenty of rest until you feel better



drink enough fluids so that you
pass urine regularly



take paracetamol as advised, to reduce pain and fever For everyone in self-isolation:



keep in contact with friends & family by phone, video and online



carry on hobbies & interests within your home if you are able to



take regular exercise within your home if you are able to

Seek help if you develop symptoms or existing symptoms worsen (eg. difficulty breathing) by calling the flu hotline on **1-800-534-8600** or **345-947-3077**. For emergencies call **911**.

For the latest updates and information, please visit hsa.ky/public-health/coronavirus or gov.ky/coronavirus





Who should self-isolate?

The Ministry of Health advises that anyone who believes they may have come in contact with someone who has coronavirus should self-isolate at home for 14 days.

Anyone who shows symptoms of coronavirus should self-isolate for 14 days. Symptoms include a cough, fever or shortness of breath.

In both cases, the individual should also contact the 24-hour 'Flu Hotline on **1-800-534-8600** or **345-947-3077** or **email flu@hsa.ky** to inform the Health Services Authority and seek medical advice. Alternatively, they may also contact their regular General Practitioner via phone.

Individuals travelling from overseas

Individuals arriving from anywhere overseas are required to self-isolate for 14 days whether they show any symptoms of coronavirus or not. Those that do display symptoms including a cough, fever or shortness of breath, are also required to contact the 'Flu Hotline or their regular General Practitioner to seek medical advice.

Does my entire family isolate with me?

If a member of a household is required to self-isolate, due to any of the circumstances described above, everyone in the household is also required to self-isolate for the same period of time, even if they do not show any symptoms.

Restricted travel to the Sister Islands

Travel to the Sister Islands by air or sea is not allowed at this time particularly if you have recently returned from overseas. Travel is limited to residents of the Sister Islands and essential persons only.



Why is 14 days required for self-isolation?

Evidence from confirmed cases suggests the incubation period for COVID-19 is 14 days. During this time, the patient will begin to display symptoms and will be able to transmit the virus to others if they are not isolated.

Do's and Don'ts of Self-isolation

Do

- Stay at home
- **Separate yourself** from other people in your household for example, try not to be in the same room as other people at the same time
- Only allow people who live with you to stay or visit
- Stay in a well-ventilated room with a window that can be opened
- Ask friends, family members or delivery services to carry out errands for you such as getting groceries, medicines or other shopping
- Make sure you tell delivery drivers to leave items outside for collection
- Clean toilets and bathrooms regularly
- If there is only one bathroom available in your home, consider implementing a bathroom rotation routine. The isolated person should use the facilities last and thoroughly clean it themselves after use
- **Use separate sheets and towels** from anyone else in the household and launder at the hottest temperature possible for the material
- Wash crockery and utensils thoroughly with soap and water; dishwashers may be used to clean crockery and cutlery
- There is no evidence pets can be infected with coronavirus; however, it is good practice to wash your hands after contact

Don'ts

- Do not invite visitors to your home or allow visitors to enter
- Do not go to work, school or public areas
- Do not use public transport or taxis
- Do not share dishes, drinking glasses, cups, eating utensils, towels, bedding or other items with other people in your home
- Do not have family members who live with you leave the home as **they are also required to self-isolate**

What is involved in testing for COVID-19?

If you suspect you may have COVID-19, call the 24 hour 'Flu Hotline on 1-800-534-8600 or 345-947-3077 or email flu@hsa.ky.

Someone from the Health Services Authority will visit you at your home to take samples for testing if you meet the criteria to be tested.

This may include samples of:

- Mucus from your nose, throat or lungs
- Blood
- Urine
- Faeces (stool sample)

While waiting for test results, you should continue to self-isolate to avoid potentially spreading the virus any further. As of 16 March, the Health Services Authority is testing samples in Grand Cayman. This can take 24-48 hours, or more. The HSA tests in batches of 20.

The test will show only whether you are currently infected with the COVID-19. It will not show whether you had the virus in the past.

How is it treated?

Available evidence suggests the majority of people who contract COVID-19 will have a mild symptoms and will recover within two weeks.

However, elderly people and those with underlying health conditions are vulnerable to further complications and may require additional medical care if they contract the virus.

There is no vaccine for the new strain of coronavirus at this stage. Treatment aims to relieve the symptoms while your body fights the illness.

