



College Brief

NO. 34 November 19, 2020
FROM: Louis J. Petrizzo, Interim President
SUBJECT: COVID-19 Resources and Reminders

My first communication to the college community regarding COVID-19, was dated January 27th. A lot has been learned over the course of these many months and I have shared a significant amount of information with all of you, in an effort to keep you informed and updated so that you and your family remain healthy and safe.

Unfortunately, we continue to hear about new micro-clusters of coronavirus within our region, and the State of New York is very concerned about the likelihood of another dangerous spike in the virus.

So as we prepare to enter the holiday season, now is a good time to share this College Brief with you. It includes a summary of the current guidelines that the State of New York has in place, and contains reminders on a variety of topics already shared with you, such as links for finding locations where you can be tested, travel advisory details, and regional metrics that enable you to monitor the County's dashboard:

- **Long Island Mask Public Service Announcement:** The "Mask Up, Long Island" public service announcement can be found here: <https://www.youtube.com/watch?v=ImTVtfDpMd8>.
- **Statewide and Regional Metrics:** You can monitor the COVID19 public health metrics through the NYS Regional Monitoring Dashboard here: <https://forward.ny.gov/percentage-positive-results-region-dashboard>. Through the county dashboard found here: <https://forward.ny.gov/percentage-positive-results-county-dashboard>. And through the early monitoring dashboard here: <https://forward.ny.gov/early-warning-monitoring-dashboard>.
- **Where to find a test:** Residents can use this search tool to find a nearby testing site: <https://coronavirus.health.ny.gov/covid-19-testing>. In addition to the list of sites you will find using the tool, testing is also still available at the NYS-operated drive-thru sites at Jones Beach and Stony Brook University. Testing at these two drive-thru locations is free for NY residents.

- **Incoming Travel Advisory:** Travelers coming into NY are required to quarantine for 14 days. You may “test out” of the mandatory 14-day quarantine following the guidelines on this webpage: <https://coronavirus.health.ny.gov/covid-19-travel-advisory#overview>. Travelers from states that are contiguous with New York are exempt from the travel advisory, this includes Pennsylvania, New Jersey, Connecticut, Massachusetts and Vermont. The guidance also applies to international travelers coming from any CDC Level 2 or Level 3 Health Notice country. Attached is the detailed guidance document on the incoming travel advisory. Please be sure to read this document thoroughly, especially if you are considering traveling.
- **Gathering limit:** On November 11th, Governor Cuomo announced that gatherings at private residences (indoors and outdoors) is limited to a total of 10 people. All other gatherings are limited to a total of 50 people, this includes catered events.
- **School Toolkit:** Attached is a helpful Pre-K to Grade 12 COVID19 Toolkit from the NYS Department of Health. I've included both the English and Spanish version of the toolkit.
- **SLA-licensed Entities:** Bars, restaurants and gyms or fitness centers, as well as any State Liquor Authority-licensed establishment (include movie theaters, casinos, and bowling alleys), are required to close from 10 p.m. to 5 a.m. daily. Restaurants will still be allowed to provide curbside, food-only pick-up or delivery after 10 p.m., but will not be permitted to serve alcohol to go. More information on these regulations can be found on the SLA website here: <https://sla.ny.gov/Guidance-COVID-Related-Closing-Times>. A helpful FAQ for SLA-licensees on reopening guidelines can be found here: <https://sla.ny.gov/phase3-guidelines-for-on-premises-licenses>.
- **COVID Alert NY Phone App:** COVID Alert NY is a free download for iPhone and Android smartphones, available from the Apple App Store and Google Play Store. COVID Alert NY is the voluntary, anonymous, exposure-notification smartphone app. The app keeps track of when people are close to another app-enabled smartphone using Bluetooth technology.
 - The app alerts you if you were in close contact with someone who tests positive for COVID-19.
 - The app also alerts other app-enabled smartphones if you test positive for COVID-19 and were in close contact with those individuals, based upon your consent to share close contact codes.
 - The app allows people to track symptoms and examine trends.

Attached you will also find helpful resources that include handouts about hygiene, contact tracing, and community spread. Please feel free to share this information widely.

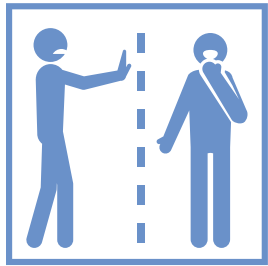
For more information, please visit this website: <https://coronavirus.health.ny.gov/covid-alert-ny-what-you-need-know>.

Protect yourself from COVID-19 and stop the spread of germs.

Simple steps help stop the spread of COVID-19 and other viruses:



Wash your hands often with soap and water **for at least 20 seconds**, especially before eating.



Avoid close contact with people who are sick.



Avoid touching your eyes, nose, and mouth.



Stay home when you are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Clean and disinfect frequently touched objects and surfaces.

Stay up to date by visiting
www.ny.gov/coronavirus

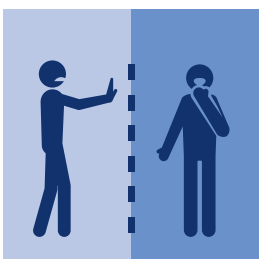
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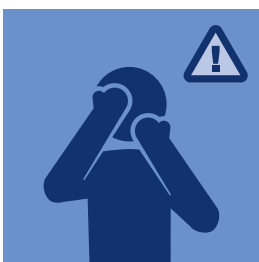
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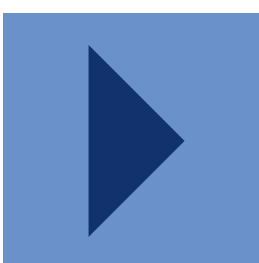
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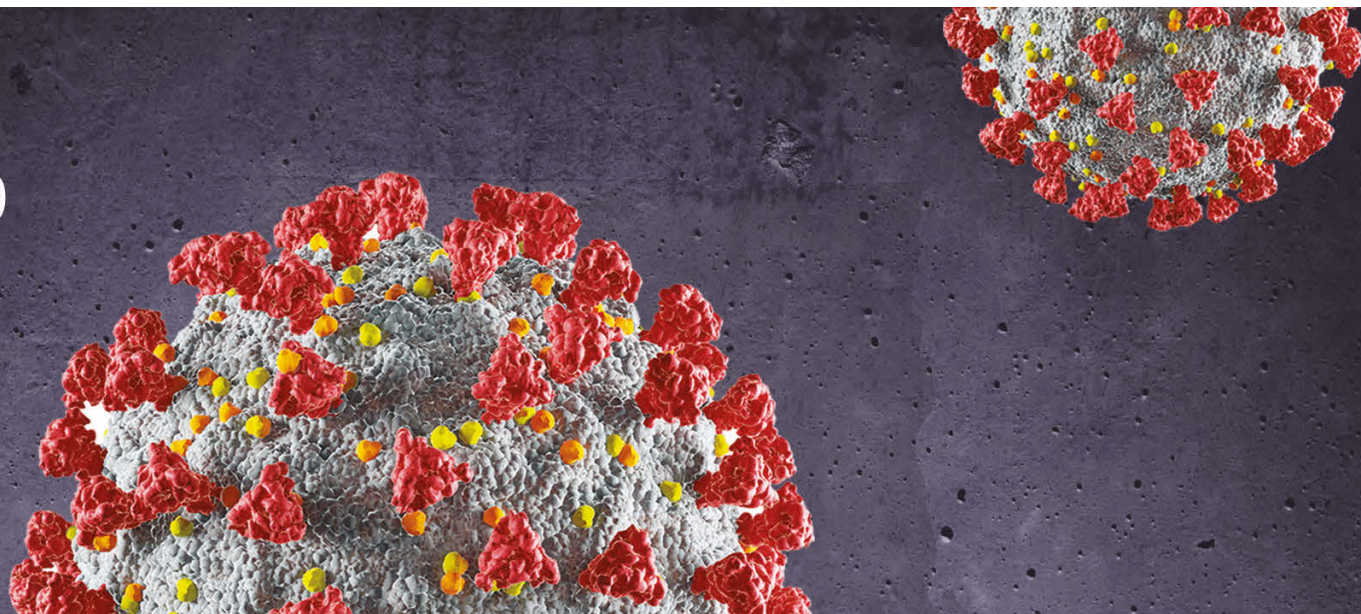


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Instrumento diseñado para los grados del prekínder al 12. ° debido al COVID-19

Flujograma del NYSDOH para la toma de decisiones con respecto a la asistencia estudiantil en persona debido al COVID-19

¿Mi hijo puede ir a la escuela hoy?

