



## Novel Coronavirus (/)

Call the Hotline: [1-888-364-3065 \(tel:18883643065\)](tel:18883643065), or [Ask a Question \(/form/ask-us-a-question\)](/form/ask-us-a-question). | [Travel Advisory in Place for Individuals Traveling From States with Significant Community Spread of COVID-19. \(https://coronavirus.health.ny.gov/covid-19-travel-advisory\)](#)



## COVID-19 Travel Advisory

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## Overview

In response to increased rates of COVID-19 transmission in certain states within the United States, and to protect New York's successful containment of COVID-19, the State has joined with New Jersey and Connecticut in jointly issuing a travel advisory for anyone returning from travel to states that have a significant degree of community-wide spread of COVID-19.

Governor Cuomo issued Executive Order 205, requiring all travelers coming from states with significant rates of transmission of COVID-19 to quarantine for a 14-day period from the time of their last contact.

[READ THE GUIDANCE](#)

([HTTPS://CORONAVIRUS.HEALTH.NY.GOV/SYSTEM/FILES/DOCUMENTS/2020/06/INTE](https://coronavirus.health.ny.gov/system/files/documents/2020/06/intel)

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## Traveler Health Form

## Traveler Health Form

A travel enforcement operation will commence at airports across the state to help ensure travelers are following the state's quarantine restrictions. As part of the enforcement operation, enforcement teams will be stationed at airports statewide to meet arriving aircrafts at gates and greet disembarking passengers to request proof of completion of the State Department of Health traveler form,

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which is being distributed to passengers by airlines prior to, and upon boarding or disembarking flights to New York State.

All out-of-state travelers from designated states must complete the form upon entering New York. Travelers who leave the airport without completing the form will be subject to a \$2,000 fine and may be brought to a hearing and ordered to complete mandatory quarantine. Travelers coming to New York from designated states through other means of transport, including trains and cars, must fill out the form online.

[COMPLETE THE ONLINE TRAVELER HEALTH FORM  
\(HTTPS://FORMS.NY.GOV/S3/WELCOME-TO-NEW-YORK-STATE-TRAVELER-  
HEALTH-FORM\)](https://forms.ny.gov/s3/welcome-to-new-york-state-traveler-health-form)

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## Restricted States

# Restricted States

*Updated September 29, 2020*

The following states and territories meet the criteria for required quarantine:

- Alabama
- Alaska
- Arkansas
- Colorado
- Delaware
- Florida
- Georgia
- Guam
- Idaho
- Illinois
- Indiana
- Iowa
- Kansas
- Kentucky
- Louisiana
- Minnesota
- Mississippi
- Missouri
- Montana
- Nebraska
- Nevada
- North Carolina
- North Dakota
- Oklahoma
- Puerto Rico
- Rhode Island
- South Carolina
- South Dakota
- Tennessee

- Texas
- Utah
- West Virginia
- Wisconsin
- Wyoming

This is based upon a seven day rolling average, of positive tests in excess of 10%, or number of positive cases exceeding 10 per 100,000 residents.

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## Guidance for Travel

# Guidance for Travel

The travel advisory is effective at 12:01 am on Thursday, June 25, 2020. If you have traveled from within one of the designated states with significant community spread, you must quarantine when you enter New York for 14 days from the last travel within such designated state, provided on the date you enter into New York State that such state met the criteria for requiring such quarantine.

The requirements of the travel advisory do not apply to any individual passing through designated states for a limited duration (i.e., less than 24 hours) through the course of travel.

Examples of such brief passage include but are not limited to: stopping at rest stops for vehicles, buses, and/or trains; or lay-overs for air travel, bus travel, or train travel.

The travel advisory requires all New Yorkers, as well as those visiting from out of state, to take personal responsibility for complying with the advisory in the best interest of public health and safety.

For questions about the travel advisory please refer to the guidance linked [here](https://coronavirus.health.ny.gov/system/files/documents/2020/06/interimguidance_travel) ([https://coronavirus.health.ny.gov/system/files/documents/2020/06/interimguidance\\_travel](https://coronavirus.health.ny.gov/system/files/documents/2020/06/interimguidance_travel)).