Take care of yourself and others

- Get plenty of sleep
- Maintain a healthy diet
- Take regular exercise
- Participate in online activities which help you to relax
- Avoid excessive alcohol
- Stick to a routine
- Stay in touch with family and friends
- Read or take up a hobby
- Assist others in need if possible

Shelter in place and curfew

The Cayman Islands Government has currently implemented shelter-in-place regulations during which time persons will be able to travel only to and from public places (e.g. supermarkets, pharmacies, banks, etc.) between 5am and 7pm and exercise or walk pets for up to 90 minutes between 6am and 6pm. This is referred to as a "soft curfew". There is a "hard curfew" in effect from 7pm to 5am, when everyone must remain indoors in their homes and premises unless exempted as essential workers. Both curfews are constantly under review and could be subject to changes.

Stay home as much as you can and only venture out for essential purposes. Visit the website – gov. ky/coronavirus – to keep updated on all measures being taken to reduce the spread of COVID-19 in the Cayman Islands. A list of public places that persons may travel to during the "soft curfew" and the essential workers who may be exempted from curfew is available on this official website. For clarity, this exemption from curfew is only in relation to performing work which has been deemed essential services and does not provide freedom of movement. To request an official exemption from curfew, email CurfewTime@gov.ky.

Ban on public gatherings & closure of public places

The maximum number of persons who are allowed to gather in public is currently no more than 2 people during the shelter-in-place or "soft curfew" period, and this may be changed at any time. The current shelter-in-place regulations expire at 5am on 7 April 2020, but they will be reviewed frequently and may be extended beyond the initial 10-day period as the Cabinet may specify. The most up to date information on restrictions on public gathering will always be published on **gov.ky/coronavirus**.

Supermarkets, convenience stores, minimarts, pharmacies, hospitals, banking institutions, gas or refilling stations are exempt from this ban on public gatherings, but the operators of these essential public places must restrict the number of customers inside the place of business at any one time so that each customer is able to distance himself or herself at least six feet or two metres away from any other person. Additionally, convenience stores and mini-marts are not allowed to have more than six customers inside at any given time.

All workplaces- unless they have been designated as essential public places or provide essential services- are to be closed. Employees of a closed workplace may be required to work remotely from home.

Employers who operate businesses deemed as essential public places or providing essential services are encouraged to consider shift work and flexible ways of reducing the number of people in one place at the same time, and must put in place social distancing provisions to maintain six feet between individuals.

Anyone found breaking the ban on public gatherings will be guilty of a criminal offence and faces a fine of \$1,000 and six month's imprisonment.

In addition to the ban on public gatherings, no one is allowed to host, organise, facilitate or attend sports group meetings at this time and private strata pools and gyms must be closed.

Public transport suspended

Public transportation services (buses) are currently suspended and taxis are limited to two passengers.

Advice for businesses

All employers owe their staff a duty to protect their health and safety and should have plans in place to manage business continuity in the event of coronavirus impacting their operation.

If an employee becomes unwell in the workplace with a new, continuous cough or a high temperature, they should be sent home and advised to stay at home, contact the Public Health Department or their General Practitioner, and follow the medical advice received.

Specific industries should contact the bodies that provide their industry standards for further advice.

While the Labour Law (2011 Revision) does not address this specific situation, it does establish required minimum standards, including sick leave and severance pay for termination. The Department of Labour and Pensions will make every effort to work with employers and employees during this time to ensure the proper observance of the Labour Law and its Regulations. Persons who wish to speak with an officer should call **345-945-8960** or **email dlp@gov.ky**.

Being COVID-19 prepared will help keep yourself and our community safe.

Restaurants

Restaurants are currently restricted to curbside delivery, drive through or delivery only.

The ban on public gatherings includes customers (but not employees) of a restaurant.

Restaurants must make provisions for social distancing, maintaining six feet or two metres between individuals.

Business establishments must have the necessary food safety and sanitary protocols in place and seek advice from the Public Health Department where needed.

Businesses still open to observe social distancing

All businesses and employers which are still open must put in place social distancing provisions to maintain six feet between individuals.

Curfew exemptions

To request an official exemption from curfew, email **CurfewTime@gov.ky**.

Get the facts: gov.ky/coronavirus

Airports and sea ports closed

Since 11.59pm on 22 March 2020, Owen Roberts International Airport in Grand Cayman and Charles Kirkconnell International Airport in Cayman Brac have been closed temporarily to international passengers.