¿En los últimos 10 días su hijo se ha sometido a la prueba de detección del COVID-19, también conocido como SARS-CoV-2?

SÍ

¿El resultado de la prueba fue **positivo** O todavía está esperándolo?

SÍ

Su hijo **no puede** ir a la escuela hoy. Debe permanecer en aislamiento (en casa y apartado), hasta que lleguen los resultados de la prueba y estos son **negativos** O si son **positivos**, hasta que el departamento de salud local le permita salir del aislamiento.

En los últimos 14 días su hijo:

- ¿Ha viajado al extranjero, a un **país con alerta de salud para viajes en nivel 2 o 3 por el COVID-19 según los Centros para el Control y la Prevención de Enfermedades (CDC)**?
- ¿Ha viajado a un estado o territorio en la **lista de advertencia de viajes del estado de Nueva York**?
- ¿Está designado como uno de los contactos de una persona que dio positivo en la prueba para el COVID-19 por el departamento de salud local?

SÍ

Su hijo **no puede** ir a la escuela hoy. Debe quedarse en casa hasta que el departamento de salud local le permita salir de la cuarentena, al menos a los 14 días. El tener un resultado negativo en la prueba del COVID-19 no cambia el requisito de cuarentena de 14 días.

¿Su hijo tiene (o ha tenido en los últimos 10 días) uno o más de estos síntomas nuevos o los existentes empeoran?

- Temperatura mayor o igual a 100.0 °F (37.8 °C)
- Fiebre o escalofríos
- Tos
- Pérdida del sentido del gusto o del olfato
- Fatiga o cansancio
- Dolor de garganta
- Falta de aliento o dificultad para respirar
- Náuseas, vómitos o diarrea
- Dolor muscular o malestar general
- Dolor de cabeza
- Congestión o secreción nasal

SÍ

Su hijo **no puede** ir a la escuela hoy. Su proveedor de atención médica pediátrica (Healthcare Provider, HCP) debería evaluar a su hijo. Llame al HCP de su hijo antes de ir al consultorio o a la clínica para informarle sobre los síntomas del COVID-19. Si su hijo no cuenta con ningún HCP, llame al departamento de salud local.

NO

Su hijo **PUEDE** ir a la escuela hoy. **¡Asegúrese de que se cubra la cara o se ponga un protector facial, practique el distanciamiento social y se lave las manos!**

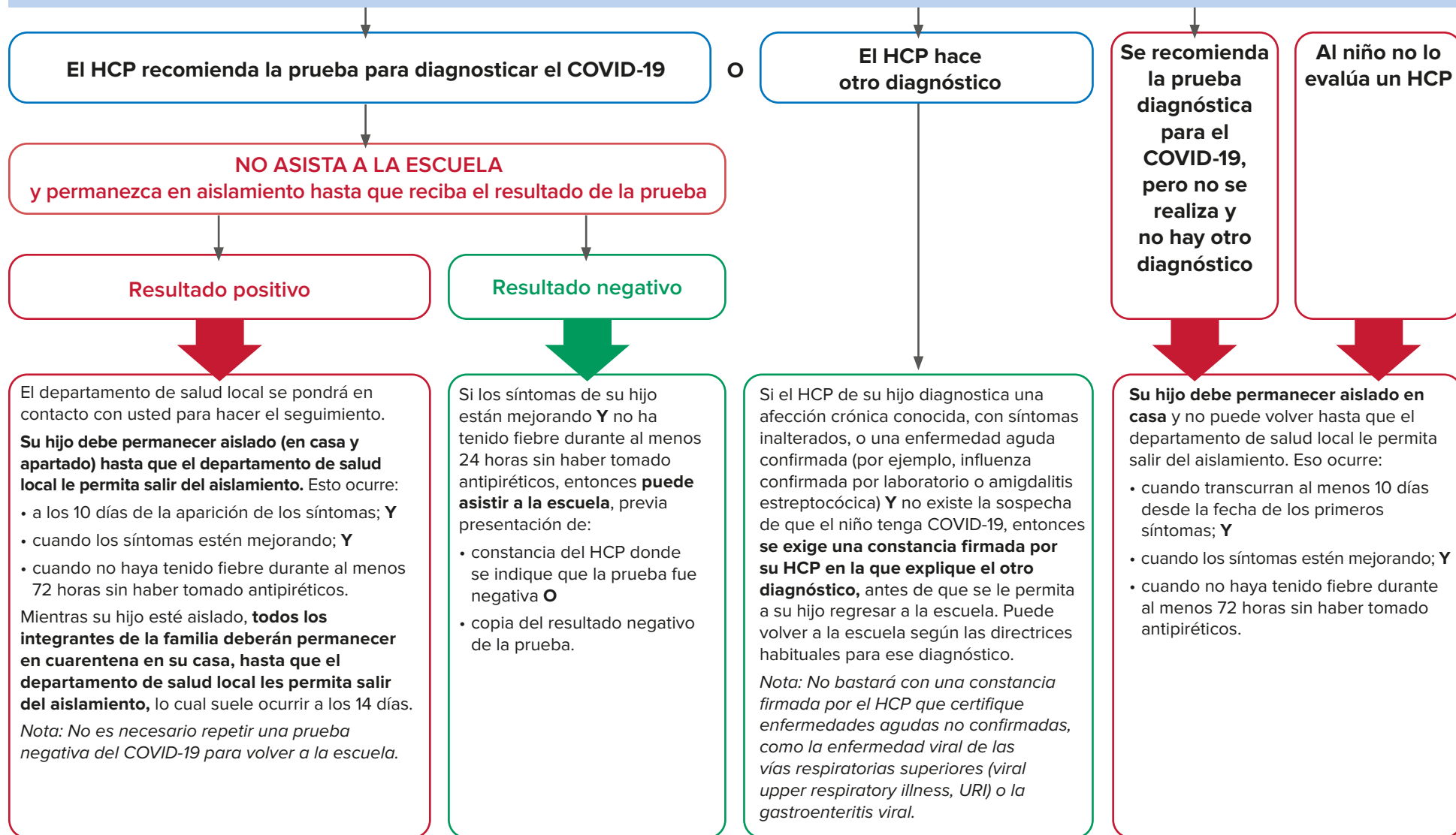
Notifique a la escuela de su hijo las ausencias, los síntomas y los resultados positivos en la prueba del COVID-19.

BUSQUE ATENCIÓN MÉDICA INMEDIATA SI SU HIJO PRESENTA ALGUNO DE LOS SIGUIENTES SÍNTOMAS:

- Problemas para respirar o respiración muy rápida
- Fiebre persistente
- Náusea hasta el punto de no poder ingerir líquidos
- Dolor abdominal severo, diarrea o vómitos
- Cambios en el color de la piel: está pálida, manchada o azulada
- Palpitaciones o dolor en el pecho
- Disminución en la producción de orina
- Letargo, irritabilidad o confusión

Mi hijo tiene síntomas del COVID-19. ¿Cuándo puede volver a la escuela?

LA EVALUACIÓN DEL PROVEEDOR DE ATENCIÓN MÉDICA (HCP) PARA LA DETECCIÓN DEL COVID-19 (puede darse en persona o por video/teléfono, según lo determine el HCP)



Las pruebas diagnósticas del COVID-19 comprenden pruebas moleculares (por ejemplo, la prueba de reacción en cadena de la polimerasa [polymerase chain reaction, PCR]) o de antígenos para el SARS-CoV-2, el virus que causa el COVID-19. Las pruebas diagnósticas pueden realizarse con una muestra nasofaríngea, nasal o de saliva, según lo indique el proveedor de atención médica y de acuerdo con las especificaciones del laboratorio. A veces, después de una prueba de antígenos que resulte negativa, deberá realizarse una prueba molecular de confirmación. No se puede utilizar la serología (prueba de anticuerpos) para descartar el COVID-19 agudo.

Flujograma del NYSDOH para la toma de decisiones con respecto a la asistencia en persona del personal debido al COVID-19

¿Puedo ir a trabajar a la escuela hoy?

¿En los últimos 10 días se ha realizado la prueba de detección del virus que causa el COVID-19, también conocido como SARS-CoV-2?

SÍ

¿El resultado de la prueba fue **positivo** O todavía está esperándolo?

