



## Quarantine Requirements for Resident Member Travel

Last Updated: 03 November 2020

Dear Resident Members:

New York State has announced changes in its quarantine orders that go into effect today. These changes require International House to amend the Quarantine Requirements for Resident Member Travel that we sent you on October 29, 2020.

- If you travel while in residence, you may need to quarantine upon your return for 14 days and obtain one or more negative tests for COVID-19 to end your quarantine. Please consider these requirements before you travel and determine if travelling is essential.
- Limiting travel helps to contain the rate of COVID-19 transmission and protect you and others from serious illness. Adherence to public health guidelines is a condition of your membership and is deeply appreciated.

### Who Is Covered by This Policy?

- Any resident member who travels outside New York State (other than to a state that borders New York State) for more than 24 hours during their stay at International House must quarantine and obtain negative COVID tests as set forth below.
- Members who travel outside New York State (other than to a state that borders New York State) for less than 24 hours must take a diagnostic test for COVID-19 on the fourth day after their arrival in New York and test negative.

**Are There Required Forms Associated with This Policy:** Yes. As soon as you know your plans, please submit the [Resident Member Travel Itinerary Form](#).

### What You Need to Know.

Members who travel outside New York State for more than 24 hours will be required to quarantine and test negative for COVID-19 as set forth below:

1. Domestic travelers from states that do not border New York State must (a) obtain a COVID-19 test within 72 hours prior to departure from that state, (b) quarantine for 14 days upon arrival to International House, and (c) obtain a second COVID-19 test no earlier than day 12.
2. International travelers must quarantine for 14 days upon arrival at International House and obtain a negative COVID-19 test no earlier than day 12 to end quarantine after 14 days.
3. Exceptions may be made on a case-by-case basis upon the recommendation of a health care provider and are at the sole discretion of International House to protect the safety and health of the community.

Register your travel with the Admissions Office by submitting the [Resident Member Travel Itinerary Form](#). Please register your travel as soon as you know and well in advance of your departure so we can plan appropriately.

**Contact Information Regarding Quarantine.** For questions *other* than the stated requirements please contact the Director of Global Health and Wellness Services at [lpirro@ihouse-nyc.org](mailto:lpirro@ihouse-nyc.org) or (+1.914.673.9010).

1. Members required to quarantine will be situated in a studio or one-bedroom apartment. For where to go to quarantine contact: [Admissions@i-house-nyc.org](mailto:Admissions@i-house-nyc.org). For after-hours concerns contact the Claremont Desk at 212.316.8487 or the Public Safety Team at [publicsafety@ihouse-nyc.org](mailto:publicsafety@ihouse-nyc.org).
2. Cleaning supplies (i.e., household cleaning wipes, bleach) will be provided. For cleaning supplies contact: Juan Luis Rojas, [jrojas@ihouse-nyc.org](mailto:jrojas@ihouse-nyc.org).
3. Food will be delivered to your quarters. For questions about food delivery contact: Claremont Desk Team at 212.316.8487, [publicsafety@ihouse-nyc.org](mailto:publicsafety@ihouse-nyc.org).
4. Mail and packages will be delivered to your quarters. For questions about mail and package delivery contact: Juan Luis Rojas, [jrojas@ihouse-nyc.org](mailto:jrojas@ihouse-nyc.org) or the Public Safety Team, [publicsafety@ihouse-nyc.org](mailto:publicsafety@ihouse-nyc.org).
5. Quarters will have a supply of face masks to put on if you become symptomatic. For face masks contact: Public Safety Team, [publicsafety@ihouse-nyc.org](mailto:publicsafety@ihouse-nyc.org).
6. Garbage must be bagged and left outside for routine pick up. To arrange for trash pick-up contact: Juan Luis Rojas, [jrojas@ihouse-nyc.org](mailto:jrojas@ihouse-nyc.org).
7. Members in quarantine must monitor their symptoms daily (we recommend temperature monitoring twice each 24-hour period). If you develop symptoms of COVID-19, contact your primary care doctor immediately and also let Global Health and Wellness know of your change in status. See contact above.
8. For the exact time to end your quarantine and to whom you can send your negative test result: [lpirro@ihouse-nyc.org](mailto:lpirro@ihouse-nyc.org), or [Admissions@ihouse-nyc.org](mailto:Admissions@ihouse-nyc.org).
9. Your healthcare provider should be the **first** contact if you have any questions at all about your health. Emergencies, dial 911 and notify Claremont Desk at by dialing x5555 from any hall phone or 212.316.8448. Claremont Desk may also contact 911 for you.

This policy remains subject to change.

Thank you.