For general inquiries contact the call the Hotline: [1-888-364-3065](tel:18883643065) (<tel:18883643065>), or [Ask a Question](https://coronavirus.health.ny.gov/form/ask-us-a-question) (<https://coronavirus.health.ny.gov/form/ask-us-a-question>).

To file a report of an individual failing to adhere to the quarantine pursuant to the travel advisory [click here](https://protect2.fireeye.com/v1/url?k=47b7c419-1b36f67a-47b53d2c-000babd9069e-f26123a2d967000f&q=1&e=0f158a10-fd57-469f-ae6f-f1b1910ccf47&u=https%3A%2F%2Fmylicense.custhelp.com%2Fapp%2Fask) (<https://protect2.fireeye.com/v1/url?k=47b7c419-1b36f67a-47b53d2c-000babd9069e-f26123a2d967000f&q=1&e=0f158a10-fd57-469f-ae6f-f1b1910ccf47&u=https%3A%2F%2Fmylicense.custhelp.com%2Fapp%2Fask>) or call 1-833-789-0470.

Individuals may also contact their local department of health.

## Guidance Documents

### [Guidance for Professional Sports Teams](/system/files/documents/2020/07/professional-sports-travel-advisory-guidance.pdf)

(</system/files/documents/2020/07/professional-sports-travel-advisory-guidance.pdf>)

(</system/files/documents/2020/07/professional-sports-travel-advisory-guidance.pdf>)

[Guidance for Individuals Traveling for Medical Treatment](#)  
(/system/files/documents/2020/07/medical-and-travel-advisory-20-final.pdf)

(/system/files/documents/2020/07/medical-and-travel-advisory-20-final.pdf)

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## International Travelers

# International Travelers

On September 28, 2020, Governor Cuomo signed an executive order reminding international travelers entering New York from Level 2 and 3 countries to quarantine and fill out the [NYS Department of Health traveler health form](https://forms.ny.gov/s3/Welcome-to-New-York-State-Traveler-Health-Form) (https://forms.ny.gov/s3/Welcome-to-New-York-State-Traveler-Health-Form) to further prevent the spread of COVID-19 as countries across the globe experience alarming second waves of the virus.

The Commissioner of Health will expand his Emergency Health Order which authorizes the imposition of civil penalties if individuals refuse to fill out the required form.

Since March 2020, New York State has required a mandatory quarantine for any traveler entering New York from a Level 2 or Level 3 country - that's all but 31 countries on the globe.

The 31 countries/territories **NOT** subject to the Governor's executive order and mandatory quarantine requirement are listed below:

- American Samoa
- Anguilla
- Bonaire
- Brunei
- Cambodia
- Cayman Islands
- Dominica
- Falkland Islands
- Fiji
- Greenland
- Grenada
- Guernsey
- Isle of Man
- Laos
- Macau SAR
- Marshall Islands
- Mauritius
- Micronesia
- Montserrat
- New Caledonia
- New Zealand
- Palau
- Saba
- Saint Barthelemy

- Saint Kitts and Nevis
- Saint Lucia
- Saint Pierre and Miquelon
- Sint Eustatius
- Taiwan
- Thailand
- Timor-Leste

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## Protect Yourself and Others

# Protect Yourself and Others

### Help Stop the Spread: Protect Yourself and Others

- Avoid public places including while traveling, if possible.
- Wear a mask if
  - You are within six feet of distance from other individuals
  - In a situation or setting where they are unable to maintain six feet of distance from other individuals
  - In a public or private transportation carrier or for-hire vehicle.
- Wash your hands often with soap and water for at least 20 seconds, especially before you eat.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Cover your cough and sneezes with a tissue and discard it in a closed container.
- Clean frequently touched surfaces and objects.

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## Precautionary Quarantine Requirements

# Precautionary Quarantine Requirements

### Shelter Requirements Precautionary Quarantine

- The individual must not be in public or otherwise leave the quarters that they have identified as suitable.
- Separate quarters with separate bathroom facilities for each individual or family group. Access to a sink with soap and water, and paper towels is needed.
- The contact must have a way to self-quarantine from household members as soon as fever or other symptoms develop, in a separate room. There must be a door that separates it from the rest of the living area and has its own bathroom. Given that an exposed individual might become ill while sleeping,

the exposed individual must sleep in a separate bedroom from household members.