SÍ

No puede ir a trabajar en la escuela hoy y debe permanecer en aislamiento (en casa y apartado) hasta que lleguen los resultados de las pruebas y estos sean **negativos** O si son **positivos**, hasta que el departamento de salud local le permita salir del aislamiento.

En los últimos 14 días usted:

- ¿Ha viajado al extranjero, a un **país con alerta de salud para viajes en nivel 2 o 3 por el COVID-19, según los Centros para el Control y la Prevención de Enfermedades (CDC)**?
- ¿Ha viajado a un estado o territorio en la **lista de advertencia de viajes del estado de Nueva York**?
- ¿Está designado como uno de los contactos de una persona que dio positivo en la prueba para el COVID-19 por el departamento de salud local?

NO

NO

SÍ

No puede ir a trabajar en la escuela hoy. Si ha estado expuesto de alguno de estos modos, debe quedarse en casa hasta que el departamento de salud local le permita dejar la cuarentena, al menos a los 14 días, contados a partir de la fecha de la última exposición. El tener un resultado negativo en la prueba del COVID-19 no cambia el requisito de cuarentena de 14 días. El personal escolar no se considera esencial y **debe cumplir** con la cuarentena.

¿Tiene (o ha tenido en los últimos 10 días) uno o más de estos síntomas nuevos o los existentes empeoran?

- Temperatura mayor o igual a 100.0 °F (37.8 °C)
- Fiebre o escalofríos
- Tos
- Pérdida del sentido del gusto o del olfato
- Fatiga o cansancio
- Dolor de garganta
- Falta de aliento o dificultad para respirar
- Náuseas, vómitos o diarrea
- Dolor muscular o malestar general
- Dolor de cabeza
- Congestión o secreción nasal

SÍ

No puede ir a trabajar en la escuela hoy. Lo debe evaluar su proveedor de atención médica (Healthcare Provider, HCP). Llame a su HCP antes de acudir al consultorio para informarle sobre los síntomas del COVID-19. Si no cuenta con ningún proveedor de atención médica, llame al departamento de salud local.

NO

¡Puede ir a trabajar en la escuela hoy!
Póngase un protector facial, practique el distanciamiento social y lávese las manos con frecuencia.

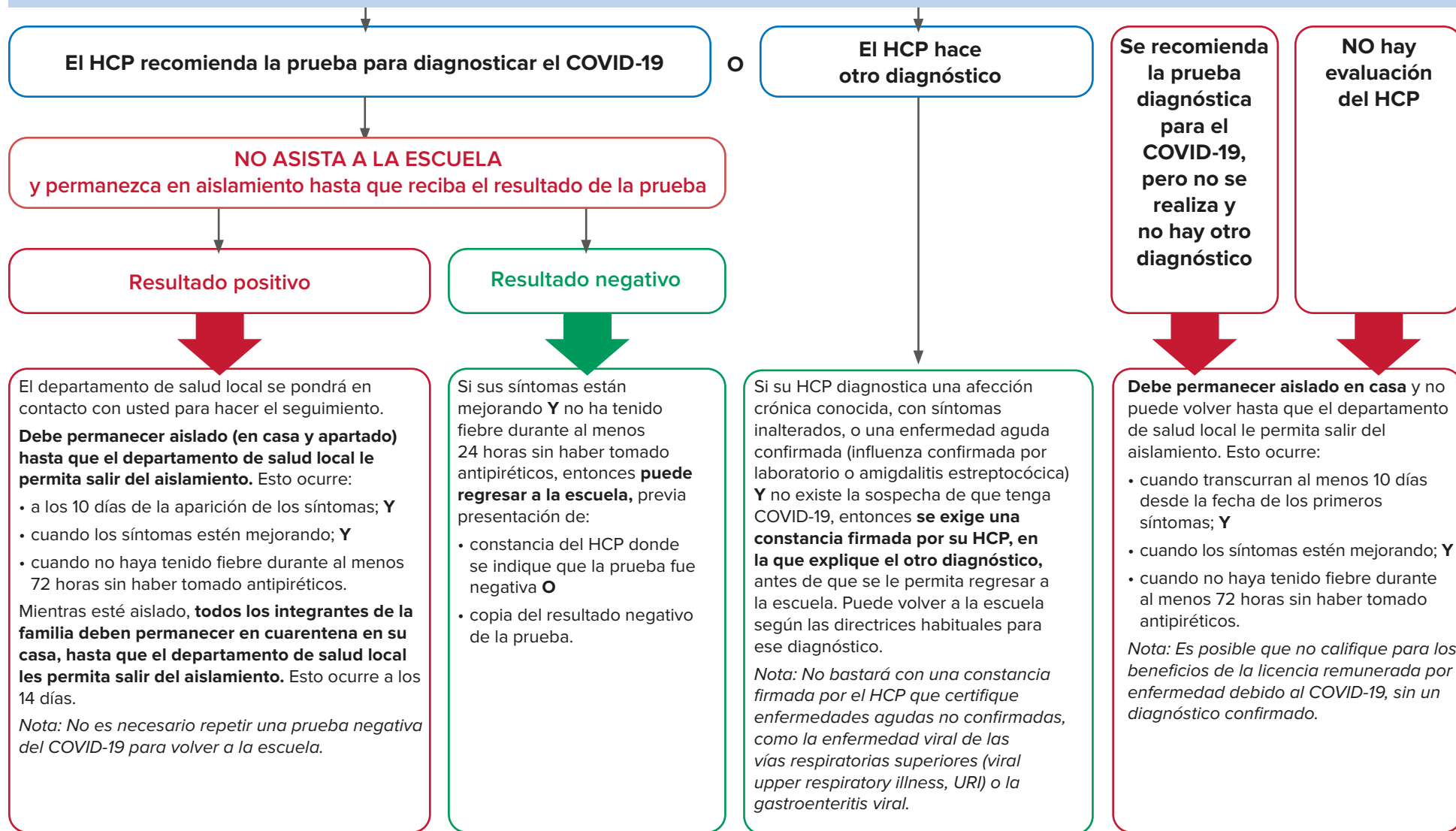
Notifique a su escuela las ausencias, los síntomas y los resultados positivos en la prueba del COVID-19.

BUSQUE ATENCIÓN MÉDICA INMEDIATA SI PRESENTA ALGUNO DE LOS SIGUIENTES SÍNTOMAS:

- Problemas para respirar o respiración muy rápida
- Náusea hasta el punto de no poder ingerir líquidos
- Dolor abdominal severo, diarrea o vómitos
- Cambios en el color de la piel: está pálida, manchada o azulada
- Palpitaciones o dolor en el pecho
- Disminución en la producción de orina
- Letargo, irritabilidad o confusión

Tengo síntomas de COVID-19. ¿Cuándo puedo volver a trabajar en la escuela?

LA EVALUACIÓN DEL PROVEEDOR DE ATENCIÓN MÉDICA (HCP) PARA LA DETECCIÓN DEL COVID-19 (puede darse en persona o por video/teléfono, según lo determine el HCP)

