

Public Health Travel Advisory

valid 12 December 2025- 30 January 2026

- Arboviral Infections (Dengue, Chikungunya, Zika and Oropouche) pg.2
- Bacterial Infections (Leptospirosis) pg. 4

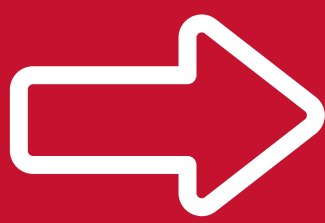


**Ministry of Health,
Environment &
Sustainability**
Cayman Islands Government



HSA
Public Health
Health Services Authority

Arboviral Infections



Denge
Chikungunya
Zika
Oropouche



Symptoms:

Symptoms of Dengue, Chikungunya, Zika and Oropouche are similar, but may present somewhat differently.

The most important takeaway is that a presentation of fever with one other symptom is enough for a recommendation for testing.

- high fever (sometimes onset is abrupt)
- rash (can be blotchy, raised or flat, and may cover large areas of the body)
- headache (can be severe)
- nausea and vomiting
- muscle and joint pain (may also include swelling)
- other symptoms can include:
 - diarrhoea
 - fatigue
 - blood in feces or urine
 - swollen glands
 - bleeding gums or nose

Relevant for those travelling to/from:



Brazil



Cuba



Jamaica



Panama



Costa Rica



Honduras

Have a fever AND at least one other symptom listed above?

GET TESTED FOR FREE!

Call the Public Health Department on 244-2889

District Health Centres

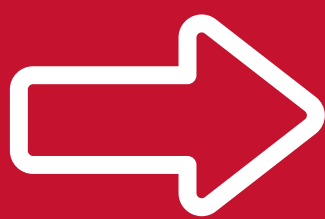
Grand Cayman

- George Town Health Centre.....949-8600
- West Bay Health Centre.....949-3439
- Bodden Town Health Centre.....947-2299
- East End Health Centre947-7440
- North Side Health Centre.....947-9525

Sister Islands

- Faith Hospital (Cayman Brac) 948-2243
- Little Cayman Clinic 948-0072

Arboviral Infections



Denge
Chikungunya
Zika
Oropouche



Reduce your risk while travelling:

Arboviral infections are transmitted through the *Aedes aegypti* mosquitoes (dengue, chikungunya and zika), *Aedes albopictus* mosquitoes (chikungunya and zika), and *Culicoides paraensis* biting midges (oropouche).

Recommended precautions to prevent bites include:

- Wear long sleeves and pants
- Remove standing water
- Dispose of items that collect water
- Use window screens and/or mosquito nets
- Consider using mosquito nets when travelling to endemic areas
- Use insect repellents containing at least 50% DEET to help prevent mosquito bites and reduce your risk of infection.

None of these illnesses are endemic to the Cayman Islands. The Cayman Islands has a robust mosquito control programme. For more information, or to report an increase in mosquito activity in your area, please contact:



Mosquito Research
& Control Unit
Cayman Islands Government

Mosquito Research and Control Unit (MRCU):

- Grand Cayman.....949-2557
- Cayman Brac.....948-2223

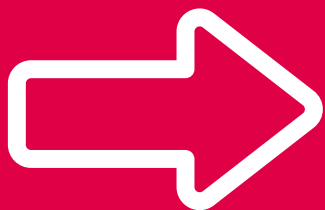


Department of
Environmental Health
Cayman Islands Government

Department of Environmental Health (DEH)

- Grand Cayman.....949-6696
- Cayman Brac.....948-2321

Bacterial Infections



Leptospirosis



Symptoms:

- Fever or chills
- Severe headache
- Muscle aches (especially in calves and back)
- Red eyes
- Nausea, vomiting, or diarrhoea
- Jaundice (yellowing of eyes/skin)
- Abdominal pain
- Rash
- Dark urine
- Feeling extremely weak or unwell

Relevant for those travelling to/from:



Jamaica



Cuba*

*Leptospirosis is endemic in Cuba and the incidence is anticipated to be higher after hurricane related flooding

ALERT & PRECAUTIONS

There is an outbreak of leptospirosis in Jamaica due to recent severe weather conditions. While person-to-person transmission does not occur,

exposure can happen through contaminated water, soil, food, or surfaces.

IF YOU EXPERIENCE ANY OF THESE SYMPTOMS, SEEK MEDICAL ATTENTION IMMEDIATELY.

District Health Centres

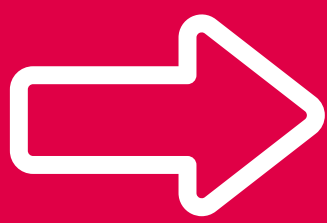
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Bacterial Infections



Leptospirosis



Reduce your risk while travelling:

- Avoid walking in or touching floodwater, muddy areas, or stagnant water.
- Wear protective footwear in wet or contaminated environments.
- Wash hands and body thoroughly after exposure to animals, soil, or water.
- Keep open cuts or abrasions covered and dry.
- Seek medical attention early, do not wait for symptoms to worsen.

While rats are the main carriers of the bacteria that causes leptospirosis, cats and dogs can also be impacted.

The bacteria can also live in soil.

For information on restrictions relating to pets and/or produce from impacted areas, please contact:



Department of Agriculture
Cayman Islands Government

Department of Agriculture
▪ Grand Cayman.....947-3090