Cargo flights, couriers and air ambulance services continue to operate as usual.

As of 16 March 2020, cruise ships and private vessels have been banned from entering the Cayman Islands for an initial period of 60 days.

Cargo ships continue to operate as usual.

A travel helpline has been launched to offer advice and assistance to persons with an urgent and compassionate need to travel while international travel is suspended.

If you are in an emergency situation and need to travel, please call the hotline on 345-244-3333.

Travel advice

The Ministry of Health advises the public to follow the latest travel advice from the UK Foreign & Commonwealth Office (FCO) at **gov.uk/guidance/traveladvice-novel-coronavirus.**

As countries respond to the COVID-19 pandemic, including travel and border restrictions, the FCO advises against all but essential international travel. Any country or area may restrict travel without notice. Cabinet also advises that the public should avoid all but essential travel until there is a measurable change in the global situation.

Regional tracker

Get updates from the Pan American Health Organization - Paho.org.

Global updates

Get global updates from the World Health Organization - Who.int.

How do I get more information?

The official website **gov.ky/coronavirus** includes a lot of helpful information that is constantly being updated, including answers to Frequently Asked Questions, details of policies in action, and a list of hotlines for critical services. Additional resources are available on **hsa.ky/coronavirus**.

If you can't find what you're looking for or have a medical question about your specific situation, contact your General Practitioner or the 24-hour 'Flu Hotline on **1-800-534-8600** or **345-947-3077** or **email flu@hsa.ky**.

If you have a non-medical question and can't find the answer online, contact the National Emergency Operations Centre hotline on **1-800-534-6555** or email **NEOC@gov.ky**.

If you have a question about how COVID-19 has impacted the operations of a specific Government agency or private businesses, check their website or contact them directly for more information.

Emergencies

In the event of an emergency, including a medical emergency, dial 911.

Mental health

It is okay to not be okay, but please know you are supported. Call **1-800-534-6463** (MIND) Monday to Friday, 9am to 5pm to talk to caring professionals.

Human services

For non-critical services provided by the Department of Children and Family Services, email **dcfs@gov.ky** or call **345-916-2837** or **345-926-6853** in Grand Cayman and **345-929-7932** in Cayman Brac Monday to Friday, 8.30am to 5pm.

For critical services, including child protection, by the Multi-Agency Safeguarding Hub (M.A.S.H), call **1-800-534-2273** or **345-945-0545** or email **MASH@gov.ky**.

For critical services support for protection of the elderly, email dcfselderlyservices@gov.ky.

For matters relating to support from the Needs Assessment Unit (NAU), contact **NAUInfo@gov.ky** or **345-946-0024**.

Emergency travel helpline

For absolute emergencies when it comes to travel, please email **emergencytravel@gov.ky** or call **345-244-3333** Monday to Friday, 9am to 5pm.

Coronavirus Information and Advice for Carers

Carers for the elderly and vulnerable in private residences may have clients who already have underlying chronic conditions e.g. asthma, diabetes and cancer. To avoid contracting or spreading coronavirus carers:

can wear masks to limit the transmission of upper respiratory illnesses to client(s)

limit contact to essential visitors. Ask the guest(s) not to touch your client(s) and to comply with the Government's social distancing instructions to keep 6 feet or 2 metres

wear gloves and **aprons** while carrying out personal care

cleanse your hands

before approaching your client, similarly before preparing their meals/refreshments and again before feeding them. Current advice suggests washing hands for 20 seconds, before and after each interaction with your client(s) and when moving between rooms)

self-isolate for 14 days if you, other members of your household, or your client(s) have/has symptoms including a high temperature, cough and/or shortness of breath

change out of the clothes you came to work in and put on fresh ones before tending to your client(s)

#SocialDistancingisCaymankind

www.gov.ky/coronavirus

Coronavirus Information and Advice for Carers

If you/or members of your household has/have symptoms or may have been exposed to coronavirus:

- first, contact Public Health **345-244-2621**, the 24-hour 'Flu Hotline **1-800-534-8600 / 345-947-3077** or your doctor
- **inform** your employer of the symptoms, so that alternative care arrangements can be made. If you are with your client(s), while waiting for your employer to relieve you, leave the room and, if possible, go to an adjoining one but keep the door ajar so that you can see and/or speak with your client(s) until relief arrives

If your client(s) has/have symptoms or may have been exposed to coronavirus:

- first, contact your employer to tell them about your client(s) symptoms
- **then,** reassure your client(s) and put masks (if available) on yourself and on your client(s) to avoid cross-contamination

Remember, you are valued and your work as a carer is very important to the overall well-being of your client(s). Please ensure that you also prioritise your own physical and emotional well-being.