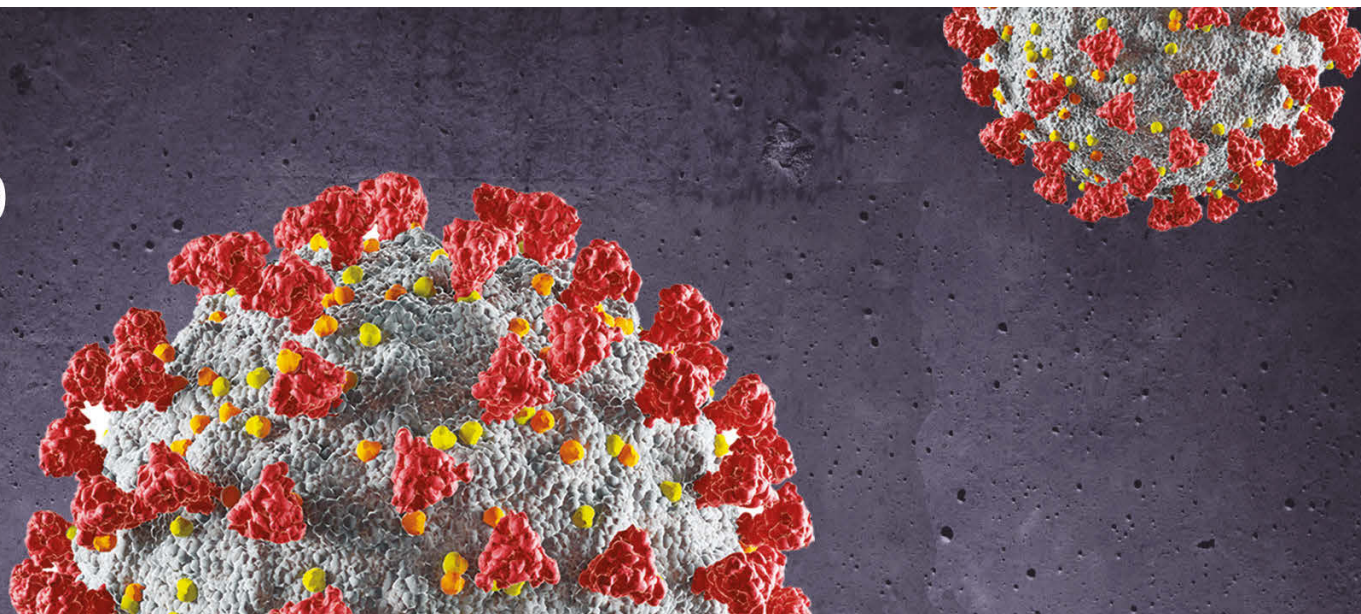


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Pre-K to Gr 12 COVID-19 Toolkit

NYSDOH COVID-19 In-Person Decision Making Flowchart for Student Attendance

Can My Child Go To School Today?

In the past 10 days, has your child been tested for the virus that causes COVID-19, also known as SARS-CoV-2?

YES

Was the test result **positive** OR are you still waiting for the result?

YES

Your child **cannot** go to school today.
They must stay in isolation (at home and away from others) until the test results are back and are **negative** OR if **positive**, the local health department has released your child from isolation.

NO

In the last 14 days, has your child:

- Traveled internationally to a [CDC level 2 or 3 COVID-19 related travel health notice country](#); or
- Traveled to a state or territory on the [NYS Travel Advisory List](#); or
- Been designated a contact of a person who tested positive for COVID-19 by a local health department?

YES

Your child **cannot** go to school today.
They must stay at home until your local health department releases your child from quarantine, at least 14 days.
A negative diagnostic COVID-19 test does not change the 14-day quarantine requirement.

NO

Does your child currently have (or has had in the last 10 days) one or more of these new or worsening symptoms?

- A temperature greater than or equal to 100.0° F (37.8° C)
- Feel feverish or have chills
- Cough
- Loss of taste or smell
- Fatigue/feeling of tiredness
- Sore throat
- Shortness of breath or trouble breathing
- Nausea, vomiting, diarrhea
- Muscle pain or body aches
- Headaches
- Nasal congestion/runny nose

YES

Your child **cannot** go to school today.
Your child should be assessed by their pediatric healthcare provider (HCP). Call your child's HCP before going to the office or clinic to tell them about your child's COVID-19 symptoms. If your child does not have a HCP, call your local health department.

NO

Your child **CAN** go to school today.
Make sure they wear a face covering or face mask, practice social distancing, and wash their hands!

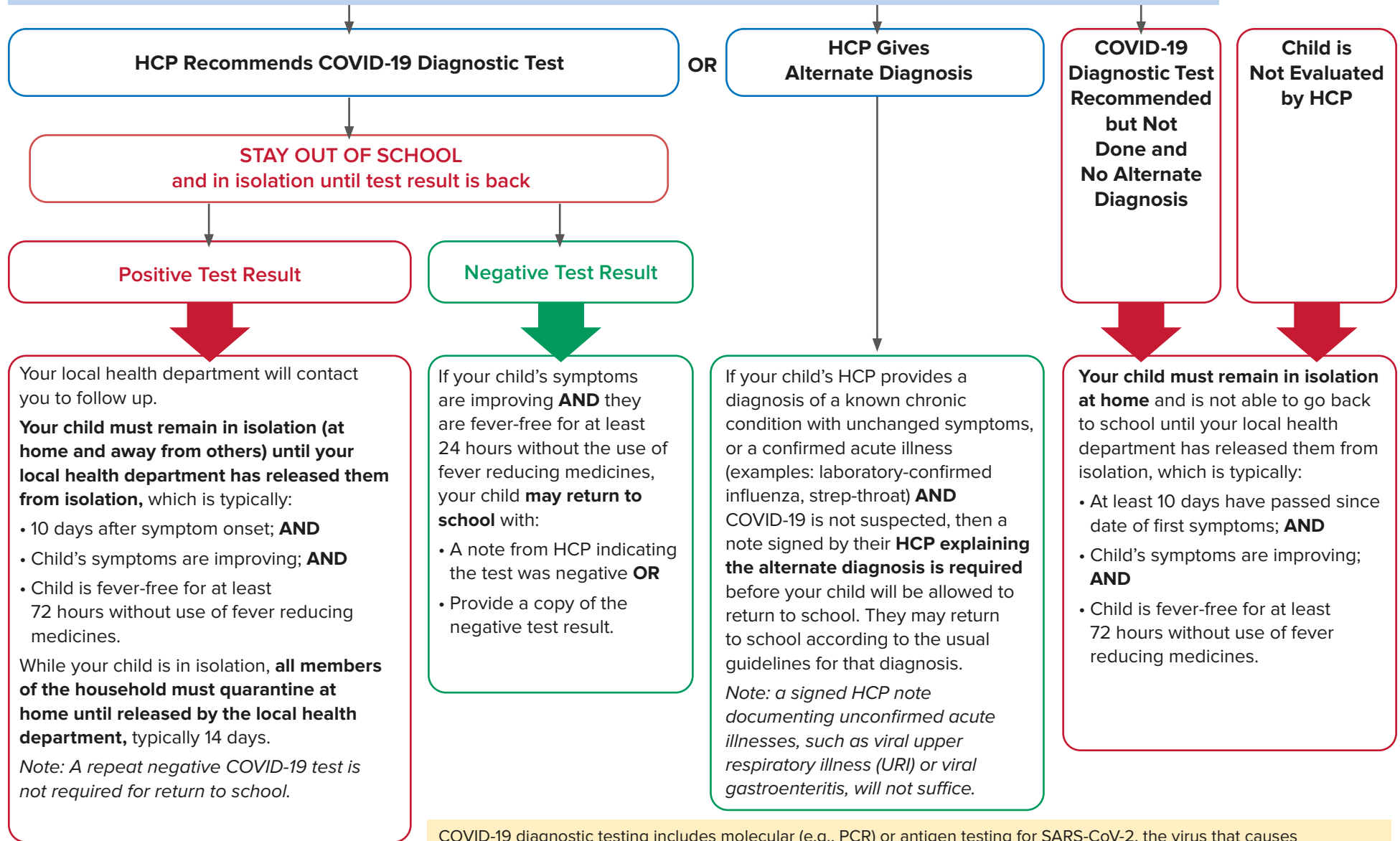
Report absences, symptoms, and positive COVID-19 test results to your child's school.

SEEK IMMEDIATE MEDICAL CARE IF YOUR CHILD HAS:

- Trouble breathing or is breathing very quickly
- Prolonged fever
- Is too sick to drink fluids
- Severe abdominal pain, diarrhea or vomiting
- Change in skin color - becoming pale, patchy and/or blue
- Racing heart or chest pain
- Decreased urine output
- Lethargy, irritability, or confusion

My child has COVID-19 symptoms. When can they go back to school?

HEALTHCARE PROVIDER (HCP) EVALUATION FOR COVID-19 (can be in-person or by video/telephone as determined by HCP)



COVID-19 diagnostic testing includes molecular (e.g., PCR) or antigen testing for SARS-CoV-2, the virus that causes COVID-19. Diagnostic testing may be performed with a nasopharyngeal swab, nasal swab, or saliva sample, as ordered by the health care provider and per laboratory specifications. At times, a negative antigen test will need to be followed up with a confirmatory molecular test. Serology (antibody testing) cannot be used to rule in or out acute COVID-19.

NYSDOH COVID-19 In-Person Decision Making Flowsheet for Staff To Go To Work

Can I Go to Work at the School Today?

In the past 10 days, have you been tested for the virus that causes COVID-19, also known as SARS-CoV-2?

YES

Was the test result **positive** OR are you still waiting for the result?

