



The Novel Coronavirus Disease 2019 (COVID-19) Frequently Asked Questions About Monitoring and Movement Restrictions February 17, 2020

This is a rapidly changing situation.

Please regularly check [the NYSDOH's 2019 Novel \(New\) Coronavirus webpage](#) and the [U.S. Centers for Disease Control and Prevention's \(CDC's\) 2019 Novel Coronavirus](#) and [the CDC's Frequently Asked Questions and Answers](#) webpages for updates.

My family member is traveling to the U.S. from China? Will they be allowed to enter the U.S.?

Information on international travel from China, including information on the Presidential Proclamation on Suspension of Entry to the United States, can be found at: <https://china.usembassy-china.org.cn/travel-alert-level-4-do-not-travel-to-china/>

Are people entering the US from China being quarantined?

Travelers who have been in China in the past 14 days, including United States citizens or residents and [others who are allowed to enter the US](#), will be required to enter the US through specific airports. On arrival to the US, travelers from China will undergo a health screening. Travelers with symptoms of illness (fever, cough, or difficulty breathing) will have an additional health assessment and medical care in a healthcare setting, as appropriate. Those who are symptom free will be asked to participate in monitoring and movement restrictions until 14 days after they left China. Movement restrictions include avoiding public places to ensure the safety of the public. Some people, including all individuals with travel to Hubei Province in the prior 14 days, will have more strict movement restrictions and limitations of their contact with others until the 14-day period has ended. Public health officials will be working with individuals on movement restrictions to ensure that they are appropriately housed and receive health care should they become ill.

Why are some people entering the US from China under quarantine while others are self-isolating?

Some travelers, including all individuals with travel to Hubei Province in the prior 14 days, will have more strict movement restrictions and limitations of their contact with others until the 14-day period has ended, also known as a voluntary or mandatory quarantine. Travelers from the rest of mainland China in the prior 14 days will be self-isolating, restricting their movements while under public health monitoring. Movement restrictions include avoiding public places to ensure the safety of the public.

Public health officials will be working with individuals under quarantine and on movement restrictions to ensure that they are appropriately housed and receive health care should they become ill.

Why are people entering the US from China being asked to restrict their movements?

The goal of movement restrictions is to prevent the spread of disease or slow disease transmission. People who had travelled to China in the last 14 days may have been exposed to COVID-19. Requiring these travelers to remain at home under movement restrictions will help stop the spread of COVID-19 to the community if they become sick.

I recently returned from China and I was asked to limit my movements and stay at home. What are the conditions of these movement restrictions?

Your Local Health Department will ensure that you are appropriately housed during your time period with movement restrictions. They will also provide you with more detailed information on movement restrictions as well as information on what to do if you become ill. If you have specific questions about your movement restrictions, contact your Local Health Department. Contact information for your Local Health Department can be found at: www.health.ny.gov/contact/contact_information/

I recently returned from China and am currently being monitored by my Local Health Department and I am now feeling sick. What should I do?

Some individuals who have traveled from China within the last 14 days are being monitored daily for symptoms by their Local Health Department. If you are being monitored by your Local Health Department and start feeling sick, you should:

- Call 911, if you are experiencing a life-threatening medical emergency. It is important to mention your travel history to China when you speak with the operator.
- Contact your Local Health Department. Your Local Health Department can work with you on obtaining health care.
- Before** you go to a doctor's office or emergency room, it is very important that you call ahead and tell them about your recent travel to China and your symptoms.
- Wear a facemask.
- Avoid contact with others.
- Do not travel further while sick.
- Cover your mouth and nose with a tissue (not your hands) when coughing or sneezing. Throw the tissue in a lined trash can and wash your hands.
- Wash hands often with soap and water for at least 20 seconds. (Need a timer? Hum the "Happy Birthday" song twice from beginning to end.) Use an alcohol-based hand sanitizer if soap and water are not available.

My family member is currently on movement restrictions in my household. I did not travel to China and am not being quarantined or limited in my movements. Can I go to work/school?

There is no medical or public health reason why household members (including children), who themselves did not travel to China, cannot continue to attend school or work when they are a close contact of persons without signs of illness who are under quarantine or restricted movements. These persons have not been exposed to COVID-19 and are not at risk of developing COVID-19 as long as they remain unexposed and the person under quarantine or restricted movement remains in a

separate area of the household and without symptoms. If the person under quarantine or restricted movements in the household starts to feel sick, it is very important that they notify their Local Health Department immediately. If the person under quarantine or restricted movements becomes sick, movement restrictions may be placed on household members at the discretion of public health authorities.

A classmate in my child's school arrived from China recently. Should he/she be allowed to go school?

In the early phases of the COVID-19 outbreak, when disease transmission in China was more limited, children returning from China were allowed to return to normal daily activities, including attending school but were provided with guidance on what to do if they became sick. As COVID-19 began spreading more rapidly in China, the Federal government put restrictions into place in early February to limit the movements of people returning from China. Children who are now returning to the US from China and are not sick will be asked to remain at home under monitoring by Local Health Departments and will be not be allowed to attend school for up to 14 days from the time they left China.

A worker in my office arrived from China recently. Should he/she be allowed to go to work?

In the early phases of the COVID-19 outbreak, when disease transmission in China was more limited, people returning from China were allowed to return to normal daily activities, including attending work or school but were provided with guidance on what to do if they became sick. As COVID-19 began spreading more rapidly in China, the Federal government put restrictions into place in early February to limit the movements of people returning from China. People who are now returning to the US from China and are not sick will be asked to remain at home under monitoring by Local Health Departments and will be not be allowed to go to public workplaces for up to 14 days from the time they left China. Some workers may be able to make arrangements with their employers, in consultation with their Local Health Department, such as telecommuting, or other work arrangements where the individual would not be in close contact with other workers or the public.