



DO NOT TRAVEL THIS HOLIDAY SEASON. BE PREPARED TO QUARANTINE IF YOU DO.



There is widespread transmission of COVID-19 across the United States (U.S.) and in many other countries. Traveling right now puts you, your family and your community at risk since it can increase your chance of getting and spreading COVID-19. If you must travel, you must quarantine when you get home. You can have COVID-19 without symptoms and people without symptoms can spread the virus.

ARRIVING INTO NEW YORK STATE?

- **You must fill out the NYS Travel Health Form** (click the link or scan the QR code to access) and quarantine upon arrival.
 - All U.S. arrivals **except** Connecticut, Massachusetts, New Jersey, Pennsylvania or Vermont
 - Most international arrivals
- **You must quarantine!** Travel quarantine is for 10 days unless you receive **two** negative COVID-19 tests, as follows:
 - 1) Test within **72 hours prior to arrival** to New York
 - 2) Test **4 days after arrival**.
- **Failure to follow these requirements can lead to fines and other penalties.**



When on the road or at home, always practice these four key COVID-19 prevention actions:

- **Stay home:** Stay home if you are not feeling well, tested positive for COVID-19 or have been in close contact with someone who has COVID-19.
- **Stay apart:** Keep at least 6 feet from others.
- **Wear a face covering:** Protect those around you by wearing a face covering at all times when outside your own home. Face coverings are required in NYS on all public transportation (including car services) and by air, train and bus carriers.
- **Keep your hands clean:** Wash your hands often and carry alcohol-based hand sanitizer to use while traveling. Avoid touching your face with unwashed hands and cover your coughs and sneezes.

For more information:
Visit ny.gov/traveladvisory
or call **888-364-3065**.