If you or your client(s) have questions about maintaining or improving emotional well-being during this difficult time:

- call the new **Mental Health Hotline 1-800-534-6463** for free and confidential support.
- call the 'Flu Hotline 1-800-534-8600 / 345-947-3077 if the questions are of a more medical nature. Alternatively, please email flu@hsa.ky.

For the latest updates and information, please go to **HSA.ky/public-health/coronavirus**, or **gov.ky/coronavirus**. For general questions and answers, call the NEOC Hotline (non-medical questions) **1-800-534-6555**.





Education Services

All educational institutions are currently closed until 27 April 2020

What is an educational institution?

- Early childhood centres (preschool, nursery, daycare)
- **Primary** schools
- **Secondary** or high schools
- **Tertiary** institutions (college, university)
- **Tutoring** centres
- TVET institutions (Technical Vocational Education and Training)

How will students receive their education?

Both government and private schools are to implement distance learning techniques and tools to ensure continuation of learning among their students.

Government schools have provided educational instruction through a combination of channels. These include paper-based learning packages, a daily timetable, access to online platforms such as the Raz Kids, EDU365 Everest, Study Ladders, Purple Mash, Oxford Owl, Epic, as well as access to Power Maths, English, and Science resources online.

What if a student has not received home learning materials?

Parents/students should contact their school to receive instructions and materials for home learning.

Parents of government school students who have not received home learning materials or who have additional questions may contact the Principal or Director of their child's school using the contact information on page 19..

Teachers will continue to communicate directly with parents and students through methods such as telephone calls, WhatsApp messages, emails, Class Dojo, Edomodo, Google Classroom, Skype and Zoom.

What about students studying and scheduled to take external exams?

Parents/students should contact their school to receive instructions and materials for information about their external exams.

Contacts for Government Schools

School	Principal / Director	Email	Telephone No.
Edna Moyle Primary	Danielle Duran	danielle.duran@gov.ky	926-8343
East End Primary	Allison Greaves	allison.greaves@gov.ky	938-8971
Theoline McCoy Primary	Kimberly Watler	kimberly.watler@gov.ky	925-5464
Cayman Islands Further Education Centre (CIFEC)	Delores Thompson	delores.thompson@gov.ky	925-6386
Savannah Primary	Delton Pedley	delton.pedley@gov.ky	925-0164
Clifton Hunter High	Richard Wildman	richard.wildman@gov.ky	936-0471
Lighthouse	Janice Thorpe	janice.thorpe@gov.ky	916-7139
George Town Primary	Sharon Campbell-Danvers	sharon.campbell-danvers@gov.ky	925-5439
Sir John A Cumber Primary	Jovanna Wright	jovanna.wright@gov.ky	916-7584
Red Bay Primary	Ryan Dale	rdale@rbps.edu.ky	926-1217
Prospect Primary	Matthew Read	matthew.read@gov.ky	916-8318
John Gray High	Jon Clark	jclark@jghs.edu.ky	938-8537
Layman E Scott Snr High	Devon Bowen	dbowen@lshs.edu.ky	926-3045
Creek & Spot Bay Primary	Claudette Lazzari	claudette.lazzari@gov.ky	925-7232
West End Primary	Paul Samuel	paul.samuel@gov.ky	916-2698
Little Cayman Education Services	Veronica Juman Khan	vjuman-khan@lces.edu.ky	925-7239

Support for Businesses

Cayman Islands Centre for Business Development is providing training and support for businesses impacted by COVID-19. For virtual and teleconference meetings, contact **345-929-5073**, **345-926-5771** or **345-925-3794**. Email: CICBD@gov.ky.

Online Access to Government Services

A range of services, such as trade and business applications or vehicle licence renewals, can be accessed online at **eservices.gov.ky**



Stay Home to Save Lives

Simple acts of Staying Home and Six Feet Away (two metres) make everyday heroes out of all of us.

#StayingHomeisCaymankind

gov.ky/coronavirus



