

NYS Guidelines for Out-of-State Travel



Travel is discouraged

WHO

- Travelers entering by any mode of transportation who have been outside of New York's contiguous (bordering) states for more than 24 hours.
 - Individuals returning to NYS who have been outside of New York's contiguous states for less than 24 hours; see full guidance on the other side.
- NOTE: Anyone who has been identified as a close contact by the Health Department is required to quarantine for a full 10 days from the date of exposure.

WHAT

- The Traveler Health Form* must be filed with NYS by anyone entering or returning who has been traveling in non-contiguous states.
- All individuals who have been outside of New York's contiguous states for more than 24 hours is required to quarantine for 10 days.

Out of New York & contiguous states over 24 hours — Quarantine 10 days						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
DAY 1 Arrive in/ return to New York File the NYS Traveler Health Form	2	3	4	5	6	7
QUARANTINE 10 DAYS						
8	9	DAY 10 Final Day of Quarantine	11	12	13	14

— OR —

- Testing option** for anyone entering or returning who has been traveling in non-contiguous states for more than 24 hours (requires a diagnostic test before traveling to NYS).
 - The Traveler Health Form* must be filed.
 - A diagnostic test must be obtained within 3 days of coming into NYS. Keep a record of these results in case you need them in the future.
 - Upon arrival, quarantine for 3 days is required.
 - On day 4 of the quarantine, the traveler must get another diagnostic test.
 - If both the out-of-state test and the arrival tests are negative, when the traveler receives notification of their second negative diagnostic test, they may end their quarantine.

Out of New York & contiguous states over 24 hours — Testing Option						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				-3	-2	-1
Get tested within 3 days of travel to NYS (Test #1)						
DAY 1 Arrive in/ return to New York File the NYS Traveler Health Form	2 <i>Quarantine 3 days</i>	3	DAY 4 Get Tested (Test #2)	5	6	7
<i>Continue to Quarantine until results for both Test #1 & #2 are received</i>						
8	9	10	11	12	13	14
<i>When results for both tests are confirmed negative, then you may exit quarantine</i>						

*NYS Traveler Health Form

- Must be filed by **all** entering or returning travelers who have been out of NY or contiguous states for any duration: <https://forms.ny.gov/s3/Welcome-to-New-York-State-Traveler-Health-Form>

WHERE

- These guidelines apply to individuals entering NYS from any other state that is not contiguous with (has a border with) New York State. Contiguous states are Pennsylvania, New Jersey, Connecticut, Massachusetts, and Vermont.



WHY

- The testing and quarantine rules are in effect because the rate of positive COVID-19 cases has increased in all states, increasing the likelihood of disease transmission in NYS.
- To maintain a low positivity rate in Tompkins County, individuals from other states need to quarantine for 14 days or seek diagnostic testing.
- The Traveler Health Form is required to facilitate NYS's contact tracing program.

Traveling for less than 24 hours in a non-contiguous state

- Individuals who have been traveling in non-contiguous states for less than 24 hours (rest stops, fueling, travel layover, etc.) are not required to quarantine. However they must:
 - ▶ Fill out the Traveler Health Form (available online; link on the other side).
 - ▶ Obtain a diagnostic test 4 days after returning to New York.

Testing in Tompkins County:

- Cayuga Health Sampling Site, Shops at Ithaca Mall parking lot, M-F, 8:30-4:00 p.m.
 - ▶ Register for an appointment at cayugahealthsystem.org.
 - ▶ Or call for assistance: 607-319-5708.

Quarantine means:

- Separating a healthy person or group of healthy people away from others due to exposure to COVID-19.
- To learn more about quarantine visit TompkinsCountyNY.gov/health/factsheets/coronavirusfaq#quarantine.



Quarantine the full 10 days

Please continue to take steps to stop the spread of COVID-19 in our community.

— It's not too late to get a flu shot, to protect yourself and those around you —



Testing Helps stop the spread



Keep 6-foot Distance



Use a Face Covering



Wash Hands Well, Often



Avoid Crowded Areas



Monitor Symptoms



Reach out to others



Your Partner for a Healthy Community
TompkinsCountyNY.gov/health