



## NEW JERSEY COVID-19 Information Hub

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## Which states are on the travel advisory list? Are there travel restrictions to or from New Jersey?

Last Updated: 07/28/2020

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New Jersey welcomes travel to and from our state.

**However, to save lives and prevent the spread of COVID-19, the State has issued an incoming travel advisory that all individuals entering New Jersey from states with a significant spread of COVID-19 should quarantine for 14-days after leaving that state.**

Under the 14-day quarantine travel advisory announced by the Governors of New Jersey, New York and Connecticut, individuals traveling to or returning to New Jersey from states with increasing rates of COVID-19 are advised to self-quarantine for 14 days. This includes travel by train, bus, car, plane and any other method of transportation.

The 14-day quarantine travel advisory applies to travel from certain states identified as those that have a positive COVID-19 test rate higher than 10 per 100,000 residents or have a 10% or higher positivity rate over a seven-day rolling average ("impacted states.")

As of Tuesday, July 28, there are currently 36 states that meet the criteria stated above:

- Alabama (added 6/24/20)
- Alaska (added 7/21/20)
- Arkansas (added 6/24/20)
- Arizona (added 6/24/20)
- California (added 6/30/20)
- Delaware (re-added 7/21/20)
- District of Columbia (added 7/28/20)
- Florida (added 6/24/20)
- Georgia (added 6/30/20)
- Iowa (added 6/30/20)
- Illinois (added 6/30/20)
- Indiana (added 7/21/20)
- Kansas (added 7/7/20)
- Kentucky (added 7/28/20)
- Louisiana (added 6/30/20)
- Maryland (added 7/21/20)
- Minnesota (re-added 7/28/20)
- Mississippi (added 6/30/20)
- Missouri (added 7/21/20)
- Montana (added 7/21/20)
- Nebraska (added 7/21/20)
- Nevada (added 6/30/20)
- New Mexico (added 7/14/20)
- North Carolina (added 6/24/20)
- North Dakota (added 7/21/20)
- Ohio (added 7/14/20)
- Oklahoma (added 7/7/20)
- Puerto Rico (added 7/28/20)
- South Carolina (added 6/24/20)
- Tennessee (added 6/30/20)
- Texas (added 6/24/20)
- Utah (added 6/24/20)
- Virginia (added 7/21/20)
- Washington (added 7/21/20)
- Wisconsin (added 7/14/20)

This list will be updated regularly.

The self-quarantine is voluntary, but **compliance is expected**.

**We ask that you complete a [voluntary online survey](#) to provide information about where you are traveling from and your destination** if you have traveled to, or are returning from, one of the states that has been designated above.

If you choose to provide this information, it will be shared with local New Jersey Public Health authorities and other third parties when required by law. Local health departments will contact you to remind you to self-quarantine and offer assistance including information about testing locations.

Access the survey by visiting [covid19.nj.gov/njtravel](https://covid19.nj.gov/njtravel) or texting "NJTRAVEL" to 898211.

Please note that this advisory does not apply to individuals:

1. Who passed through a designated state for a period of limited duration (i.e. less than 24 hours) through the course of travel.
2. Who are passing through New Jersey on a layover for a period of limited duration (i.e. less than 24 hours) through the course of travel.
3. Who are traveling to New Jersey for business matters that are exempted from the application of the travel advisory.
4. Who are traveling to New Jersey and work in critical infrastructure fields, such as health care and federal, state and local law enforcement. Consult with your employer regarding whether there is industry-specific guidance that may apply to you.

Travelers and residents returning from impacted states should self-quarantine at their home, a hotel, or other temporary lodging. Individuals should only leave the place of self-quarantine to seek medical care/treatment or to obtain food and other essential items. As one example, no one who has traveled to or from a state on the COVID-19 hotspot list should be participating in or attending an in-person graduation ceremony.

For answers to commonly asked questions, refer to the [Department of Health's Frequently Asked Questions about the self-quarantine for travelers](#).

## Exemptions

### ***Business Travel***

Individuals who are traveling to New Jersey from impacted states for business are exempted from the application of the travel advisory. This, for example, would include truckers driving from an impacted state to New Jersey, and any state, local and federal officials and employees traveling in their official capacities on government business.

Individuals traveling for business should still consider postponing travel to the extent possible. Individuals are encouraged to self-monitor for symptoms upon return from any travel to an impacted state, and employers should consider screening employees for symptoms before permitting them to return to work. Employees and employers should follow current CDC guidance regarding travel, available here: <https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-in-the-us.html>

### ***Critical Infrastructure Workers***

Exceptions to the travel advisory are also permitted for individuals traveling to New Jersey from designated states who work in critical infrastructure, as defined by the Cybersecurity and Infrastructure Security Agency. This would include, for example, health care workers and state and local law enforcement. The comprehensive list of critical infrastructure industries is available here: <https://www.cisa.gov/identifying-critical-infrastructure-during-covid-19>.

Critical Infrastructure workers who have had an exposure but remain asymptomatic should adhere to the screening, social distancing, and mitigation practices prior to and during their work shift, as [outlined by the CDC](#).

Consult with your employer regarding whether there is industry-specific guidance that may apply to you (e.g. guidance for health care professionals: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-risk-assessment-hcp.html>). Please consult the DOH website and resources for additional details and information regarding isolation procedures for when a person under

quarantine is diagnosed with COVID-19 or develops symptoms.

### **Seasonal Migrant Farm Workers**

Migrant workers can continue to work with precautions. Critical infrastructure workers and employers should follow guidance from CDC, as well as NJ Department of Health, regarding strategies to limit disease spread.

## **Testing**

Testing is available to everyone in New Jersey and is strongly encouraged for those who travelled to areas heavily impacted by COVID-19. To find a testing site near you, visit [covid19.nj.gov/testing](https://covid19.nj.gov/testing)

If you are from an impacted state and get a diagnostic/virus test, you should still self-quarantine for 14 days. If you test negative, you are still advised to self-quarantine for 14 days because you remain in the incubation period. A diagnostic test is a point-in-time indicator from the date of when you were last exposed - in this case, being in a state with significant community spread of COVID-19.

If you are positive, you should self-isolate for 10 days and at least three days (or 72 hours) after any fever is resolved and [any other symptoms](#) are significantly improved. You should only leave self-isolation to receive medical care and to obtain food or other essential items.

## **Additional Travel Guidance**

### **Domestic Travel**

The CDC [advises](#) not to travel if you are sick, or if you have been around someone with COVID-19 in the past 14 days. Do not travel with someone who is sick.

If you're thinking about travelling, consult the [CDC's guide](#) to assess your risk and other considerations.

For up-to-date information and travel guidance, check the [state or local health department](#) where you are, along your route, and at your planned destination.

While you are traveling, it is possible a state or local government may put into place travel restrictions, such as stay-at-home or shelter-in-place orders, mandated quarantines upon arrival, or even state border closures. Plan to keep checking for updates as you travel.

### **International Travel**

The CDC [recommends](#) avoiding all non-essential international travel due to the global COVID-19 pandemic.

If you travelled internationally in the last 14 days, the CDC recommends you **stay home**, monitor your health, and practice social distancing for 14 days after you return from travel.

Learn more about [what to do if you are sick](#) after travel.

Source: <https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-in-the-us.html>;  
<https://wwwnc.cdc.gov/travel/notices/warning/coronavirus-global>;  
<https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-in-the-us.html>; [Joint Incoming Travel Advisory](#); <https://nj.gov/governor/news/news/562020/approved/20200714b.shtml>

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