

# Update – Testing Out of New York State Quarantine

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November 3, 2020

Those traveling to the State of New York and have spent more than 24 hours in one of the [designated states with significant COVID-19 case volumes](#) may now be able to “test out” of state’s mandatory 14-day quarantine requirement. **It is unclear whether this quarantine exemption will be extended to those traveling from Canada.**

Based on the recent announcement of New York State Governor Andrew M. Cuomo, as of Wednesday, November 4, 2020, certain travelers who would normally be required to quarantine upon arrival to New York may be able reduce their mandatory quarantine to three (3) days. Additional exemptions apply to essential workers.

## **To qualify for this quarantine exemption, the following is required:**

- Travelers must obtain a test within three days of departure from one of the [designated states](#);
- The traveler must, upon arrival in New York, quarantine for three days;
- On day four of their quarantine, the traveler must obtain another COVID test; and
- If both tests come back negative, the traveler may exit quarantine early upon receipt of the second negative diagnostic test.

**For more information on the New York State quarantine requirements, please see [our previous blog](#).**

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