

**Kapil Longani**  
Counsel to the Mayor

**Alexis Blane**  
Principal Deputy Counsel

**Bess Chiu**  
Chief of Staff

**Katherine Cocklin**  
Deputy Counsel

## CHECKPOINT FAQ

### **Why has New York City enacted random checkpoints?**

These checkpoints are an educational tool designed to ensure travelers understand and comply with New York State's travel restrictions.

Through enormous sacrifice and perseverance, New York City has reduced COVID-19 transmission and positive test rates to among the lowest in the country. We cannot afford to let our guard down now.

### **What are New York City's travel restrictions?**

New York State law requires anyone entering New York State who has spent more than 24 hours in any state on [New York's Restricted State List](#) to:

1. Register by [completing the New York State Traveler Health Form](#).
2. Quarantine (remain in your home or the place you are staying except for emergencies, to seek medical care, or to leave the State) upon arrival for 14 days from the last day of travel within a state on the restricted list.
3. Essential workers coming to work in New York from a restricted state must follow the [guidance](#) of the State Department of Health.

### **Who is subject to New York City's travel restrictions?**

Any individual who has spent more than 24 hours in any state on [New York's Restricted State List](#) in the last 14 days. This includes New Yorkers who have traveled to other states, as well as people visiting New York.

### **Where can I find out if a state I traveled to is on the New York Restricted State List?**

Visit: [New York's Restricted State List](#).

### **I am a New York City resident. Do I have to complete the New York State Traveler Health Form and quarantine for 14 days?**

Yes, you are required to fill out the form if you are entering New York from a state on the Restricted State List, and you traveled to any state on New York's Restricted State List and spent more than 24 hours in that state. Essential workers must follow the [guidance](#) of the State Department of Health.

### **What will happen at the checkpoints?**

1. Individuals will be asked whether they have spent more than 24 hours in any State on [New York's Restricted State List](#) in the last 14 days.
2. If yes, the individual will be required to complete a New York State Traveler Health Form. The form is available [online](#) and can be filled out at the earliest, one day before arrival in New York City, or at the checkpoint.

**How long will I be stopped?**

Just a couple of minutes. The registration form takes less than 5 minutes to complete. You can avoid that delay by filling out the form [online](#) at the earliest, one day before your arrival in New York City.

**Who is conducting the checkpoints?**

The New York City Sheriff in coordination with other law enforcement agencies.

**What proof can I show that I completed the New York State Traveler Health Form?**

You should take a screenshot of the confirmation page once you have completed the form. As a reminder, the form must be completed at the earliest, one day before your arrival in New York City.

**What if I am only passing through New York City and not stopping?**

You are still required to complete the New York State Traveler Form if you spent more than 24 hours in any state on New York's Restricted State List in the last 14 days.

**What happens if I do not comply with State law and fail to register and/or quarantine?**

We know that everyone will cooperate in the interest of public health and slowing the spread of COVID-19. However, for truly exceptional cases of noncompliance, pursuant to State law, individuals may be subject to significant fines.

**What happens if I refuse to complete the Traveler Health Form?**

New Yorkers have made enormous sacrifices to contain the spread of this virus, and we expect them to cooperate. All travelers will be provided every opportunity to complete the form. Only in truly extreme circumstances would individuals receive a fine.

**What, if any, identification will I be asked to show?**

These stops will be quick and educational. At most, travelers may be asked to show documents necessary to drive a car under New York State law (like a car registration).

**Will immigration status be asked/registered?**

No.

**Will the person who pulls me over speak my language?**

Language interpretation services will be available at the checkpoint.

**Where will the checkpoints be?**

The Sheriff will be posting checkpoint locations daily on Twitter: [@NYCSHERIFF](#).

**What are some helpful resources?**

[FAQs Re: Quarantine Restrictions on Travelers Arriving in NYS Following Out of State Travel](#)

[NYS COVID-19 Travel Advisory](#)

[Quarantine Restrictions on Travelers Arriving in New York State Following Out of State Travel](#)