



STUDENT TRAVEL DURING THE 20-21 ACADEMIC YEAR DUE TO THE COVID-19 PANDEMIC

Dated: May 5, 2021

Supersedes: STUDENT TRAVEL DURING THE 20-21 ACADEMIC YEAR DUE TO THE COVID-19 PANDEMIC dated March 23, 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 must obtain prior approval for ANY travel outside of Contiguous States (Connecticut, Massachusetts, New York, New Jersey, Pennsylvania, and Vermont) from a school’s Travel Coordinator.

For **Domestic Travel**, the requirements for quarantine, testing, and what is needed for clearance by Health Services depend upon whether one is fully vaccinated, and/or whether one has a history of laboratory confirmed COVID-19 infection within the past 90 days and whether travel is domestic (with the United States) or International.

Domestic Travel		
Vaccination Status	Traveler Requirements	Health Services Clearance
Fully vaccinated or COVID-19 within 90 Days	<ol style="list-style-type: none">1. Complete NYS Travel Form2. Symptom monitor for 14 days post entry	No clearance is required to return to campus.
Non Fully Vaccinated, No History of COVID-19 within 90 Days	<ol style="list-style-type: none">1. Complete NYS Travel Form2. Symptom monitor for 14 days3. COVID-19 PCR Test at 5 days4. Quarantine for 7 days if test is negative, or quarantine for 10 days if no test.	Health Services clearance is required to return to campus.

For **International Travel**, the requirements for quarantine, testing, and what is needed for clearance by Health Services do not differ based upon vaccination for COVID-19 or a history of COVID-19 within the past 90 days.

International Travel		
Vaccination Status	Traveler Requirements	Health Services Clearance
Whether fully vaccinated or not	<ol style="list-style-type: none"> 1. All air passengers must have a negative COVID-19 test no more than 3 days before travel or documentation of recovery from COVID-19 in past 3 months. 2. Complete NYS Travel Form 3. Symptom monitor for 14 days 4. PCR diagnostic test at day 5 after arrival Quarantine for 7 days if one tests negative at day 5, quarantine 10 days if no test. 	Health Services clearance is required to return to campus.

Student Travelers who will require quarantine must provide the Travel Coordinator with a written plan for quarantine post travel that is compliant with the NYSDOH quarantine guidance.

Any student who is not physically on-campus as of the effective date of this policy and resides outside of the Contiguous States must also receive approval from the school Travel Coordinator prior to arriving on the College campus for the first-time.

Students on travel 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. NYS Traveler Health Form: The online form at <https://forms.ny.gov/s3/Welcome-to-New-York-State-Traveler-Health-Form> or its paper counterpart.
- E. Recovered: History of laboratory confirmed COVID-19 infection within the past 90 days.
- F. Restricted States: All US states, territories and the District of Columbia other than Connecticut, Massachusetts, New York, New Jersey, Pennsylvania, and Vermont.
- G. 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.
- H. 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
- I. Contiguous States: Connecticut, Massachusetts, New York, New Jersey, Pennsylvania, and Vermont.

IV. BACKGROUND

- A. Due to the rapidly changing rates of COVID-19 infection in states and countries, and the potential for travelers to have restrictions on in-person class attendance and participation upon their arrival/return to campus, ANY travel outside of Contiguous States 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, outside the Contiguous States.

- 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. Students must contact the Travel Coordinator for their school before 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 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. Students 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 send a PDF copy of the CDC vaccination card to Health Services; students recovered from COVID-19 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 from a restricted state and all students returning from international travel are subject to quarantine. They must notify the Travel Coordinator and Health Services of the date of arrival into NY, date of departure from a Restricted State or location outside the United States, and the location the student will quarantine.
 - ii. Vaccinated students returning from domestic travel from a restricted state are only required to complete the NYS Traveler Health Form and symptom monitor.

B. Procedures for students subject to travel quarantine:

1. Student Travelers must a) complete the New York State [Traveler Health Form](#) and b) 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 quarantine. A copy of the letter will be sent to the Travel Coordinator.

3. Student Travelers who must 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 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 quarantine until they receive a clearance letter from Health Services.
6. The New York State Department of Health (NYSDOH) requirements to safely 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 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](#)
- [NYS Traveler Health Form](#)

VII. **POLICY MANAGEMENT:**

Responsible Executive: Chief Legal Counsel

Responsible Office: NYMC Health Services