

New York State Announces New COVID-19 Quarantine Guidelines

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On March 10, 2021, New York State updated its [quarantine guidance](#) for individuals exposed to COVID-19. Under this new guidance, individuals who are fully vaccinated or have recently recovered from COVID-19 are no longer required to quarantine after being exposed to someone with COVID-19, provided that certain conditions are met. This announcement brings New York State's quarantine guidelines in line with the state's [travel guidance](#) and CDC recommendations for vaccinated individuals.

Under the new guidance, the following rules now apply to individuals exposed to COVID-19 in New York:

- Following exposure to COVID-19, individuals who have been **fully vaccinated** against COVID-19 (*i.e.*, over two weeks have passed from receipt of the second-dose in a two-dose vaccine series, or from receipt of a single-dose vaccine) are no longer required to quarantine if they: (1) are within three months following receipt of their last vaccine dose; and (2) have remained asymptomatic since their last exposure to COVID-19.
- Individuals **previously diagnosed with COVID-19** are no longer required to quarantine if they: (1) have recovered from COVID-19 within the previous three months, measured from the date of symptom onset or the date of the first positive test; and (2) the individual is now asymptomatic.

Individuals who do not meet the above criteria must quarantine in accordance with New York State Department of Health [Guidelines](#), which generally require a 14-day quarantine after exposure to an individual with confirmed or suspected COVID-19. However, individuals may exit quarantine after 10 days if they monitor for symptoms and continue adhering to social distancing and face mask requirements for the full 14 days.

The guidance states that all individuals exposed to COVID-19 – regardless of vaccination status or previous diagnosis – must continue to monitor symptoms for 14 days, comply with social distancing and face covering recommendations, and self-isolate if symptoms develop.

Proskauer's cross-disciplinary, cross-jurisdictional Coronavirus Response Team is focused on supporting and addressing client concerns. Visit our [Coronavirus Resource Center](#) for guidance on risk management measures, practical steps businesses can take and resources to help manage ongoing operations.

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