Both the CDC and New York State DOH strongly discourage non-essential travel at this time.

If you are returning to New York from a non-contiguous state or U.S. territory, you may be exempt from quarantine restrictions, if you are:

- Asymptomatic; and
- Fully vaccinated** within the last three months
- Have remained asymptomatic since last COVID-19 exposure;

OR

- Asymptomatic; and
- Fully recovered** from a diagnosed case of COVID

If you do not meet either criteria listed above, and are returning from a non-contiguous state or U.S. territory, you will need to follow the return-from-travel protocols outlined on the January 2021 flowchart.

The quarantine exemptions listed above do not apply to a return from travel to other countries outside the U.S. For information about international travel, please read the full guidance from NYS DOH.

Pursuant to Executive Order 202.45, any NYS resident who voluntarily travels to a non-contiguous state for travel that is not part of the person’s employment is not eligible for benefits under New York’s COVID-19 paid sick leave law.

The March 10 NYS DOH guidance can be found here.

FOR ANY INDIVIDUALS RETURNING FROM TRAVEL
Regardless of quarantine status, the CDC and NYS DOH require that all individuals exposed or returning from travel must:

- Continue daily symptom monitoring through Day 14;
- Continue strict adherence to all recommended non-pharmaceutical interventions, including hand hygiene and the use of face coverings, through Day 14 (even if fully vaccinated); and
- Must immediately self-isolate if any symptoms develop and contact the local public health authority or their healthcare provider to report this change in clinical status and determine if they should seek testing.

FOR INDIVIDUALS WHO MAY BE TRAVELING WITH FAMILY MEMBERS
If other family members or individuals you may travel with do not meet the quarantine exemption criteria outlined above, they will need to follow the return-from-travel protocols included in the flowchart from January 2021.