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CDC Statement on Self-Quarantine Guidance for Greater New York City Transportation and Delivery Workers

Media Statement

For Immediate Release: Thursday, **March 26, 2020**

Contact: [Media Relations](#)
(404) 639-3286

When we issued the self-quarantining guidance for greater New York City residents leaving this area, it was out of an abundance of caution to help protect U.S. areas with lower levels of COVID-19 spread. In line with our recommendations for other essential critical infrastructure workers, this guidance does not apply to critical transportation and delivery workers who are desperately needed for New York residents to continue their daily lives and respond to the COVID-19 outbreak.

Truck drivers and other people driving into the city to deliver needed supplies should stay in their vehicles as much as possible as supplies are loaded and unloaded, avoid being within 6 feet of others as much as possible when they exit their vehicles, and move to electronic receipts if possible. If these drivers need to spend the night in the greater New York City area, they should stay in their hotel rooms or sleeper cab, when available, to the extent possible and continue to practice social distancing. Drivers who take these precautions should not need to self-quarantine when they leave the greater New York area, unless self-quarantine is recommended by state or local officials for all residents in the areas where they live.

Truck drivers and other workers who obtain or deliver needed supplies who live in the greater New York area may continue to work both within and outside of the greater New York area but should stay at home and practice social distancing according to instructions of state and local officials when they are not working. While they are working either within or outside of the greater New York area, they should stay in their vehicles as much as possible, avoid being within 6 feet of others as much as possible when they exit their vehicles, and move to electronic receipts if possible.

We continue to recommend that all people take precautions to stay safe and keep others safe, including washing their hands regularly, staying home when sick, covering coughs and sneezes, and maintaining distance from others.

It remains our guidance that individuals who were recently in the affected areas of New York, out of an abundance of caution, should self-quarantine for 14 days.

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