

# Recommendations on Recent Travel to New York City

The City of Philadelphia requests that all people living or visiting Philadelphia who have been to New York City or surrounding counties\* in New Jersey, even briefly, self-quarantine at home for 14 days after their last visit to that area. [Read our home care instructions for COVID-19 coronavirus](#) to learn how to self-quarantine.

As of March 24, 2020, New York City has had over 15,500 cases of COVID-19 coronavirus infection and nearly 200 deaths from the virus. This represents more than a quarter of all cases in the U.S. The counties surrounding New York City have also seen a large number of cases. With this level of infection, anyone living or visiting the area is at risk of exposure to the virus.

If you are free of symptoms 14 days after your last visit to the New York City area, you can discontinue quarantine.

Self-quarantine means:

- Stay home and isolate yourself from others in your home as much as possible.
- You may go outside to walk, run, bike, or use a wheelchair with an immediate household or family member or romantic partner if you maintain social distance 6 feet apart.
- Do not go out to run errands. If you need food or medication, have them delivered or ask a friend or neighbor to pick them up for you. Have these left outside your door – do not let people in or greet them at the door.
- Do not have visitors. Connect with others by phone or video chat, not in person.
- Sleep in a separate room from others and use a separate bathroom if possible.
- Wash your hands often, for 20 seconds each time, using plenty of warm water and either bar or liquid soap.
- Wear a surgical mask if you must be around other people or if you absolutely must go out.
- Clean surfaces that are frequently touched with a household disinfectant at least daily. The person who performs the cleaning should wear rubber gloves.
- If you develop fever, cough, or shortness of breath, call your doctor's office. Tell them you may have been exposed to COVID-19 before coming in to be seen. If you do not have a doctor that you reach, you can call 1-800-722-7112 for general medical information.
- If you develop worsening cough, worsening shortness of breath, or a fever over 101 for more than 3 days, seek medical care at a doctor's office, urgent care center, or hospital emergency department.

For additional information about self-quarantine, read our [home care instructions for COVID-19 coronavirus](#).

\*Counties included in this request include all New York City (all 5 boroughs), Nassau, Westchester, and Suffolk counties in New York State, and Bergen County in New Jersey.