

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

GOVERNMENT OF THE DISTRICT OF COLUMBIA
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[Ask the Mayor](#)



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DC Health Releases Updated List of High-Risk States

Monday, October 5, 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, October 19.

New Mexico was added to the updated list. Arizona was removed from the updated list.

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

Alabama
Alaska
Arkansas
Delaware
Florida
Georgia
Idaho
Illinois
Indiana
Iowa
Kansas
Kentucky
Louisiana
Minnesota
Mississippi
Missouri
Montana
Nebraska
Nevada
New Mexico
North Carolina
North Dakota
Oklahoma
South Carolina
South Dakota
Tennessee

Texas

Utah

West Virginia

Wisconsin

Wyoming

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

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