YES

You **cannot** go to work at the school today and must stay in isolation (at home and away from others) until your test results are back and are **negative** OR if **positive**, the local health department has released you from isolation.

In the last 14 days, have you:

- Traveled internationally to a **CDC level 2 or 3 COVID-19 related travel health notice country**; or
- Traveled to a state or territory on the **NYS Travel Advisory List**; or
- Been designated a contact of a person who tested positive for COVID-19 by a local health department?

NO

YES

You **cannot** go to work at the school today.
If you have had any of these exposures, you must stay at home until your local health department releases you from quarantine, at least 14 days from the date of your last exposure. A negative diagnostic COVID-19 test does not change the 14-day quarantine requirement.
School staff are not essential workers and **must** quarantine.

NO

Do you currently have (or have had in the last 10 days) one or more of these new or worsening symptoms?

- A temperature greater than or equal to 100.0° F (37.8° C)
- Feel feverish or have chills
- Cough
- Loss of taste or smell
- Fatigue/feeling of tiredness
- Sore throat
- Shortness of breath or trouble breathing
- Nausea, vomiting, diarrhea
- Muscle pain or body aches
- Headaches
- Nasal congestion/runny nose

YES

You **cannot** go to work at the school today.
You should be assessed by your health care provider (HCP). Call your HCP before going to any in-person visits to tell them about your COVID-19 symptoms. If you do not have a health care provider, call your local health department.

NO

You **can** go to work at the school today!
Make sure you wear a face covering or face mask, practice social distancing, and wash your hands frequently.

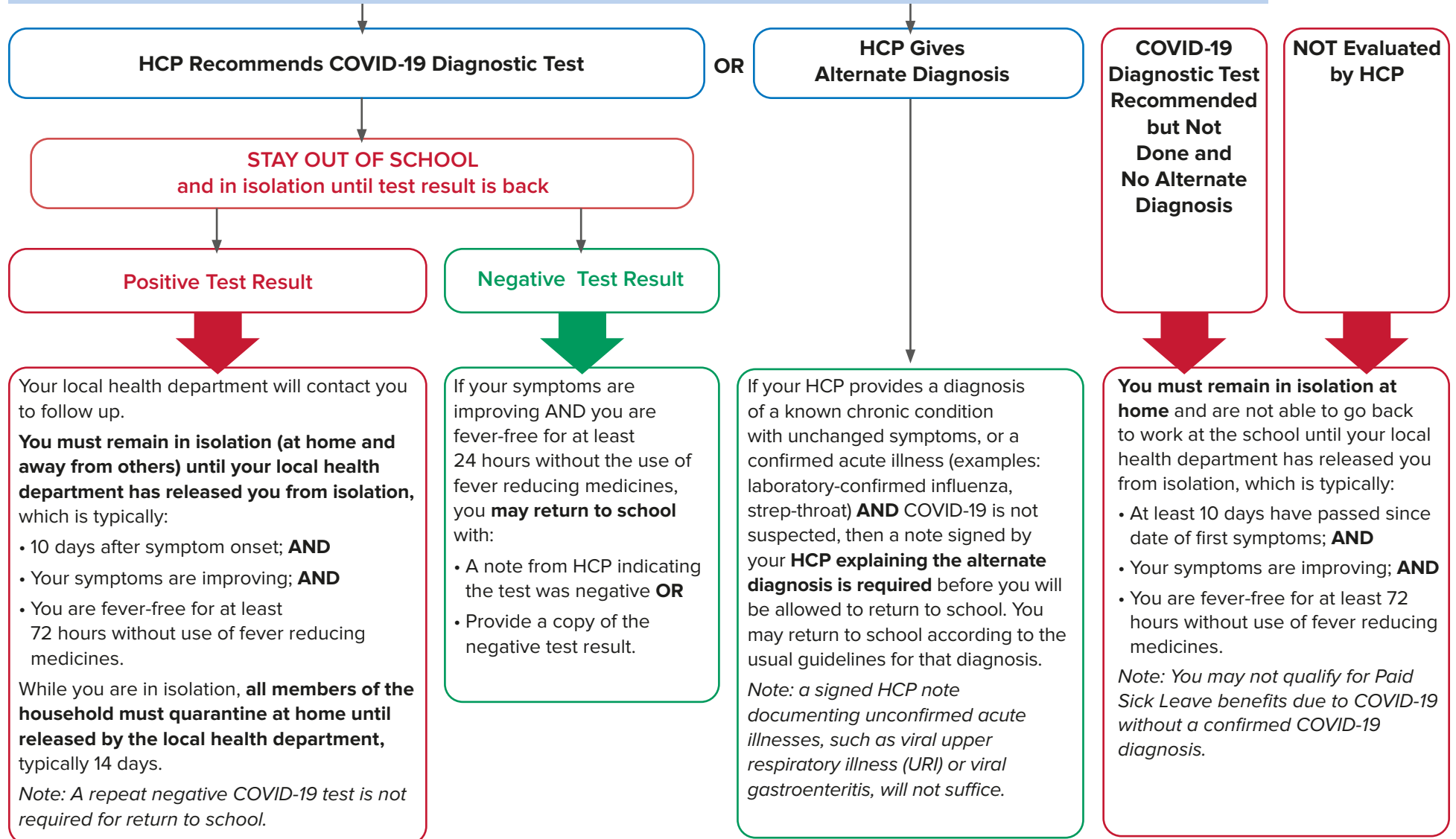
Report absences, symptoms, and positive COVID-19 test results to your school.

SEEK IMMEDIATE MEDICAL CARE IF YOU HAVE:

- Trouble breathing or are breathing very quickly
- Are too sick to drink fluids
- Severe abdominal pain, diarrhea or vomiting
- Change in skin color - becoming pale, patchy and/or blue
- Racing heart or chest pain
- Decreased urine output
- Lethargy, irritability, or confusion

I have COVID-19 symptoms. When can I go back to work at the school?

HEALTHCARE PROVIDER (HCP) EVALUATION FOR COVID-19 (can be in-person or by video/telephone as determined by HCP)



COVID-19 diagnostic testing includes molecular (e.g., PCR) or antigen testing for SARS-CoV-2, the virus that causes COVID-19. Diagnostic testing may be performed with a nasopharyngeal swab, nasal swab, or saliva sample, as ordered by the health care provider and per laboratory specifications. At times, a negative antigen test will need to be followed up with a confirmatory molecular test. Serology (antibody testing) cannot be used to rule in or out acute COVID-19.

NYS DOH COVID-19 Guide for School Administrators and Schools Nurses

COVID-19 Screening Flowsheet for Students and Staff

In the past 10 days, has the student or staff been tested for the virus that causes COVID-19, also known as SARS-CoV-2?



Was the test result **positive** OR are they still waiting for the result?



The student or staff **cannot** go to school today.
They must stay in isolation (at home and away from others) until the test results are back and are **negative** OR if **positive**, the local health department has released the individual from isolation.



In the last 14 days, has the student or staff:

- Traveled internationally to a **CDC level 2 or 3 COVID-19 related travel health notice country**; or
- Traveled to a state or territory on the **NYS Travel Advisory List**; or
- Been designated a contact of a person who tested positive for COVID-19 by a local health department?



Students or staff **cannot** go to school today.
They must stay at home until the local health department releases the individual from quarantine (at least 14 days from the date of their return from travel or last exposure). A negative diagnostic COVID-19 test does not change the 14-day quarantine requirement.
School staff are not essential workers and **must** quarantine.



Does the student or staff currently have (or has had in the last 10 days) one or more of these new or worsening symptoms?

- A temperature greater than or equal to 100.0° F (37.8° C)
- Feel feverish or have chills
- Cough
- Loss of taste or smell
- Fatigue/feeling of tiredness
- Sore throat
- Shortness of breath or trouble breathing
- Nausea, vomiting, diarrhea
- Muscle pain or body aches
- Headaches
- Nasal congestion/runny nose



The student or staff **cannot** go to school today.
They should be assessed by their health care provider (HCP). If they do not have an HCP, they should call their local health department. If they do not receive COVID-19 testing, or are not cleared to return to school by their HCP, then they are required to be isolated at home. See next page for more information.



The student or staff CAN go to school today!
Make sure they wear a face covering or face mask, practice social distancing, and wash their hands frequently.

Communicate to your students and staff that they must report absences, symptoms, and positive COVID-19 test results to your school.

