

Travel Advisory Guidelines

Traveling from a contiguous state?
NJ/PA/MA/VT/CT

OR

Essential Worker?
First Responder?

NO

YES

Out of New York State for more than 24 hours?

No need to quarantine or test.
*Non-essential travel is strongly discouraged

NO

YES

Fill out a New York State Traveler Health Form, do not quarantine, but obtain a diagnostic test 4 days after arrival

Fill out a New York State Traveler Health Form, and quarantine for 14 days, following the Requirements to Safely Quarantine.
OR
Fill out a New York State Traveler Health Form and receive a negative COVID-19 test within 3 days prior to arriving in New York, quarantine for 3 days upon arrival, and receive a second diagnostic test on the 4th day.
If both tests are **negative**: Released from quarantine.

Short Term: In NYS for less than 12 hours
• Includes essential worker passing through NY, delivering goods, awaiting flight layovers, and other short duration activities.
• Must stay in vehicle and/or limit personal exposure by avoiding public spaces as much as possible.
• Must monitor temperature and signs of symptoms, wear a face covering when in public, maintain social distance, and clean and disinfect workspaces.
• Required, to the extent possible, to avoid extended periods in public, contact with strangers, and large congregate settings.

Medium Term: In NYS less than 36 hours, staying overnight
• Includes essential worker delivering multiple goods in New York, awaiting longer flight layover, and other medium duration activities
• Must monitor temperature and signs of symptoms, wear a face covering when in public, maintain social distance, and clean and disinfect workspaces.
• Required, to the extent possible, to avoid extended periods in public, contact with strangers, and large congregate settings.

Long Term: In NYS more than 36 hours
• Includes instances such as an essential worker working on longer projects, fulfilling extended employment obligations, and other longer duration activities.
• Essential workers must seek diagnostic testing for COVID-19 on day 4 after arriving.

*Teachers, school employees and child care workers must quarantine for 3 days upon return to New York from a non-contiguous state, and must be tested on day 4 after arriving.