

TRAVEL RESTRICTIONS FAQ

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Who is covered by New York's [travel restrictions](#)?

Anyone traveling into New York from another state—except New Jersey, Connecticut, Pennsylvania, Massachusetts, or Vermont—or from a [CDC level 2 or higher country](#). This includes New Yorkers who have travelled to other states or countries, as well as people visiting New York.

International travelers must also comply with federal laws, including proof of a negative COVID-19 test prior to departure. You can find out more about international requirements [here](#).

What must arriving travelers do?

Anyone entering New York who has spent more than 24 hours in a “covered state”—which means any state except for New Jersey, Connecticut, Pennsylvania, Massachusetts, and Vermont—or [CDC level 2 or higher country](#) must:

- [Complete the New York State Traveler Health Form](#), **AND**
- **Asymptomatic individuals must quarantine** (remain in your home or the place you are staying except for emergencies or to seek medical care) for 10 days upon arrival **OR test out** of the mandatory 10-day quarantine, **AND**
- Monitor symptoms through day 14.

How do I test out of the mandatory 10-day quarantine?

You must:

1. Take a COVID-19 test three days or fewer before you arrive in New York; **AND**
2. Take a **second** test on the fourth day of your quarantine in New York; **AND**
3. Receive a negative test result for both tests.

Only after receiving the second COVID-19 negative test result may you leave quarantine.

What if I just passed through a covered state?

If you spent less than 24 hours in a covered state, you do not need to quarantine. However, you must:

- [Complete the New York State Traveler Health Form](#), **AND**
- Take a COVID-19 test 4 days after arrival in New York.

If the test is positive, you must quarantine.

What if I was in a covered state or country but stopped in New Jersey before entering New York?

If you have spent more than 24 hours in a covered state or country in the last 10 days, the travel restrictions still apply.

What if I'm an essential worker?

Exemptions for essential workers travelling from covered states and CDC level 2 or higher countries may apply. Find out more about essential workers [here](#).

What happens if I do not comply with the law?

We know that everyone will cooperate in the interest of public health and slowing the spread of COVID-19. However, if you do not comply, you may face fines of up to \$10,000 or be charged with a misdemeanor.