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Interim Guidance for Quarantine Restrictions on Travelers Arriving in New York State Following Out of State Travel

This updates the previously issued November 3, 2020 guidance for *Interim Guidance for Quarantine Restrictions on Travelers Arriving in New York State Following Out of State Travel*.

Updates include:

- Quarantine criteria for travelers to New York from non-contiguous states and other countries. In this guidance, contiguous states to New York include Pennsylvania, New Jersey, Connecticut, Massachusetts and Vermont.
- New Centers for Disease Control and Prevention (CDC) requirements for travel from other countries
- Updated links

New York State Travel Form

All individuals coming into New York from either a non-contiguous state or US territory, or any other country, whether or not such person is a New York resident, are required to complete the traveler health form upon entering New York. Significant penalties may be imposed on any individual who fails to complete the [traveler health form](#).

Executive Order 205, as modified and extended, requires all New Yorkers as well as those visiting from out of state and out of country to comply with the New York State travel advisory, in the best interest of public health and safety. The Department of Health (Department) retains the ability to enforce quarantine requirements and impose significant penalties for non-compliance, as such non-compliance can result in significant harm to public health. Primary enforcement is carried out through local health departments (LHD). To file a report of an individual failing to adhere to the quarantine pursuant to the travel advisory, please call 1-833-789-0470 or complete the [NYS COVID-19 Enforcement Task Force Violation Complaint Form](#). Individuals may also contact their LHD.

Quarantine Criteria for Travel to New York from Another US State or US Territory

All travelers entering New York from a state that is not a contiguous state who have been outside of New York for more than 24 hours shall quarantine consistent with the [Department's guidance on quarantine](#) **unless they have:**

1. Obtained a test within 3 days prior to arrival in New York, **AND**
2. Quarantined according to Department guidelines for a minimum of 3 days, measured from time of arrival, **AND**
3. Obtained a diagnostic test on the 4th day in New York, measured from time of arrival.

Travelers that meet the criteria above may exit quarantine upon receipt of the second negative diagnostic test result.

Further, domestic travelers to New York may be exempt from quarantine if they satisfy the following criteria.

1. Consistent with [recent CDC guidance](#), **asymptomatic** individuals who have been vaccinated against COVID-19 do not need to quarantine during the first 3 months after full vaccination if such travelers:
 - Are fully vaccinated (i.e., ≥ 2 weeks following receipt of the second dose in a 2-dose series, or ≥ 2 weeks following receipt of one dose of a single-dose vaccine); **AND**
 - Are within 3 months following receipt of the last dose in the series; **AND**
 - Have remained asymptomatic since last COVID-19 exposure.

OR

2. Consistent with [CDC guidance from February 13, 2021](#), asymptomatic individuals who have previously been diagnosed with laboratory confirmed COVID-19 and have since recovered, are not required to retest and quarantine within 3 months after the date of symptom onset from the initial COVID-19 infection or date of first positive diagnostic test if asymptomatic during illness.

Travelers may be asked to show proof of vaccination status or proof of recovery from laboratory confirmed COVID-19.

While COVID-19 vaccines have demonstrated high efficacy at preventing severe and symptomatic COVID-19, there is currently limited information on how much the vaccines might reduce transmission, how long protection lasts, and the efficacy of vaccines against emerging SARS-CoV-2 variants. Additionally, some individuals who were previously infected with COVID-19 have been reinfecting at a later time.

Therefore, regardless of quarantine status, all individuals exposed to COVID-19 or returning from travel must:

- Continue daily symptom monitoring through Day 14;
- Continue strict adherence to all recommended non-pharmaceutical interventions, including hand hygiene and the use of face coverings, through Day 14 (even if fully vaccinated); and
- **Must immediately self-isolate** if any symptoms develop and contact the local public health authority or their healthcare provider to report this change in clinical status and determine if they should seek testing.

Domestic travelers from states contiguous to New York (Pennsylvania, New Jersey, Connecticut, Massachusetts and Vermont) are not subject to this guidance. Travelers from Canada, crossing at land borders subject to the agreement between the governments of the United States and Canada, are permitted to travel in accordance with said federal agreement and need not quarantine solely due to such federally authorized travel.

