**Travel Advisory Guidelines**

**Traveling from a contiguous state?**

**NO**

Out of New York State for more than 24 hours?

**NO**

Fill out a [New York State Traveler Health Form](#), do not quarantine, but obtain a diagnostic test 4 days after arrival.

**YES**

No need to quarantine or test.

*Non-essential travel is strongly discouraged*

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.

**YES**

Essential Worker? First Responder?

**OR**

**NO**

*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.*

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**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.

*Non-essential travel is strongly discouraged*