



## SUNY COLLEGE OF OPTOMETRY TRAVEL GUIDANCE AND POLICY

### Quarantine Restrictions on Travelers Arriving in New York State Following Out of State Travel

#### Overview:

On June 24<sup>th</sup>, Governor Cuomo issued Executive Order ("EO") 205 (<https://www.governor.ny.gov/news/no-205-quarantine-restrictions-travelers-arriving-new-york>) imposing quarantine restrictions on persons entering New York State from states with significant rates of SARS-CoV-2 infection, the coronavirus that causes COVID-19 ("Designated States"). At the same time, the Department of Health ("DOH") issued Interim Guidance regarding the EO ([https://coronavirus.health.ny.gov/system/files/documents/2020/06/interimguidance\\_traveladvisory.pdf](https://coronavirus.health.ny.gov/system/files/documents/2020/06/interimguidance_traveladvisory.pdf)).

As a result, effective June 25<sup>th</sup>, all travelers arriving in New York State from a Designated State are required to self-quarantine for a 14 day period from their last contact with the Designated State (exemptions below), provided that *on the day the traveler enters New York State, the Designated State met the criteria for requiring such quarantine*. Status as a Designated State is based on metrics that may change frequently, so travelers are advised to check DOH's website frequently for updates (<https://coronavirus.health.ny.gov/covid-19-travel-advisory>).

In addition, all out-of-state travelers from Designated States must complete the New York State Department of Health Traveler Form, which is being distributed to passengers by airlines prior to, and upon boarding or disembarking flights to New York State. Travelers who leave the airport without completing the form will be subject to a \$2,000 fine and may be brought to a hearing and ordered to complete mandatory quarantine. Travelers coming to New York from Designated States through other means of transport, including trains and cars, must fill out the form online, which can be accessed at <https://coronavirus.health.ny.gov/covid-19-travel-advisory>.

With respect to international travel, the Center for Disease Control's website <https://www.cdc.gov/coronavirus/2019-ncov/travelers/map-and-travel-notices.html> provides travel recommendations by country. In addition, the CDC recommends that all international travelers stay home for 14 days from the time the traveler returns home from international travel. During the 14-day stay at home period, the CDC recommends that the traveler take steps to monitor their health and practice social distancing. Guidelines are set forth at <https://www.cdc.gov/coronavirus/2019-ncov/travelers/after-travel-precautions.html>.

#### Exemptions:

1. The EO does not apply to any individual passing through a Designated State for less than 24 hours.
2. The EO places a reduced quarantine burden on out-of-state essential workers<sup>1</sup> who travel to New York State for limited duration.
3. Essential Workers, including Health Care workers, are permitted to work during the 14 day quarantine period if they are asymptomatic, and if furloughing them would result in unavoidable staff shortages that would adversely impact the health care entity, if they take all of the following precautions:
  - Obtain diagnostic testing for SARS-CoV-2 within 24 hours of arrival in New York State;
  - Self-monitor their temperature at least twice per day, watch for signs of COVID symptoms, and receive temperature monitoring and symptom checks at the beginning of each shift;
  - Wear a face covering while working;
  - Maintain social distancing;
  - Clean and disinfect workspaces for a minimum of 14 days;
  - Maintain self-quarantine when not at work; and
  - Comply with the May 31<sup>st</sup> Guidance issued by DOH entitled “Interim Guidance for Public and Private Employees Returning to Work Following COVID-19 Infection or Exposure”  
[https://coronavirus.health.ny.gov/system/files/documents/2020/06/doh\\_covid19\\_publi\\_cprivateemployeereturntowork\\_053120.pdf](https://coronavirus.health.ny.gov/system/files/documents/2020/06/doh_covid19_publi_cprivateemployeereturntowork_053120.pdf).
  - Students currently enrolled in a New York State health education program will be treated as essential workers for purposes of the Travel Advisory and must adhere to the essential worker guidance set forth in item 3 above.

#### **College Policy: Domestic and International Travel**

1. All students, faculty and staff traveling to the College from a Designated State are required to self-quarantine for 14 days, if the Designated State appears on the DOH website (<https://coronavirus.health.ny.gov/covid-19-travel-advisory>) on the day the traveler arrives in New York State. The requirements to safely quarantine are available at [https://coronavirus.health.ny.gov/system/files/documents/2020/03/quarantine\\_guidance\\_0.pdf](https://coronavirus.health.ny.gov/system/files/documents/2020/03/quarantine_guidance_0.pdf)
2. All students, faculty and staff traveling to the College from a foreign country are required to stay at home or self-quarantine for 14 days.
3. Health care and other Essential Workers, including residents and all students, who traveled from a Designated State or foreign country may continue to work during the 14 day quarantine or stay at home period, if they are asymptomatic, and if they take all of the following precautions:

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<sup>1</sup> “Essential worker” is defined, in part, as any individual employed by an entity included on Empire State Development’s Essential Business List (which includes Walk in Health Clinics and Facilities).

- Obtain diagnostic testing for SARS-CoV-2 within 24 hours upon arrival in New York State. We are looking into getting testing at the college. In the meantime, testing sites are located in close proximity to the college and around the city  
<https://coronavirus.health.ny.gov/find-test-site-near-you>.
  - Monitor temperature at least twice per day, watch for signs of COVID-19 symptoms, and receive temperature monitoring and symptom checks at the beginning of each shift;
  - Wear a face covering in public and while at the college;
  - Maintain social distancing;
  - Clean and disinfect workspaces;
  - Self-quarantine for the 14 day period when not at work;
  - Comply with the most recent Guidance issued by DOH entitled “Interim Guidance for Public and Private Employees Returning to Work Following COVID-19 Infection or Exposure”  
[https://coronavirus.health.ny.gov/system/files/documents/2020/06/doh\\_covid19\\_publicprivateemployeereturntowork\\_053120.pdf](https://coronavirus.health.ny.gov/system/files/documents/2020/06/doh_covid19_publicprivateemployeereturntowork_053120.pdf); and
  - If at any time, a person develops symptoms consistent with COVID-19, that person must immediately stop work, isolate at home and obtain SARS-CoV-2 diagnostic testing.
  - If a person tests positive for SARS-CoV-2, that person should immediately isolate at home, seek medical advice, and notify their supervisor (or Vito Cavallaro in Student Affairs, for students) as appropriate.
4. Travel to Designated States and international travel on College business is prohibited until further notice, unless the travel is essential, and the reasons for such travel are submitted in writing and approved by both the traveler’s supervisor and College president.
  5. Personal travel to Designated States international travel is discouraged. If a College employee travels to a Designated State or foreign country for personal reasons, such employee will not be eligible for New York’s paid COVID-19 leave.
  6. All students traveling to the College from any Designated States or foreign countries where they have stayed for more than 24 hours must follow the essential worker guidance set forth in item 2.
  7. For students scheduled to take NBEO Part III in North Carolina, currently a Designated State, they are encouraged to schedule their travel and exam time, if possible, to minimize their time in North Carolina. If despite their best efforts, these students are in the state for more than 24 hours, they must follow the essential worker guidance set forth in item 2 above.