Travelers who leave New York State for less than 24 hours do not need to obtain a diagnostic test before departing and do not need to quarantine upon return. However, such travelers must fill out the [traveler form](#) upon entry and must obtain a diagnostic test on the fourth day after arrival in New York.

Exceptions to the travel advisory (for health care providers, first responders, and essential workers) are explained later in this guidance.

Travel to New York From Other Countries

Current [CDC guidance](#) requires air passengers traveling to the U.S. from another country show either documentation of having recovered from COVID-19 within in the previous 3 months or a negative test result from no more than 3 days prior to day of travel to the airline before boarding the flight. This applies to both U.S. residents and visitors from other countries. (Documentation of vaccination status or antibody test results will not be accepted as proof of COVID status prior to boarding, per CDC guidance.)

After arrival in the U.S., travelers must either quarantine for 7 days with a test 3-5 days after travel, or quarantine for the full 10 days without a test. This requirement applies to all international travelers whether they were tested before boarding, are recovered from a previous COVID infection, or are fully vaccinated.

For more information on acceptable documentation visit “[Requirement for Proof of Negative COVID-19 Test or Recovery from COVID-19 for All Air Passengers Arriving in the United States | CDC](#).” The CDC is providing limited exemptions for flight crews and other extraordinary circumstances.

Compliance with CDC guidance for international travel is required in New York State for all travelers arriving or passing through New York from other countries (e.g., connecting flights), including healthcare workers and essential workers.

Quarantine Requirements

Travelers to New York who are required to quarantine must comply with the following quarantine guidance. More information on safe quarantine is available [here](#).

- The individual must not be in public or otherwise leave the quarters that they have identified as suitable for their quarantine.
- The individual must be situated in separate quarters with a separate bathroom facility for each individual or family group. Access to a sink with soap, water, and paper towels is necessary. Cleaning supplies (e.g., household cleaning wipes, bleach) must be provided in any shared bathroom.
- The individual must have a way to self-quarantine from household members as soon as fever or other symptoms develop, in a separate room(s) with a separate door. Given that an exposed person might become ill while sleeping, the exposed person must sleep in a separate bedroom from household members.
- Food must be delivered to the person’s quarters.
- Quarters must have a supply of face masks for individuals to put on if they become symptomatic.
- Garbage must be bagged and left outside for routine pick up. Special handling is not

- required.
- A system for temperature and symptom monitoring must be implemented to provide assessment in-place for the quarantined persons in their separate quarters.
- Nearby medical facilities must be notified, if the individual begins to experience more than mild symptoms and may require medical assistance.
- The quarters must be secure against unauthorized access.

Travel Advisory Exceptions for Healthcare Workers

Health care workers must follow travel guidance as outlined in the [return to work guidance for healthcare workers](#).

Travel Advisory Exceptions for First Responders and Other Essential Workers

Exceptions to the travel advisory are permitted for essential workers traveling from a non-contiguous US state or territory and are limited based on the duration of time in New York.

Short Term – for first responders and essential workers traveling to New York State for a period of less than 12 hours.

- This includes instances such as an essential worker passing through New York, delivering goods, awaiting flight layovers, and other short duration activities.
- If passing through, essential workers must stay in their vehicle and/or limit personal exposure by avoiding public spaces as much as possible.
- While in New York, essential workers must monitor temperature and signs of symptoms, wear a face covering when in public, maintain social distance, and clean and disinfect workspaces.
- While in New York, essential workers are required, to the extent possible, to avoid extended periods in public, contact with strangers, and large congregate settings.

Medium Term – for first responders and essential workers traveling to New York State for a period of less than 36 hours, requiring them to stay overnight.

- This includes instances such as an essential worker delivering multiple goods in New York, awaiting longer flight layover, and other medium duration activities.
- While in New York, essential workers must monitor temperature and signs of symptoms, wear a face covering when in public, maintain social distance, and clean and disinfect workspaces.
- While in New York, essential workers are required, to the extent possible, to avoid extended periods in public, contact with strangers, and large congregate settings.

Long Term – for first responders and essential workers traveling to New York State for a period of greater than 36 hours, requiring them to stay several days.

