



SUNY COLLEGE OF OPTOMETRY TRAVEL GUIDANCE AND POLICY

Quarantine Restrictions on Travelers Arriving in New York State Following Out of State Travel (Updated 11-9-20)

1. Overview:

On October 31st, Governor Cuomo issued Executive Order (“EO”) 205.2¹ announcing new guidelines allowing travelers entering New York from other states to “test out” of the mandatory 14 day quarantine period set forth in Executive Orders 205² and 205.1³. The NYSDOH has also revised its Interim Guidance for Quarantine Restrictions on Travelers Arriving in New York State Following Out of State Travel to reflect the new Executive Order.⁴

Travelers from states that are contiguous to New York (Connecticut, Pennsylvania, New Jersey, Vermont and Massachusetts) are exempt from the requirements of EO 205.2 and prior Travel Advisories. Travelers from “non-contiguous states” must adhere to travel advisories contained in EO 205.2 and prior Executive Orders.

Essential workers⁵ (including optometry students and persons on essential business) are exempt from elements of this newest Executive Order, as explained below.

Please keep in mind that this policy addresses general travel restrictions under current NYS and College policy. There may be additional COVID testing and other requirements imposed by NYS, the College and/or SUNY System Administration – particularly with respect to departure from campus before and after breaks in the academic calendar. As a result, it is imperative that you consult the College’s COVID-19 Webpage at <https://www.sunyopt.edu/coronavirus> for more information on these rules and restrictions.

2. Executive Order 205.2 regarding Domestic Travel

EO 205.2 permits any traveler (including NYS residents) coming to New York State from a non-contiguous state to avoid the otherwise mandatory 14 day quarantine period *if* they follow the parameters set forth below:

¹ <https://www.governor.ny.gov/news/no-2052-quarantine-restrictions-travelers-arriving-new-york>

² (<https://www.governor.ny.gov/news/no-205-quarantine-restrictions-travelers-arriving-new-york>)

³ <https://www.governor.ny.gov/news/no-2051-quarantine-restrictions-travelers-arriving-new-york>

⁴ https://coronavirus.health.ny.gov/system/files/documents/2020/11/interm_guidance_travel_advisory.pdf

⁵ 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, and Research Services in health care facilities).

- A. For travelers who were in a non-contiguous state for more than 24 hours:
 - The traveler must obtain a test within 3 days prior to departure from the state.
 - The traveler must, upon arrival in New York, fill out the New York State Department of Health Traveler Form, and quarantine for a minimum of 3 days from the time of arrival in NYS.
 - On day 4 of their quarantine, the traveler must obtain another COVID test. If both tests are negative, the traveler may exit quarantine prior to the expiration of the 14 day period, upon receipt of the second negative diagnostic test result.

- B. For travelers who were in a non-contiguous state for less than 24 hours:
 - The traveler does not need a COVID test prior to their departure from the non-contiguous state, and does not need to quarantine upon arrival in New York State.
 - The traveler must fill out the New York State Department of Health Traveler Form upon entry into New York State, and must take a COVID diagnostic test 4 days after their arrival in New York.

Local health departments may validate tests and if a test comes back positive, will issue isolation orders and initiate contact tracing. All travelers are required to comply with the directives of the health department and participate in contact tracing.

3. International Travel

The travel and quarantine restrictions of EO 205 and EO 205.1 remain in effect. Therefore, travelers entering the United States from any country with a CDC Level 2 or Level 3 health notice⁶ must self-quarantine for a 14 day period from their last contact with the Level 2 or 3 foreign country (exemptions below), provided that *on the day the traveler enters New York State, the foreign country was categorized as a CDC Level 2 or 3 country*. Status as a country with Level 2 or 3 travel advisory may change frequently, so travelers are advised to check DOH's website at <https://coronavirus.health.ny.gov/covid-19-travel-advisory> or the CDC website at <https://www.cdc.gov/coronavirus/2019-ncov/travelers/map-and-travel-notice.html>, as appropriate, before embarking on any travel.

4. NYS Department of Health Traveler Form

All travelers arriving in New York from non-contiguous states or Level 2 and 3 foreign countries 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 non-contiguous states or Level 2 or 3 foreign countries via other means of transport, including by train, car, or sea, must fill out the form online, which can be accessed at <https://coronavirus.health.ny.gov/covid-19-travel-advisory>. Travelers who leave the State for less than 24 hours are also required to complete the form.

⁶ <https://www.governor.ny.gov/news/no-2051-quarantine-restrictions-travelers-arriving-new-york>

5. Exemption for Essential Workers:

Essential workers, including students currently enrolled in a New York State health education program and health care and biomedical research workers, are permitted to work following out-of-state travel to a restricted area if they remain asymptomatic, and if furloughing them would result in unavoidable staff shortages that would adversely impact the health care entity, provided that they take all of the precautions set forth below:

- 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;
- Comply with all Department of Health and other governmental and College COVID-19 protocols, including but not limited to those regarding the wearing of face masks, social distancing, health screening and hygiene;
- Maintain self-quarantine when not at work;
- 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;
- For essential workers remaining in New York State for more than 36 hours following out of state travel:
 - Such travelers must obtain diagnostic testing for SARS-CoV-2 four (4) days after arrival in New York State.
 - The College will provide rapid tests to essential workers if they were travelling on official College business, including but not limited to students traveling to North Carolina to take Part III of the National Board, and students returning from externships located in a non-contiguous state.
 - If rapid tests are not available at the College, or the travel was for purposes other than essential College business, testing may be procured at sites located in close proximity to the College and around the city⁷. Documentation of the negative test result must be provided to the College prior to entering the facility.
- For essential workers remaining in New York State for less than 36 hours following out of state travel, no testing is required, but such workers must monitor their temperature, remain vigilant for symptoms of COVID-19, wear a face mask, maintain social distancing, avoid extended periods in public and large congregate settings, and implement other standard COVID-19 safety protocols.
- If a person tests positive for SARS-CoV-2, that person should immediately isolate at home, seek medical advice, and notify Cris Gomez, the College's COVID Coordinator, and their supervisor (or Vito Cavallaro in Student Affairs, for students) as appropriate.

