



January 6, 2021

On December 26, the New York State Department of Health issued a new advisory memo with revised COVID-19 exposure quarantine guidelines to better align with the new guidance issued by the CDC on December 2. This is a link to the official NYS DOH memo:

<https://coronavirus.health.ny.gov/system/files/documents/2020/12/covid19-health-advisory-updated-quarantine-guidance-12.26.20.pdf>

In accordance with the new guidance, **individuals who have been quarantined due to exposure or possible exposure and have NO SYMPTOMS:**

- may end their quarantine period after day 10 if they have remained symptom-free,
- have no testing requirement if they have been symptom-free for the duration of their quarantine, and
- must continue to monitor symptoms for the full 14 days after exposure. If symptoms develop, they must immediately self-isolate and contact the DOH or their doctor.

This guidance also applies to people who travel outside of NY and contiguous states (CT, MA, PA, VT, and NJ) who do not complete the testing requirements. Use this link for more information:

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

Please also note that the FFCRA is not being continued, so there are no paid or partially paid leave options for individuals who are required to quarantine due to travel. **Please contact Human Resources for more information if you plan to travel outside of NY, MA, PA, VT, or NJ.**

As a reminder, the guidelines for how to quarantine can be found here:

https://coronavirus.health.ny.gov/system/files/documents/2020/03/quarantine_guidance_0.pdf

Thank you.