



STUDENT TRAVEL DURING THE COVID-19 PANDEMIC

Dated: July 9, 2021

Supersedes: STUDENT TRAVEL DURING THE 20-21 ACADEMIC YEAR DUE TO THE COVID-19 PANDEMIC dated May 20, 2021

I. PURPOSE:

It is the purpose of this policy to define the New York Medical College and Touro College of Dental Medicine (“College”) student protocol for travel documentation, compliance with New York State Department of Health (“NYSDOH”) regulations for entry from restricted states, compliance with U.S. Centers for Disease Control (“CDC”) guidelines for entry from countries outside the United States, and repercussions in the event of non-compliance during the COVID-19 pandemic.

II. POLICY:

It is the policy of the College that due to the rapidly changing rates of COVID-19 infection in states and countries, students who are not fully vaccinated for COVID-19, must obtain prior approval for ANY travel outside of the tri-state area (Connecticut, New York, New Jersey) from a school’s Travel Coordinator. For international travel, both fully vaccinated and non-vaccinated students must register with the school’s Travel Coordinator. In either circumstance, after registration with the school’s Travel Coordinator, students are required to inform Health Services, at Health_Services@nymc.edu, of travel plans.

For **Domestic Travel and for International Travel**, the requirements for notification to Health Services, quarantine, testing, and what is needed for clearance by Health Services are summarized below.

Domestic Travel			
Vaccination Status	Notify Travel Coordinator Before Travel	Traveler Requirements after entry into NY	Health Services Clearance
Fully vaccinated or documented SARS-CoV-2 infection within 90 Days	No	1. Symptom monitor for 14 days post entry in NY	No clearance is required. No quarantine required.
Non Fully Vaccinated and No History of SARS-CoV-2 infection within 90 Days	Yes	1. Symptom monitor for 14 days 2. COVID-19 PCR Test at Day 3-5 post arrival in New York. Day 5 preferred. Test must be a molecular diagnostic test. 3. Self-quarantine for 7 days if test is negative, or quarantine for 10 days if no test.	Clearance needed. Submit test and Self quarantine log through day 7 or day 10 if not tested

International Travel			
Vaccination Status	Notify Travel Coordinator & Health_Services@nymc.edu Before Travel	Traveler Requirements	Health Services Clearance
Fully vaccinated or SARS-CoV-2 infection within 90 Days	Yes	<ol style="list-style-type: none"> 1. Symptom monitor for 14 days 2. PCR diagnostic test at day 3-5 after arrival in New York. Day 5 preferred. Test must be a molecular diagnostic test 	Student returns to campus upon return from travel. Submit test to Health Services
Non-Fully Vaccinated, No History of SARS-CoV-2 within 90 Days	Yes	<ol style="list-style-type: none"> 1. Symptom monitor for 14 days 2. PCR diagnostic test at day 3-5 after arrival in New York. Day 5 preferred. Test must be a molecular diagnostic test. 3. Self- quarantine for 7 days if test is negative, or quarantine for 10 days if no test 	Clearance needed. Submit test and Self quarantine log through day 7 or day 10 if not tested

Student Travelers who will require self-quarantine must provide the Travel Coordinator with a written plan for self-quarantine post travel.

Any student who is not physically on-campus and requires Health Services clearance in accordance with the table above must also receive approval from the school Travel Coordinator prior to arriving on the College campus for the first-time.

Travel resulting in self-quarantine that is not determined to be Excused Travel by the school’s Travel Coordinator may result in disciplinary action for the student, and absences from academic activities during any applicable travel quarantine will be considered unexcused.

Students who fail to comply with this policy or procedure will be subject to disciplinary action and absences from academic activities during any applicable travel quarantine will be considered unexcused.

For the safety of the campus community, portions of this policy are intentionally stricter than state standards, incorporating both requirements and recommendations.

Any College Dean may waive elements of this policy or procedure for good cause.

The NYMC Student Health Services office is authorized to approve deviations from this policy as appropriate for the health and safety of the College community.

III. DEFINITIONS:

- A. CDC Travel Guidelines: The country-by-country quarantine/restriction guidelines at <https://www.cdc.gov/coronavirus/2019-ncov/travelers/map-and-travel-notice.html>
- B. Excused Travel: Travel that is determined by a Travel Coordinator to be related to life cycle events for immediate family (grandparent, parent, spouse, sibling or child). Any missed academic activities while a student is in travel quarantine due to Excused Travel will be considered excused absences.
- C. Fully Vaccinated: Receipt of a complete series (if more than one dose is indicated for the vaccine), of a vaccine approved for use or by Emergency Use Authorization of the FDA, and at least 2 weeks have passed after the second dose in a 2 dose series, or at least 2 weeks following receipt of one dose of a single dose vaccine.
- D. Recovered: History of laboratory confirmed SARS-CoV-2 infection within the past 90 days.
- E. Restricted States: All US states, outside New York, New Jersey and Connecticut.
- F. Student Travelers: Any College student who has returned to New York following travel within the past 14 days from a Restricted State or from outside the United States.
- G. Travel Coordinators:
 - School of Medicine (SOM): Jonathan Pessolano, Director of Student Affairs
 - School of Health Sciences and Practice (SHSP): Ben Johnson, Vice Dean
 - TCDM: Karen Barile-Longo, Director of Student Affairs
 - Graduate School of Basic Medical Science (GSBMS): Catherine Yankou, Graduate Recruitment and Advisement

IV. BACKGROUND

- A. Due to the rapidly changing rates of COVID-19 infection in states and countries, and the potential for **non vaccinated** travelers to have restrictions on in-person class attendance and participation upon their arrival/return to campus, ANY travel outside of New York, New Jersey or Connecticut must be discussed with the designated school Travel Coordinator prior to the travel, to ensure students have a plan and understand impact of travel on their studies.
- B. Students must follow travel procedures in this policy following ALL travel greater than 24 hours.

