

Read Mayor Bowser's Presentation on DC's COVID-19 Situational Update: August 5.  
DC Entered Phase Two of Reopening on June 22. View the Guidance.

GOVERNMENT OF THE DISTRICT OF COLUMBIA  
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# DC Health Releases Updated List of High-Risk States

Monday, August 10, 2020

(Washington, DC) – Today, DC Health released an updated list of high-risk states where the seven-day moving average of daily new COVID-19 cases is 10 or more per 100,000 persons. Mayor Bowser issued Mayor's Order 2020-081 with requirements for all people traveling into Washington, DC from high-risk states.

Anyone coming into Washington, DC from a high-risk state (within the prior 14 days) who was traveling for non-essential activities will be required to self-quarantine for 14 days from their arrival in the District. Individuals traveling from high-risk states after

essential travel or arriving in the District for essential travel are required to self-monitor for symptoms of COVID-19 for 14 days and, if they show signs or experience symptoms of COVID-19, they are to self-quarantine and seek medical advice or testing.

Travel to and from Maryland and Virginia is exempt from the Order. This list should be used until Monday, August 24, when an updated list will be posted on [coronavirus.dc.gov](https://coronavirus.dc.gov).

States that were added to the updated list include: Alaska, Illinois, Indiana, Kentucky, and Minnesota.

States that were removed from the updated list include: Delaware, Ohio, and Washington.

High-risk states that require 14 days of self-quarantine:

Alabama  
Alaska  
Arizona  
Arkansas  
California  
Florida  
Georgia  
Idaho  
Illinois  
Indiana  
Iowa  
Kansas  
Kentucky  
Louisiana  
Minnesota  
Mississippi  
Missouri  
Montana  
Nebraska  
Nevada  
New Mexico

North Carolina  
North Dakota  
Oklahoma  
South Carolina  
Tennessee  
Texas  
Utah  
Wisconsin

All individuals coming into Washington, DC from high-risk states can find the full Mayor's Order at [coronavirus.dc.gov/phasetwo](https://coronavirus.dc.gov/phasetwo).

### Social Media:

Mayor Bowser Twitter: [@MayorBowser](https://twitter.com/MayorBowser)

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Mayor Bowser YouTube: <https://www.bit.ly/eomvideos>

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