CALL 911 IF A STUDENT OR STAFF HAS:

- Trouble breathing or is breathing very quickly
- Change in skin color - becoming pale, patchy and/or blue
- Severe abdominal pain, diarrhea or vomiting
- Racing heart or chest pain
- Lethargy, irritability, or confusion

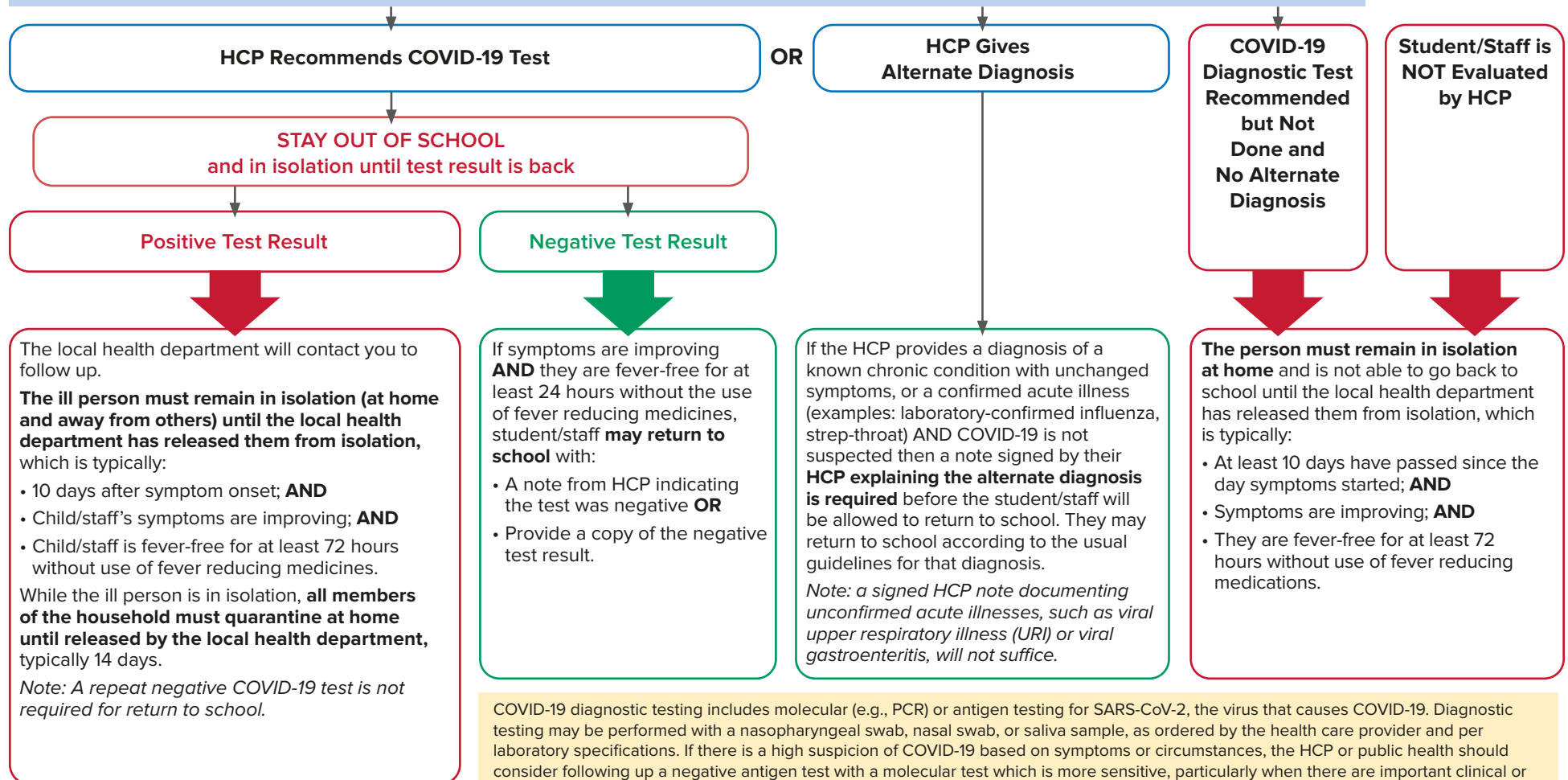
COVID-19 Flowsheet for Student or Staff with COVID-19 Symptoms

Student/staff has symptoms consistent with COVID-19:

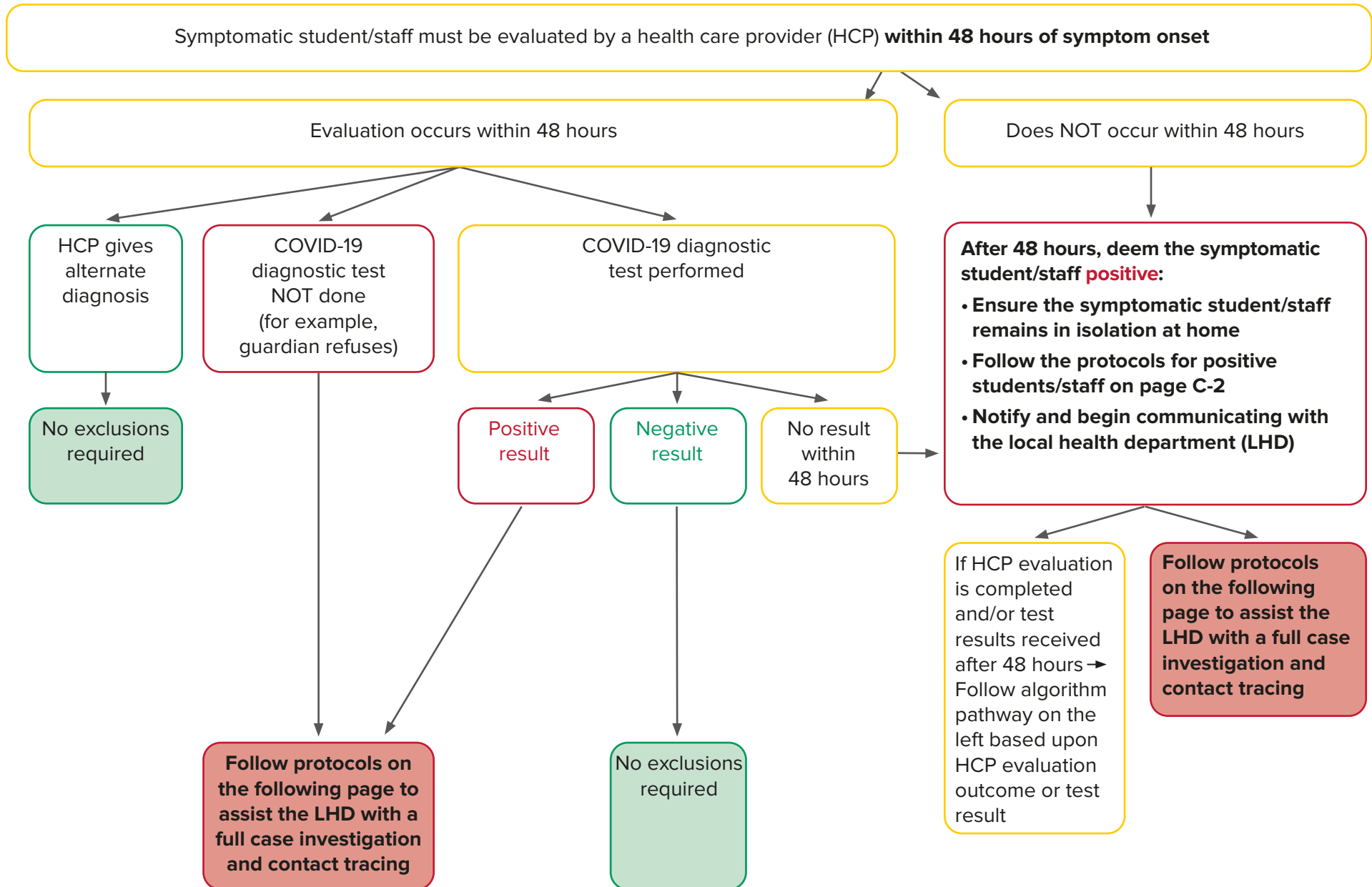
- Student/staff member should keep face mask on.
- Staff members should be sent home immediately.
- Students awaiting transport home by the parent/guardian must be isolated in a room or area separate from others, with a supervising adult present using appropriate personal protective equipment (PPE).
- School administration and the parent/guardian should be notified.