- C. The day of entry into New York is considered day “0”. Later dates are based upon that. Anyone developing symptoms of COVID-19 within 14 days of entry into New York must immediately self-isolate and notify Health_Services@nymc.edu.

V. PROCEDURES

A. Procedures and important information when considering travel:

1. **Non vaccinated** students must contact the Travel Coordinator for their school before travel for any travel outside of NY, NJ and CT and all students must contact the travel coordinator for international travel.
2. School Travel Coordinators will help students to understand the impact of travel on their academic progress and will determine if such travel is Excused Travel under this policy and discuss the requirement for a written plan as to how the student will self-quarantine (if indicated) upon return including:
 - i. How the student will obtain food;
 - ii. How the student will prepare food; and
 - iii. How any bathroom used by more than one person will be disinfected between use.
3. Before travel:
 - i. As noted in the the table above, students required to register with Health Services must inform Health Services (email Health_Services@nymc.edu) of the planned travel and date of arrival into New York.
 - ii. Fully vaccinated students must have the vaccination status registered at Health Services; students recovered from SARS-CoV-2 infection within the past 90 days must ensure this information is registered with Health Services.
 - iii. Health Services will send the student the required symptom monitoring log and instructions.
4. Upon return to New York:
 - i. Unvaccinated students returning from domestic travel or international travel and any student returning from international travel must notify the Travel Coordinator and Health Services of the date of arrival into NY, date of departure from the Restricted State or location outside the United States, and the location the student will self-quarantine.

B. Procedures for unvaccinated students subject to travel self-quarantine:

1. Student Travelers must inform NYMC Health Services by email at Health_Services@nymc.edu upon their arrival into New York State.
2. If not already done, Health Services will issue the Student Traveler a symptom monitoring log and letter detailing instructions for self-quarantine. A copy of the letter will be sent to the Travel Coordinator.
3. Student Travelers who must self-quarantine and are not permitted access to campus (other than apartments for residents) or to participate in clinical or other academic activities until Health Services issues a clearance letter.

4. Student Travelers must:
 - a. Obtain a permissible COVID-19 diagnostic test on the 5th day after returning to New York (the date of entry is day 0). This test must be either a COVID-19 PCR molecular test or a COVID-19 rapid molecular test. A COVID-19 antigen test is not acceptable.
 - b. Submit the test result and symptom monitoring log through the appropriate date of required self-quarantine (day 7 or day 10 if not tested) to Health Services (health_services@nymc.edu). Health Services will review the test and log to ensure it meets testing requirements and then forward the review to the applicable Travel Coordinator and issue a clearance letter to the Student Traveler.
5. Student Travelers must continue to maintain the symptom monitoring log and remain in self-quarantine until they receive a clearance letter from Health Services.
6. The New York State Department of Health (NYSDOH) requirements to safely self-quarantine include:
 - The individual must not be in public or otherwise leave the quarters that they have identified as suitable for their quarantine.
 - The individual must be situated in separate quarters with a separate bathroom facility for each individual or family group. Access to a sink with soap, water, and paper towels is necessary. Cleaning supplies (e.g. household cleaning wipes, bleach) must be maintained in any shared bathroom. Students living in the same apartment constitute a family group.
 - The individual must have a way to self-quarantine from household members as soon as fever or other symptoms develop, in a separate room(s) with a separate door. Given that an exposed person might become ill while sleeping, the exposed person must sleep in a separate bedroom from household members.
 - Food must be delivered to the individual's quarters.
 - All individuals in a living unit must wear a face mask if they become symptomatic.
 - Garbage must be bagged and left outside for routine pick up. Special handling is not required.
 - A system for temperature and symptom monitoring must be implemented to provide assessment in-place for the quarantined individual in their separate quarters.
 - Nearby medical facilities must be notified, if the individual begins to experience more than mild symptoms and may require medical assistance.
 - The quarters must be secure against unauthorized access.
7. Any symptoms of COVID-19 infection during the travel self-quarantine period should be discussed with the student's physician, and Health Services must be notified.

C. Requirements If You Have COVID-19 Symptoms or A Positive COVID-19 Test Result

Symptoms may appear two to 14 days after exposure to the SARS-CoV-2 virus. People with these symptoms may have: Fever or chills, cough, shortness of breath or difficulty

breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea. **Seek Medical Attention Immediately** for trouble breathing, persistent pain or pressure in the chest, new confusion, inability to wake or stay awake, bluish lips or face.

If you develop symptoms of COVID-19 infection or receive positive COVID-19 test results, **immediately notify your physician and NYMC Health Services**. Contact NYMC Health Services at 914-594-4234 or Health_Services@nymc.edu.

1. If you receive positive test results or develop symptoms, you must self-isolate. The Westchester County Department of Health requirements for isolation are explained at:

<https://health.westchestergov.com/images/stories/PDF/isolationprotocol122020.pdf>

2. On-campus or off-campus roommates of students with positive test results or COVID-19 symptoms must begin quarantine procedures and may not come to campus (or leave on-campus housing) without authorization of NYMC Health Services.

VI. REFERENCE WEBSITES:

- [New York State Department of Health](#)
- [Westchester County Department of Health](#)
 - [Isolation Requirements](#)
- [Centers for Disease Control and Prevention](#)
 - [Suggested disinfectants](#)

VII. POLICY MANAGEMENT:

Responsible Executive: Chief Legal Counsel

Responsible Office: NYMC Health Services