



## CENTER FOR DISEASE PREVENTION & CONTROL

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**Public Health**  
Prevent. Promote. Protect.

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## Recent Updates to NY State COVID-19 Guidance

Key elements of the New York State COVID-19 guidance were revised on April 1<sup>st</sup>, 2021, and our department has compiled this summary to improve countywide awareness of the most important changes. Please review the below highlights to ensure that your facility understands the revisions and is following the most current guidelines.

### Student Spacing in Schools

- The CDC and NYSDOH have recently determined that it is now *acceptable* for elementary school students to be spaced **3 ft** apart from each other in the classroom (as opposed to the previous **6 ft** distance requirement) to facilitate in-person learning.
- It is important to understand that while the *acceptable* distance for an in-person elementary school setting has changed, the definition for what constitutes a *contact* has not.
- The definition of a COVID-19 contact is still: a person(s) who is within **6 ft** of a COVID-19 case for 10 minutes or more (cumulative in a 24 hr period).
- This means that placing students closer together inside the classroom will necessarily result in more students being placed on quarantine in the event of a COVID-19 exposure.

### Vaccine Status and Isolation/Quarantine Protocols

- Consistent with revised CDC and NYSDOH guidance: persons who are *fully vaccinated* are considered immune to COVID-19 for an *indefinite* period of time.
- *Fully vaccinated* means that a person is at least **15 days** from the completion of a vaccine regimen (at least **15 days** after second dose of a two-dose vaccine regimen or at least **15 days** after first dose of a one-dose regimen).
- If a person who is fully vaccinated is exposed to a COVID-19 case, he or she does not need to quarantine.
  - If an exposure takes place at any time *before* **15 days** from the completion of a vaccine regimen, the person must quarantine for a full **10 days**.
- International travelers must quarantine regardless of vaccination status (see below for details).
- If a person who is fully vaccinated tests positive for COVID-19, he or she is a confirmed case and must isolate for a full 10 days.

### International vs Domestic Travel Quarantine

- As of **April 1<sup>st</sup>, 2021**, domestic travelers no longer need to quarantine upon return to NY State.
- International travelers will still need to quarantine **regardless of vaccination status** for a full **10 days** upon return to NY State except if they satisfy ALL of the following criteria:

- They remain asymptomatic
- They obtain a negative test collected **3 days** prior to arrival to the US, or have proof of recovering from COVID illness in the last 90 days
- They continue to quarantine after arrival and obtain a negative test **3-5 days** after arrival.
- Individuals who satisfy the above criteria may end their quarantine after **7 days**.

The RCDOH values the innovative and collaborative efforts being made to improve the health and wellbeing of all Rockland residents during this pandemic. Assisting in the practical application of the latest guidelines within facilities you operate is greatly appreciated. Please note that this document is subject to change as necessary and will be updated as the situation continues to evolve.