

If You Travel During COVID:

Governor Andrew M. Cuomo has announced guidelines allowing travelers to New York to “test out” of the mandatory 10-day quarantine for asymptomatic individuals. Travelers from states that are contiguous with New York are exempt from the travel advisory; however covered travelers must continue to fill out the [Traveler Health Form](#). Essential workers will continue to be exempt as well. The guidance also applies to any person who has traveled to [CDC Levels 2 and higher](#) Health Notice country under the COVID risk assessment.

For any traveler to New York State from a noncontiguous state, US territory or CDC level 2 and higher country, the new guidelines for travelers to test-out of the mandatory 10-day quarantine are below:

For travelers who were out-of-state for more than 24 hours:

- Travelers must obtain a test within three days of departure, prior to arrival in New York.
- The traveler must, upon arrival in New York, quarantine for three days.
- On day 4 of their quarantine, the traveler must obtain another COVID test. If both tests comes back negative, the traveler may exit quarantine early upon receipt of the second negative diagnostic test.

For travelers who were out-of-state for less than 24 hours:

- The traveler does not need a test prior to their departure from the other state, and does not need to quarantine upon arrival in New York State.
- However, the traveler must fill out our traveler form upon entry into New York State, and take a COVID diagnostic test 4 days after their arrival in New York.

The local health department must make contact with the state the traveler came from, to ensure contact tracing proceeds there as well. All travelers must continue to fill out our traveler form upon arrival into New York State to contribute to New York State’s robust contact tracing program.

The travel guidelines require all New Yorkers, as well as those visiting from out-of-state, to take personal responsibility for compliance in the best interest of public health and safety.

For general inquires contact the call the Hotline: [1-888-364-3065](tel:1-888-364-3065) or [Ask a Question](#).

To file a report of an individual failing to adhere to the quarantine pursuant to the travel guidelines [click here](#) or call 1-833-789-0470.

Individuals may also contact their local department of health for additional information.