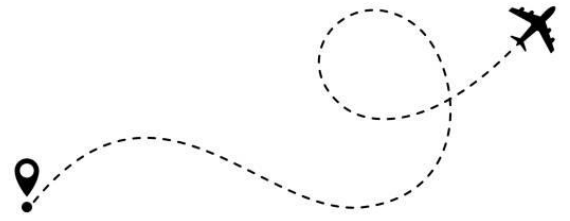# TRAVEL HEALTH

You may have been exposed to COVID-19 on your travels. You may feel well and not have any symptoms, but you can still spread the virus to others. You and your travel companions (including children) may pose a risk to your family, friends, and community after your travel. Make a plan to get tested with a viral test 3–5 days after your trip and reduce non-essential activities for a full 7 days after travel, even if your test is negative. If you don't get tested, reduce non-essential activities for 10 days. Also take these actions for 14 days after you return from travel to protect others from getting COVID-19:

- Stay at least 6 feet away from anyone who did not travel with you
- Wear a mask when you are in shared spaces outside of your home
- Wash your hands often or use hand sanitizer with at least 60% alcohol
- Avoid being around people who are at increased risk for severe illness

Please check your local state guidelines for updated information in regards to travel:

New York: https://coronavirus.health.ny.gov/covid-19-travel-advisory

New Jersey: https://covid19.nj.gov/faqs/nj-information/travel-and-transportation/are-there-travel-restrictions-to-or-from-new-jersey

Connecticut: https://portal.ct.gov/Coronavirus/travel

Pennsylvania: https://www.health.pa.gov/topics/disease/coronavirus/Pages/Travelers.aspx

The travel guidelines require all New Yorkers, as well as those visiting from out-of-state, to take personal responsibility for compliance in the best interest of public health and safety.
For general inquires contact the call the Hotline: 1-888-364-3065

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