

## TRAVEL RESTRICTIONS FAQ

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### Who is covered by New York's [travel restrictions](#)?

Anyone traveling into New York from another state—except New Jersey, Connecticut, Pennsylvania, Massachusetts, or Vermont —or country. This includes New Yorkers who have travelled to other states or countries, as well as people visiting New York.

### What must arriving travelers do?

Anyone entering New York who has spent more than 24 hours in any state, country, or territory except for New Jersey, Connecticut, Pennsylvania, Massachusetts, and Vermont must [complete the New York State Traveler Health Form](#).

All travelers **must also monitor their symptoms daily for 14 days** after their arrival in New York. If you develop symptoms of COVID-19, you must immediately self-isolate and contact your healthcare provider or call NYC's COVID-19 hotline for assistance, 212-COVID19 (or 212-268-4319).

In addition to [completing the New York State Traveler Health Form](#), it is recommended that all arriving international travelers (including those who are fully vaccinated) and unvaccinated domestic travelers take a COVID-19 test 3-5 days after their arrival.

### What must arriving international travelers do?

In addition to [completing the New York State Traveler Health Form](#), international travelers must comply with [CDC guidelines](#) by providing proof of either a negative test, which must have been taken no more than three days prior to boarding the flight, or recovery from COVID-19 within the past three months. The CDC recommends **delaying** international travel until fully vaccinated.

### Are there any exceptions?

Yes, unvaccinated healthcare workers are subject to additional [guidance](#).

### Helpful Resources:

- [New York State Interim Travel Guidance \(4/10/2021\)](#)
- [CDC International Travel Guidance](#)
- [CDC Requirement for Proof of Negative COVID-19 Test or Recovery from COVID-19 for All Air Passengers Arriving in the United States](#)