- Provide instructions that the individual must be seen by an HCP for evaluation and have COVID-19 testing (unless determined not necessary by HCP). If they do not have an HCP they should call their local health department.
- Schools should provide a list of local COVID-19 testing locations.
- Clean and disinfect area where the student/staff member was located.

HEALTHCARE PROVIDER (HCP) EVALUATION FOR COVID-19 (can be in-person or by video/telephone as determined by HCP)



COVID-19 exclusion protocol for contacts of symptomatic students and staff



COVID-19 School and Local Health Department Coordination for Contact Tracing

Notify the local health department (LHD):

- Immediately upon learning of a positive case
- 48 hours after symptom onset in a staff member or student if no HCP evaluation or test result has been received. The LHD will collaborate with the school for contact tracing and to identify contacts.

Provide the LHD with contact information of school personnel who will assist in the LHD's contact investigation. Include the names and phone numbers of at least two points of contact, as appropriate, such as:

- School Principal
- Administrative Support Person
- Principal Designee

THEN

Move forward with preestablished communication plan in consultation with LHD (e.g., notifying the school community of confirmed case(s), as appropriate).

Begin to identify contacts of the case to provide to the LHD.

Provide the LHD with a list of people who are possible contacts of the case including:

- Contact's full name
- Parent(s)/Guardian(s) full name(s)
- Phone number(s)
- Home address
- Nature of contact (e.g., persons in same classroom, bus, etc.)
- Student, teacher, or type of staff member

Contacts will include students/staff who had exposure to the individual suspected or confirmed to have COVID-19 beginning two days before their symptom onset (or if the case was asymptomatic, two days before the date they were tested) until the case is excluded from the school and in isolation. Schools and LHDs should work together to ensure any before, after, or other daycare; transportation; extracurricular; and other non-school setting contacts are identified and notified of their exposure risk.

THEN

The LHD will determine which students/staff should be quarantined and excluded from school in addition to any other close contacts, such as social or household contacts. Contacts will be quarantined and excluded from school for 14 days from the date of last exposure to the case, advised to monitor for symptoms, and recommended to get a diagnostic COVID-19 test at least 3 days after their last date of exposure. The local health department will initiate isolation and quarantine orders.

When to welcome back affected students/staff:

The LHD will determine when students and staff are released from isolation or quarantine and can return to school.

The LHD should communicate to the school a release from isolation or quarantine in order for the student/staff to be welcomed back to the school.

COVID-19 Testing Next Steps

You are being tested for a virus that causes COVID-19. If you have symptoms of the disease, or if you have been in contact with someone who is infected, you will be asked to stay apart from others. This is also called isolation or quarantine. COVID-19 spreads easily. Staying apart helps stop the disease from spreading.

Symptoms Include:

Fever, cough, difficulty breathing



Other symptoms may include: Chills, muscle aches, headache, sore throat, abdominal pain, vomiting, diarrhea, runny nose, fatigue, wheezing, or new loss of taste or smell.

You Should Be Isolated If:

- You have symptoms and think you may have been infected with the virus.

You Should Be Quarantined If:

- You have been in close contact with someone known to have COVID-19, even if you don't have symptoms. Close contact means sharing the same household, direct physical contact, or being within six feet for more than 10 minutes.

See back for more information.

If You are an Essential Worker:

You can **ONLY** return to work while you wait for your test results if:

- You have your employer's permission to do so.
- You **DO NOT** have symptoms.
- And **you have NOT had contact with a person known to have COVID-19.**

In addition, you must continue to:

- Practice social distancing (stay more than 6 feet from others).
- Use appropriate personal protective equipment (PPE).
- Wear a mask when less than 6 feet away from others in public.
- Take your temperature and monitor your symptoms daily.



Department
of Health

www.coronavirus.health.ny.gov

How to Isolate or Quarantine:



Stay home, except to visit a doctor.



If you must see a doctor, call ahead and avoid using public transport such as subways, buses, taxis.



Don't have visitors.



Separate yourself in a room that is not shared with others. Stay at least 6 feet away from others **at all times**.



Use a separate bathroom, if possible, and disinfect after each use.



Arrange for food, medicine, and other supplies to be left at your door.



Cover your coughs and sneezes. Throw away used tissues. Bag your trash and leave outside your door.



Don't touch pets.



Arrange for others to care for your children, if possible.



Wear a face mask if you must be around others.



Wash your hands often with soap and water for 20 seconds each time, or if unavailable, use hand sanitizer with at least 60% alcohol.

Test Results

You will be contacted with your results.

If you test positive on a diagnostic test

for the virus, you must continue isolation.

You will get a call from a public health representative to identify any contacts you have had.

If you test negative, but you have been in close contact with a person known to have been infected, you must still continue quarantine until 14 days have passed from your last contact with a person known to have COVID-19. Even though you may feel well now, you are at risk of getting the disease and you may get sick. It can take up to 14 days to get the disease.

Your local health department can help you determine when it is safe to stop isolation or quarantine. Find them at

www.nysacho.org/directory

Learn more at coronavirus.health.ny.gov

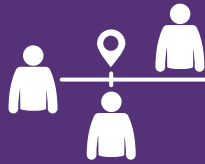
Support and Job Assistance

Any New Yorker under a mandatory or precautionary order to stay home may be eligible for job-protected sick leave and compensation. Learn more at

<https://coronavirus.health.ny.gov/protecting-public-health-all-new-yorkers#employee>

If you need help caring for yourself or your children while in isolation or quarantine, call your local health department. Find them at www.nysacho.org/directory

Stay apart now. Be together later.



You're a part of the solution...
now answer the phone!



You've stayed home!



You're wearing masks!



Now, answer the phone!

As we battle coronavirus together, tracing exposures to COVID is important to stop the spread.

The NYS Contact Tracing Program works with confirmed positive COVID-19 people to determine who they have been in contact with. Trained specialists reach out to those contacts about possible exposure. If you have been identified as a contact you will get a call from **“NYS Contact Tracing”** (518-387-9993).

Because the disease can be transmitted without symptoms, notifying people about a possible exposure is critical to stop the spread.

So, if you get a call from **“NYS Contact Tracing”** (518-387-9993) please answer. It is confidential and private.

Please Answer the Phone
so we can keep NY moving forward
and stop the spread of COVID-19.

health.ny.gov/coronavirus

In August, 55 people
attended a wedding
in Maine. One guest
had COVID-19.



The virus spread
to 175 other people.



7 people died.
None of them had
attended the wedding.



COVID-19 SPREADS EASILY.

Avoid groups.

Stay at least 6 ft apart.

Wear a mask.

Source: CDC

Image of the Day: A story of community spread from a wedding in Maine reminds us how dangerous gatherings can be.



Department of Health

ANDREW M. CUOMO
Governor

HOWARD A. ZUCKER, M.D., J.D.
Commissioner

LISA J. PINO, M.A., J.D.
Executive Deputy Commissioner

DATE: November 3, 2020

FROM: Office of the Commissioner

Interim Guidance for Quarantine Restrictions on Travelers Arriving in New York State Following Out of State Travel

This updates the previously issued October 8, 2020 guidance for *Interim Guidance for Quarantine Restrictions on Travelers Arriving in New York State Following Out of State Travel*. Updates include:

- New testing and quarantine criteria for travelers to New York from non-contiguous states and other countries

Purpose

In response to increased rates of COVID-19 transmission in certain states and countries, and to protect New York's successful containment of COVID-19, New York State has issued a travel advisory for anyone coming to New York after travel to states that are not contiguous to New York, or after travel to any CDC Level 2 or Level 3 Travel Health Notice country.

Background

Under Governor Andrew M. Cuomo's leadership, New York State has successfully slowed the transmission of COVID-19 to a rate that is unprecedented within the country. New York contracted COVID-19 from Europe, with over 2.2 million travelers coming in between the end of January and March 16, 2020, when the federal government finally implemented a full European travel ban. During that period of time, 2.2 million travelers landed in the New York metropolitan area and entered our communities. This, combined with the density and crowding of our population, caused New York to have the highest infection rate in the country.

After more than 8 months of strict adherence to data-driven, evidence-based protocols, including required social distancing and mandatory face coverings, and after the closure of our economy, New Yorkers have successfully reduced the spread of COVID-19 to one of the lowest rates in the nation. Other states and nations have taken a more haphazard, less data-driven, less cautious approach, and are now experiencing a rapidly increasing rate of transmission of this deadly virus. Any non-essential travel continues to be strongly discouraged.

