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

*Last Updated: 07/14/2020*

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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.**

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

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 14, there are currently 22 states that meet the criteria stated above:

- Alabama (*added 6/24/20*)
- Arkansas (*added 6/24/20*)
- Arizona (*added 6/24/20*)
- California (*added 6/30/20*)
- Florida (*added 6/24/20*)
- Georgia (*added 6/30/20*)
- Iowa (*added 6/30/20*)
- Idaho (*added 6/30/20*)
- Kansas (*added 7/7/20*)
- Louisiana (*added 6/30/20*)
- Minnesota (*added 7/14/20*)
- Mississippi (*added 6/30/20*)
- North Carolina (*added 6/24/20*)
- Nevada (*added 6/30/20*)
- New Mexico (*added 7/14/20*)
- Ohio (*added 7/14/20*)
- Oklahoma (*added 7/7/20*)
- South Carolina (*added 6/24/20*)
- Tennessee (*added 6/30/20*)
- Texas (*added 6/24/20*)
- Utah (*added 6/24/20*)
- Wisconsin (*added 7/14/20*)

*Note: Delaware was removed from the list on 7/14/20*

This list will be updated regularly.

Travelers and those residents who are returning from impacted states should self-quarantine at their home, or a hotel or other temporary lodging. Individuals should leave the place of self-quarantine only 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 or drive-in graduation ceremony.

The self-quarantine is voluntary, but compliance is expected. Travelers and residents returning from impacted states typically will not need to check-in with public health officials, unless they are otherwise involved in contact tracing efforts or required to do so by their employer or any other federal, state or local law or order. It is expected that individuals will follow the recommendation to self-quarantine.

The travel advisory does not apply to any individual passing through designated states for a limited duration through the course of travel. Examples of such brief passage include but are not limited to: stopping at rest stops for vehicles, buses, and/or trains; or layovers for air travel, bus travel, or train travel.

Travelers arriving from areas with increasing COVID-19 cases may wish to postpone their travel to the region if they are unwilling or unable to follow the self-quarantine advisory. Contact your travel agent or real estate agent to inquire about any potential cancelation and/or refund. Alternatively, you may travel to NJ and stay in self-quarantine in the home; however, you are advised not to leave the home for any activities other than to seek medical care/treatment or to obtain food or other essential items. NJ hotels and home rental services (i.e., Air B & B, VRBO, HomeAway, etc.) should contact guests with reservations to inform them of the self-quarantine advisory.

## **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

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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.

### Airports

Airports remain open and air travel continues. Travellers must wear face coverings at airport terminals and on public transportation.

For flights, cancellations, or rerouting, please contact your airline directly for the latest information.

For additional domestic travel information, please visit the [CDC](https://www.cdc.gov), and for additional international travel information, please visit [travel.state.gov](https://travel.state.gov)

The situation is changing frequently, so please check the above resources for the most up-to-date information.

All decisions regarding the screening of international passengers arriving at all airports in the United States are made by federal agencies including the CDC and U.S. Customs and Border Protection (CBP). As it has since January, the Port Authority is [providing](#) all necessary support for the screening currently being carried out by the CDC and CBP of passengers at its airports and any ensuing referrals for quarantine are in cooperation with state and city health authorities.

## Bridges and Tunnels

Bridges and tunnels remain open. As of Sunday, March 22, the Port Authority of New York and New Jersey will only [collect](#) tolls by electronic means and temporarily suspend cash toll collection at the George Washington Bridge, Lincoln Tunnel, and Holland Tunnel.

Motorists with E-ZPass will experience no change, using any open toll lane to have the toll debited from their prepaid E-ZPass account. For motorists without E-ZPass, an image of the vehicle's license plate will be captured and a notice seeking payment of the toll will be mailed to the registered owner of the vehicle. Motorists billed by mail will pay [the amount of the standard cash toll](#); no additional fees will be charged.

Source: <https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-in-the-us.html>;  
<https://nj.gov/infobank/eo/056murphy/pdf/EO-107.pdf>;  
<https://wwwnc.cdc.gov/travel/notices/warning/coronavirus-global>;  
<https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-in-the-us.html>; [Governor Murphy's Remarks 6/8/20](#); [Joint Incoming Travel Advisory](#);

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