NEW: Guidelines for NYS 14-day Traveler Quarantine

In response to the ongoing COVID-19 public health emergency and the risk posed by a resurgence of COVID-19, Governor Cuomo has issued a travel advisory requiring all travelers coming from states with significant rates of transmission of COVID-19 to quarantine for a 14-day period from the time of their last contact within such designated state(s). All students coming from one of the high-risk states or territories listed on the New York State website will need to self-quarantine for 14 days after entering New York State. (46) For a list of states that meet the criteria for required quarantine, visit https://ny.gov/states.

The mandatory quarantine does not apply to those who have had a brief passage in a quarantined state. Examples of such brief passage include but are not limited to: stopping at rest stops for vehicles, buses, and/or trains; or lay-overs for air travel, bus travel, or train travel. (46)

The travel advisory requires all New Yorkers, as well as those visiting from out of state, to take personal responsibility for complying with the advisory in the best interest of public health and safety. (46)

Travel Advisory Exemptions

Exceptions to the travel advisory are permitted for essential workers and are limited based on the duration of time in designated states, as well as the intended duration of time in New York. For information on Travel Advisory Exemptions and Frequently Asked Questions, visit https://ny.gov/states.

Quarantine Requirements

All students who are travelling from a state listed as high-risk will need to quarantine for 14 days. Non-residential students who have traveled from a high-risk state should quarantine at home.

The following requirements apply to CUNY’s residential students who have traveled from a high-risk state. For the purposes of this guidance, students who share the same residence (i.e. dormitory suite) should be considered members of the same household or family group. (41)

The requirements to safely quarantine include (46):

- The student must not be in public or otherwise leave the quarters that they have identified as suitable for their quarantine. (46)
- The student must be situated in separate quarters with their own bedroom and with a separate bathroom facility for each student or family group. Since students who share dorm “suites” are considered part of the same family group, they can share a bathroom (unless or until one becomes symptomatic). Access to a sink with soap, water, and paper towels is necessary. Cleaning supplies, e.g. household cleaning wipes, must be provided in any shared bathroom. (46)
- Students must have a way to self-quarantine from household members immediately if fever or other symptoms develop, in a separate room. There must be a door that separates it from the rest of the living area and has its own bathroom. Given that an exposed individual might become ill while sleeping, the exposed individual must sleep in a separate bedroom from household members. (46)
• If a student sharing a bathroom becomes symptomatic, all others sharing the bathroom will be considered exposed persons until the symptomatic person is appropriately evaluated and cleared. (46)
  o Per New York State’s Department of Health, roommates are considered family members and thus can share a bathroom while quarantining. However, if one roommate tests positive or develops symptoms, they both must be isolated in separate rooms with separate bathrooms, either in a hotel or dorm room.
• Food must be delivered to the person’s quarters. (46)
  o Students should be provided with three meals a day with options for grab and go snacks that meet their dietary restrictions.
• Quarters must have a supply of face masks for individuals to put on if they become symptomatic. (46)
• Garbage must be bagged and left outside for routine pick up. Special handling is not required. (46)
• A system for temperature and symptom monitoring (e.g., daily checks, screenings, phone calls) must be implemented to provide assessment in-place for the quarantined persons in their separate quarters. (46)
• In addition to ensuring that shelter requirements are met, individuals may also need help with addressing social, medical, mental health and economic needs.
• Nearby medical facilities must be notified, if the individual begins to experience more than mild symptoms and may require medical assistance. (46)
• The quarters must be secure against unauthorized access. (46)
• Students with pre-existing conditions must not be placed, paired with or housed in situations that put them in harm’s way. Schools will implement reasonable accommodation procedures as identified in the overall Reopening Guidelines.
• Upon arrival at campus, all students will be asked to sign a contract as part of their on-boarding attesting that they will comply with the requirements for quarantine as laid out in these guidelines. In past situations where isolation and/or quarantine has been recommended (e.g. Ebola virus disease, severe acute respiratory syndrome), having a written agreement with the contact to adhere to NYSDOH/CDC recommendations for quarantine emphasizes the seriousness of the situation and helps to increase compliance. (47)
• Students cannot leave campus residences or go to work during the two-week quarantine period. The objective of the 14-day self-quarantine for students in residential housing is to create a potential area of protection in a place where control measures such as social distancing and universal masking are not always possible. Limiting potential outside exposure to COVID protects everyone in the residential community. (48)
• The campus residence hall reopening plan should discourage residential students from traveling to a state on the restricted list after the semester begins.

Approach: The campus residence hall reopening plan should include a quantitative assessment of potential students obligated to be quarantined so that an adequate number of rooms may be identified and prepared. The plan should consider establishing a review process to consider extraordinary circumstances and a list of alternative quarantine approaches in case the residence hall cannot accommodate the number of students returning from a state on the restricted list.
Some possible approaches include:

- Have students coming from high-risk states arrive two weeks in advance of all other dorm students (and at least two weeks before classes restart) to ensure sufficient single rooms/single baths for those that become ill and will need to isolate; deep clean all spaces after the two-week period.
- If all students are to arrive at the same time, assign students arriving from states required to quarantine with roommates who are also required to quarantine.
- Work with hotels in the area to provide rooms for students from affected States that need to isolate for 14 days if they become sick; contact the NYC Health + Hospitals’ Take Care Hotel Program page about residency at one of the City’s free hotels identified for quarantine purposes.
- Postpone the move-in of those from affected states until the state is removed from the travel advisory list.
- Have students self-quarantine for 14 days anywhere in New York State or other states that are not on the impacted list. Upon arrival to campus, these students would be required to show proof of completion of the 14-day self-quarantine and attest in writing to having resided in a non-impacted state for at least the last 14 days. (This approach is proposed by Stony Brook due to a lack of space in one of their dorm buildings.)

References

47. NYS DOH: “Interim Containment Guidance: Precautionary Quarantine, Mandatory Quarantine and Mandatory Isolation Applicable to all Local Health Departments (LHD)” April 2020.