- Cleaning supplies, e.g. household cleaning wipes, must be provided in any shared bathroom.
- If an individual sharing a bathroom becomes symptomatic, all others sharing the bathroom will be considered exposed persons until the symptomatic individual is appropriately evaluated and cleared.
- Food must be delivered to the individual'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 by the door of each of the quarters for routine pick up. Special handling is not required.
- Individuals should self-monitor for fever and other symptoms of COVID-19 daily throughout the duration of the quarantine period.

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## Exemptions for Essential Workers

# Exemptions for Essential Workers

Exceptions to the travel advisory are permitted for essential workers and are limited based on the duration of time in designated states, as well as the intended duration of time in New York. 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.

### **Short Term – for 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.
- Essential workers should stay in their vehicle and/or limit personal exposure by avoiding public spaces as much as possible.
- Essential workers should monitor temperature and signs of symptoms, wear a face covering when in public, maintain social distance, and clean and disinfect workspaces.
- Essential workers are required, to the extent possible, to avoid extended periods in public, contact with strangers, and large congregate settings.

### **Medium Term – for 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.
- Essential workers should monitor temperature and signs of symptoms, wear a face covering when in public, maintain social distance, and clean and disinfect workspaces.
- Essential workers are required, to the extent possible, to avoid extended periods in public, contact with strangers, and large congregate settings.

### **Long Term – for 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, and other longer duration activities.
- Essential workers should seek diagnostic testing for COVID-19 as soon as possible upon arrival (within 24 hours) to ensure they are not positive.
- Essential workers should monitor temperature and signs of symptoms, wear a face covering when in public, maintain social distancing, clean and disinfect workspaces for a minimum of 14 days.
- Essential workers, to the extent possible, are required to avoid extended periods in public, contact with strangers, and large congregate settings for a period of, at least, 14 days.

Essential workers and their employers are expected to comply with previously issued DOH guidance regarding return to work after a suspected or confirmed case of COVID-19 or after the employee had close or proximate contact with a person with COVID-19. Additionally, this guidance may be superseded by more specific industry guidance for a particular industry (e.g., for a nursing home worker, a negative test PCR test will be required before return to work). Consult with your employer regarding whether there is industry-specific guidance that may apply to you.

Please consult the DOH 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, 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 DOH Protocol for COVID-19 Testing, issued May 31, 2020, or (3) any other worker deemed such by the Commissioner of Health.

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## Ineligible for Paid Sick Leave Scenario

# Ineligible for Paid Sick Leave Scenario

New York employees will forgo their paid sick leave benefits from New York's COVID-19 paid sick leave law if they engage in non-essential travel to high risk states (listed above). High risk states are any state that has a positive test rate higher than 10 per 100,000 residents, or higher than a 10 percent test positivity rate over a seven-day rolling average.

This provision does not apply if the employee travels for work or at the employer's request. The provision included in [Executive Order 202.45](https://www.governor.ny.gov/news/no-20245-continuing-temporary-suspension-and-modification-laws-relating-disaster-emergency) (<https://www.governor.ny.gov/news/no-20245-continuing-temporary-suspension-and-modification-laws-relating-disaster-emergency>) mirrors the law's existing provision that makes New Yorkers ineligible for paid sick leave if they travel to any country designated as having a level two or three travel health notice from the Centers for Disease Control and Prevention.

## Frequently Asked Questions

# Frequently Asked Questions

[Travel Advisory Frequently Asked Questions](/system/files/documents/2020/07/nys-covid-travel-advisory-faq_0.pdf)  
([/system/files/documents/2020/07/nys-covid-travel-advisory-faq\\_0.pdf](/system/files/documents/2020/07/nys-covid-travel-advisory-faq_0.pdf))

Frequently Asked Questions Regarding Quarantine  
Restrictions on Travelers Arriving in New York State  
Following Out of State Travel

([/system/files/documents/2020/07/nys-covid-travel-advisory-faq\\_0.pdf](/system/files/documents/2020/07/nys-covid-travel-advisory-faq_0.pdf))

## Novel Coronavirus

### STAY INFORMED

Department of Health

County-by-County Confirmed Cases

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Centers for Disease Control and Prevention

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Employers

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