- This includes instances such as an essential worker working on longer projects, fulfilling extended employment obligations, other longer duration activities, and returning to New York after travel elsewhere for any reason.
- While in New York, essential workers must monitor temperature and signs of symptoms, wear a face covering when in public, maintain social distance, and clean and disinfect workspaces.
- While in New York, essential workers are required, to the extent possible, to avoid extended periods in public, contact with strangers, and large congregate settings.
- Essential workers must seek diagnostic testing for COVID-19 on day 4 after arriving in

New York.

First responders and essential workers and their employers are still expected to comply with DOH guidance regarding return to work following exposure or a suspected or confirmed case of COVID-19. Additionally, this guidance may be superseded by more specific industry guidance for a particular industry (for example return to work guidance for [health care workers](#)). Consult with your employer regarding whether there is any applicable industry-specific guidance that may apply to you.

Teachers, school employees, and [child care workers](#) must quarantine for a minimum of 3 days after returning to New York from a non-contiguous state due to the nature of education and child care services, and the risk and difficulty of adherence to the guidelines that govern such exemptions, and must be tested on day 4 after arriving, pursuant to EO 205.2. Although such workers are essential, the travel advisory exemption for essential workers does not apply to teachers, school employees, or child care workers, due to the sensitivity of these congregate settings, unless they are fully vaccinated.

Please consult the Department [website](#) and resources for additional details and information regarding isolation procedures for when a person under quarantine is diagnosed with COVID-19 or develops symptoms.

For reference, except as stated above, an “essential worker” is (1) any individual employed by an entity included on the Empire State Development (ESD) [Essential Business list](#); or (2) any individual who meets the COVID-19 testing criteria, pursuant to their status as either an individual who is employed as a health care worker, first responder, or in any position within a nursing home, long-term care facility, or other congregate care setting, or an individual who is employed as an essential employee who directly interacts with the public while working, pursuant to the Department’s [Protocol for COVID-19 Testing, issued July 2, 2020](#), or (3) any other worker deemed such by the Commissioner of Health.

Medical Appointments or Procedures

If you have a health care procedure or appointment scheduled in New York that cannot be postponed, and you are traveling from another non-contiguous state, you (and your support person/companion) may travel to the extent necessary to maintain that appointment but must otherwise remain quarantined. For further information, see the Department’s [guidance](#) on this topic.

Additional Questions and Answers

How will my quarantine be enforced?

The Department expects all travelers to comply and protect public health by adhering to the quarantine. However, the Department and LHDs reserve the right to issue a mandatory quarantine order, if needed. Pursuant to Executive Orders 205.1 and 205.2, anyone who violates a quarantine order may be subject to a civil penalty of up to \$10,000, or imprisonment up to 15 days per PHL 229.

If I am not an essential worker, can I travel for vacation or to see family?

Non-essential travel is strongly discouraged. Upon your return from any travel to a non-

contiguous state, or to another country you will be required to quarantine when you enter New York, pursuant to the criteria above. In addition, pursuant to Executive Order 202.45, as extended, any New York State resident who voluntarily travels to a non-contiguous state for travel that was not taken as part of the person's employment or at the direction of the person's employer, will not be eligible benefits under New York's COVID-19 paid sick leave law.

Additional Interstate Travel Advisory Exemptions

The Commissioner of Health may additionally grant an exemption to the travel advisory based upon extraordinary circumstances, which do not warrant quarantine, but may be subject to the terms and conditions applied to essential workers or terms and conditions otherwise imposed by the Commissioner in the interest of public health. Exemption requests should be sent to TravelAdvisoryExemption@health.ny.gov.

NYS does not grant exemptions for international travel. International travelers should consult the [CDC website](#).

Resources

Travel restrictions will help to contain the rates of COVID-19 transmission in New York State and will work to protect others from serious illness. All New Yorkers must take these travel directives seriously. Your cooperation is greatly appreciated. For further information, please visit:

- [DOH COVID-19 Website](#)
- [NYS Local Health Department Directory](#)
- [Centers for Disease Control and Prevention \(CDC\) COVID-19 Website](#)
- [World Health Organization \(WHO\) COVID-19 Website](#)