Quarantine Criteria for Travel

All travelers entering New York from a state that is not a contiguous state, or from a CDC Level 2 or 3 Travel Health Notice country, shall quarantine for a period of 14 days, consistent with Department of Health regulations for quarantine, **unless**:

1. For travelers who traveled outside of New York for more than 24 hours, such travelers must obtain testing within 72 hours prior to arrival in New York, AND
2. Such travelers must, upon arrival in New York, quarantine according to Department of Health guidelines, for a minimum of three days, measured from time of arrival, and on day 4 may seek a diagnostic test to exit quarantine.

For travelers that meet the criteria above, the traveler may exit quarantine upon receipt of the second negative test result.

Contiguous states are Pennsylvania, New Jersey, Connecticut, Massachusetts and Vermont. Travelers from these states are not subject to this guidance.

Travelers who leave New York State for less than 24 hours do not need to obtain a diagnostic test before departing and do not need to quarantine upon return. However, such travelers must fill out the traveler form upon entry and must obtain a diagnostic test on the fourth day after arrival in New York.

Guidance for Travel

All individuals coming into New York from either a non-contiguous state or US territory, or any CDC Level 2 or Level 3 Health Notice country, whether or not such person is a New York resident, are required to complete the traveler health form upon entering New York. Significant penalties will be imposed on any individual who fails to complete the traveler health form.

The travel advisory issued pursuant to Executive Order 205.2, requires all New Yorkers, as well as those visiting from out of state and out of country, to comply with the advisory in the best interest of public health and safety. However, the Department of Health retains the ability to enforce quarantine requirements and impose significant penalties for non-compliance, as such non-compliance can result in significant harm to public health. Primary enforcement is carried out through local departments of health. To file a report of an individual failing to adhere to the quarantine pursuant to the travel advisory, please call 1-833-789-0470 or visit this website: <https://mylicense.custhelp.com/app/ask>. Individuals may also contact their local department of health.

Quarantine Requirements

If you are coming to New York from travel to a non-contiguous state or designated country, and if such travel was for longer than 24 hours outlined above, you are required to quarantine pursuant to the below requirements until you test out or for the full 14 days, unless you are an essential worker traveling from a non-contiguous state, as identified below. The [requirements to safely quarantine](#) include:

- The individual must not be in public or otherwise leave the quarters that they have identified as suitable for their quarantine.
- The individual must be situated in separate quarters with a separate bathroom facility for each individual or family group. Access to a sink with soap, water, and paper towels is necessary. Cleaning supplies (e.g. household cleaning wipes, bleach) must be provided in any shared bathroom.
- The individual must have a way to self-quarantine from household members as soon as

fever or other symptoms develop, in a separate room(s) with a separate door. Given that an exposed person might become ill while sleeping, the exposed person must sleep in a separate bedroom from household members.

- Food must be delivered to the person's quarters.
- Quarters must have a supply of face masks for individuals to put on if they become symptomatic.
- Garbage must be bagged and left outside for routine pick up. Special handling is not required.
- A system for temperature and symptom monitoring must be implemented to provide assessment in-place for the quarantined persons in their separate quarters.
- Nearby medical facilities must be notified, if the individual begins to experience more than mild symptoms and may require medical assistance.
- The quarters must be secure against unauthorized access.

Travel Advisory Exceptions for First Responders and Essential Workers

Exceptions to the travel advisory are permitted for essential workers traveling from a non-contiguous state or Level 2 or Level 3 country and are limited based on the duration of time in New York.

Short Term – for first responders and essential workers traveling to New York State for a period of less than 12 hours.

- This includes instances such as an essential worker passing through New York, delivering goods, awaiting flight layovers, and other short duration activities.
- Essential workers must stay in their vehicle and/or limit personal exposure by avoiding public spaces as much as possible.
- Essential workers must monitor temperature and signs of symptoms, wear a face covering when in public, maintain social distance, and clean and disinfect workspaces.
- Essential workers are required, to the extent possible, to avoid extended periods in public, contact with strangers, and large congregate settings.

Medium Term – for first responders and essential workers traveling to New York State for a period of less than 36 hours, requiring them to stay overnight.

- This includes instances such as an essential worker delivering multiple goods in New York, awaiting longer flight layover, and other medium duration activities.
- Essential workers must monitor temperature and signs of symptoms, wear a face covering when in public, maintain social distance, and clean and disinfect workspaces.
- Essential workers are required, to the extent possible, to avoid extended periods in public, contact with strangers, and large congregate settings.

Long Term – for first responders and essential workers traveling to New York State for a period of greater than 36 hours, requiring them to stay several days.

- This includes instances such as an essential worker working on longer projects, fulfilling extended employment obligations, and other longer duration activities.
- Essential workers must seek diagnostic testing for COVID-19 on day 4 after arriving.

First responders and essential workers and their employers are expected to comply with

previously issued DOH [guidance](#) regarding return to work after a suspected or confirmed case of COVID-19 or after the employee had close or proximate contact with a person with COVID-19. Additionally, this guidance may be superseded by more specific industry guidance for a particular industry (e.g., for nursing home and adult care facility staff, a negative PCR test result is required before returning to work). Teachers, school employees, and [child care workers](#) must quarantine for a minimum of 3 days after returning to New York from a designated state or country due to the nature of education and child care services and the risk and difficulty of adherence to the guidelines that govern such exemptions, and must be tested on day 4 after arriving, pursuant to EO 205.2. Although such workers are essential, the travel advisory exemption for essential workers does not apply to teachers, school employees, or child care workers, due to the sensitivity of these congregate settings.

Consult with your employer regarding whether there is any applicable industry-specific guidance that may apply to you.

Please consult the DOH [website](#) and resources for additional details and information regarding isolation procedures for when a person under quarantine is diagnosed with COVID-19 or develops symptoms.

For reference, except as stated above, an “essential worker” is (1) any individual employed by an entity included on the Empire State Development (ESD) [Essential Business list](#); or (2) any individual who meets the COVID-19 testing criteria, pursuant to their status as either an individual who is employed as a health care worker, first responder, or in any position within a nursing home, long-term care facility, or other congregate care setting, or an individual who is employed as an essential employee who directly interacts with the public while working, pursuant to DOH [Protocol for COVID-19 Testing, issued May 31, 2020](#), or (3) any other worker deemed such by the Commissioner of Health.

Medical Appointments or Procedures

If you have a health care procedure or appointment scheduled in New York that cannot be postponed, you (and your support person/companion) may travel to the extent necessary to maintain that appointment but must otherwise remain quarantined. For further information, see the Department’s [guidance](#) on this topic.

Additional Questions and Answers

How will my quarantine be enforced?

The NYS Department of Health expects all travelers to comply and protect public health by adhering to the quarantine. However, the NYS Department of Health and the local health departments reserve the right to issue a mandatory quarantine order, if needed. Pursuant to Executive Orders 205.1 and 205.2, anyone who violates a quarantine order may be subject to a civil penalty of up to \$10,000, or imprisonment up to 15 days per PHL 229.

If I am not an essential worker, can I travel to a non-contiguous for vacation or to see family?

Non-essential travel is strongly discouraged. Upon your return from any travel to a non-contiguous state, you will be required to quarantine when you enter New York, pursuant to the criteria above. In addition, pursuant to Executive Order 202.45, as extended, any New York State resident who voluntarily travels to a non-contiguous state for travel that was not taken as part of the person’s employment or at the

direction of the person's employer, will not be eligible benefits under New York's COVID-19 paid sick leave law.

Additional Travel Advisory Exemptions:

The Commissioner of Health may additionally grant an exemption to the travel advisory based upon extraordinary circumstances, which do not warrant quarantine, but may be subject to the terms and conditions applied to essential workers or terms and conditions otherwise imposed by the Commissioner in the interest of public health. Exemption requests should be sent to TravelAdvisoryExemption@health.ny.gov.

Resources

Travel restrictions will help to contain the rates of COVID-19 transmission in New York State and will work to protect others from serious illness. All New Yorkers must take these travel directives seriously. Your cooperation is greatly appreciated. For further information, please visit:

- [DOH COVID-19 Website](#)
- [NYS Local Health Department Directory](#)
- [Centers for Disease Control and Prevention \(CDC\) COVID-19 Website](#)
- [World Health Organization \(WHO\) COVID-19 Website](#)