



# DO NOT TRAVEL THIS HOLIDAY SEASON. BE PREPARED TO QUARANTINE IF YOU DO.



## WHAT YOU NEED TO KNOW ABOUT TRAVELING DURING COVID-19

There is widespread transmission of COVID-19 across the United States (U.S.) and in many other countries. Traveling right now puts you, your family and your community at risk of getting sick and spreading the virus to others. If you must travel, plan ahead, take precautions and be prepared to quarantine when you return.

New York State (NYS) has strict quarantine requirements for visitors and returning New Yorkers. These requirements help us reduce the spread of COVID-19. People returning from areas with a large number of COVID-19 cases are more likely to have been exposed to the virus and get COVID-19 themselves. Quarantine is particularly important for reducing the spread of COVID-19 since it is possible to have COVID-19 and not know it. People without symptoms can spread the virus.

### When on the road or at home, always practice these four key COVID-19 prevention actions:

- **Stay home:** Stay home if you aren't feeling well, tested positive for COVID-19 or have been in close contact with someone who has COVID-19.
- **Stay apart:** Keep at least 6 feet from others.
- **Wear a face covering:** Protect those around you by wearing a face covering at all times outside your own home. Face coverings are required in New York State on all public transportation (including car services) and by air, train and bus carriers.
- **Keep your hands clean:** Wash your hands often and carry alcohol-based hand sanitizer to use while traveling. Avoid touching your face with unwashed hands and cover your coughs and sneezes.

### What You Need to Know About NYS Travel Quarantine

Returning travelers and visitors arriving from the following places must fill out the [NYS Travel Health Form](#) (click the link or scan the QR code to access) and quarantine upon arrival:

- Another U.S. state **except** Connecticut, Massachusetts, New Jersey, Pennsylvania or Vermont
- A country or territory with a [Centers for Disease Control and Prevention Level 2 or 3 health alert](#)



## How long is travel quarantine?

You must quarantine as soon as you arrive in NYS. However, testing may shorten quarantine. Travel quarantine is for 14 days unless you receive two negative COVID-19 tests, as follows:

- Test within **72 hours prior to arrival** to New York, **and**
- Test **4 days after arrival**.

The tests must be diagnostic tests (tests that use saliva or nose or throat swab), and not a blood antibody test. To find a testing site near you, visit [here](#). Many sites offer no-cost testing. **Travelers must quarantine prior to receiving their day 4 diagnostic test and while waiting for their test result.** Travelers who choose not to get tested must quarantine for 14 days.

If you were out of NYS for less than 24 hours, you do not need to get tested before arrival or quarantine upon arrival. However, you need to fill out the NYS Travel Health Form and get tested 4 days after arrival.

## How do I quarantine?

Do not leave your home or place that you are staying; do not go in public. As best as possible, separate from others in your household and wear a face covering when in the same room with other people. Food and groceries must be delivered, or other arrangements made so that you do not have to leave home. You can only leave home for essential medical care, including COVID-19 testing, or to leave the State.

If you cannot separate from others at home, you may be eligible to quarantine at an NYC COVID-19 hotel. Call 212-COVID19 (212-268-4319) or visit [here](#) for more information.

## Can I go to work while in travel quarantine?

Only if you are an essential worker as defined by NYS. If so, you must take the following steps:

- Seek diagnostic testing on day 4 after arriving.
- Maintain quarantine while not at work.
- Minimize contact with others, self-monitor for COVID-19 symptoms, wear a face covering when in public and maintain physical distancing.
- Clean and disinfect workspaces.
- Avoid extended periods in public or in group settings.

Certain essential workers have more strict requirements. For example, school staff and child care workers must meet the above testing exception to be able to return to work. Consult with your employer for industry-specific guidance that may apply to you and about sick leave policies.

## Are there penalties for not following NYS travel quarantine requirements?

Yes. According to NYS law, anyone who violates a quarantine order may be subject to a civil fine of up to \$10,000 or imprisonment. Failing to complete the NYS Travel Health Form prior to leaving the airport can lead to a \$10,000 fine and the person may be ordered to quarantine.

Visit the [NYS Travel Advisory web page](#) for more information about travel quarantine.