⁷ <https://coronavirus.health.ny.gov/find-test-site-near-you>

6. College Policy: Domestic and International Travel

- A. Travel to non-contiguous states and Level 2 or 3 foreign countries 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.
- B. Personal travel to non-contiguous states and Level 2 or 3 foreign countries is discouraged.
- If a member of the College community travels to a non-contiguous state or Level 2 or 3 foreign country for personal reasons, they will not be eligible for rapid testing provided by the College.
 - If a College employee travels to a non-contiguous state or a Level 2 or 3 foreign country for personal reasons, such employee will not be eligible for New York's paid COVID-19 leave or other paid leave benefits.
 - If a member of the College community who is considered an essential worker (including students) travels to a non-contiguous state or Level 2 or 3 foreign country and wishes to return to work, they must follow the requirements set forth in section 5 and this section 6.
- C. All students, faculty, staff, and visitors traveling to the College from a non-contiguous state or Level 2 or 3 foreign country⁸ (in which they were present for more than 24 hours) are required to self-quarantine for 14 days. Domestic travelers may "test-out" of the 14 day quarantine if they follow the process in section 2 above. Essential workers wishing to return to work should follow the procedure set forth in section 6(E) below.
- D. All students, faculty, staff, and visitors traveling to the College from either a non-contiguous state or Level 2 or 3 foreign country are required to complete the New York State Health form at <https://coronavirus.health.ny.gov/covid-19-travel-advisory> on the day of arrival in NYS. Upon completion of the form, the traveler should take a screenshot or other copy of the confirmation page indicating completion and provide it to one of the following – faculty and staff to the Office of Human Resources, students to the Office of Student Affairs, research visitors to the Graduate Center for Vision Research or Clinical Vision Research Center – as appropriate.
- E. Essential Workers⁹ (Including Students):
1. Essential workers traveling to the college from a non-contiguous state or Level 2 or 3 foreign country, *may* return to the College under the following conditions:¹⁰

⁸ The quarantine requirement for Level 2 and 3 countries only applies if the country was designated as such by the CDC as of the day the traveler arrives in New York State. CDC country list: <https://www.cdc.gov/coronavirus/2019-ncov/travelers/map-and-travel-notice.html>.

⁹ "Essential workers" includes the following: 1) students, including those returning from taking Part III of their Board exams in North Carolina and those returning from externships; 2) residents; 3) employees designated as such by their department head; 4) visitors to the College on essential business; and 5) research visitors, who will be issued a formal invitation prior to travel.

¹⁰ See November 3 Guidance issued by DOH at

a. For travelers spending less than thirty-six (36) hours in New York State following travel, travelers must:

i) complete the NYS Traveler Form; and

ii) monitor their temperature, watch for symptoms of COVID-19, wear a face mask in public, maintain social distance, avoid extended periods in public, contact with strangers and large congregate settings, and comply with all College imposed COVID-19 protocols.

b. For travelers spending more than thirty-six (36) hours in New York State following travel, the traveler must:

i) complete the NYS Traveler Form;

ii) monitor their temperature, watch for symptoms of COVID-19, wear a face mask in public, maintain social distance and comply with all College imposed COVID-19 protocols. It is also strongly recommended to avoid extended periods in public, contact with strangers and large congregate settings; and

iii) Seek diagnostic testing for SARS-CoV-2 on the 4th day after arriving in New York State and provide proof of test results to Cris Gomez, for employees, and Vito Cavallaro, for students.

2. Essential workers may return to work, assuming they are asymptomatic, have not received a positive test result upon their return, and take all of the precautions identified in section above.

3. For travelers returning to New York from essential out-of-state College business, the traveler, if asymptomatic, may obtain a rapid test at the College, if available. ***If the traveler has COVID-related symptoms, the traveler should immediately consult their health care provider for medical advice and testing.***

4. Students scheduled to take NBEO Part III in North Carolina 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 36 hours, they must follow the essential worker guidance set forth in section 6(E)(1)(b) above.

5. Visitors traveling to the College on essential business (including research monitors) from non-contiguous states or Level 2 or 3 foreign countries, who will be in New York State for more than 36 hours but less than 4 days, may either provide the College with proof of a negative COVID test taken within 3 days prior to departure or may secure a rapid COVID test at the College upon arrival. If the traveler will be in New York State for 4 days or more, an additional COVID test must be taken on day 4 after arrival.

F. Non-Essential Workers:

Non-essential workers must follow the guidelines set forth in sections 2 (for domestic travel) and 3 (for international travel) above.

Proof of negative test results should be submitted to Cris Gomez, for employees, and Vito Cavallaro, for students, prior to return to the College.

If an employee is participating in the “Telecommuting Agreement Pilot Program”, the employee will be permitted to work during the period of quarantine. If the employee is not participating in the Telecommuting Agreement and is unable to work remotely, the employee will be required to charge their accruals for all work days between the date of their return to New York State and the date of their authorized return to campus.

G. Surgical Masks:

Surgical masks, to be provided by the College, will be required to be worn by any person coming to the College after travel to a non-contiguous state or Level 2 or 3 foreign county, during the period between their return to the College and receipt of a negative diagnostic test result 4 days post-travel. Once a negative test result is received and provided to the College, the traveler may opt to wear other types of face masks. Surgical masks can be obtained from Gaea Austen, the College’s Environmental Health & Safety Officer, in Room 3M05.