

# Social Distancing & Travel Restrictions

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## Current Travel Restrictions

Governor Michelle Lujan Grisham and the state of New Mexico are committed to mitigating the widespread community transmission of COVID-19 by enforcing self-isolation for persons travelling into New Mexico from high-risk areas. This pertains to anyone travelling by airplane, public transportation, or vehicle.

All visitors are expected to comply with New Mexico masking and distancing guidelines while in our state, and would be subject to whatever rules exist in their state of residence when they go home.

[CLICK HERE TO VIEW THE QUARANTINE ORDER](#)[CLICK HERE TO VIEW THE PUBLIC HEALTH ORDER](#)

## Self Isolation & Self Quarantine

**High-risk states:** Persons who have arrived in New Mexico from states with a 5% positivity rate or greater over a 7-day rolling average, or a positive test rate greater than 80 per 1 million residents, must physically separate from others in a residence or place of lodging for at least 14 days from the date of their entry into New Mexico or for the duration of their presence in the state, whichever is shorter.

**Lower-risk states:** Persons arriving from states with a 5% positivity rate or lower over a 7-day rolling average, and a positive test rate lower than 80 per 1 million residents, are not required to self-quarantine. Self-quarantine is still advised for persons arriving from these states, and persons arriving from these lower-risk states are advised to be tested for COVID-19 within 5 to 7 days of their arrival in the state.

## Restrictions

Self-isolating or self-quarantine are the voluntary physical separation of a person or group of people in a residence or other place of lodging. Any person who is self-isolating or self-quarantining may only leave a residence or place of lodging to receive medical care and should not allow others into the residence or place of lodging except for those providing medical care, emergency response, or other individuals designated by the New Mexico Department of Health. Family or household members may visit an isolated or quarantined person, but those visitors are directed to then self-isolate or self-quarantine for a period of no less than 14 days. All persons self-isolating or self-quarantining shall be responsible for all costs associated with the isolation or quarantine.

## Exemptions

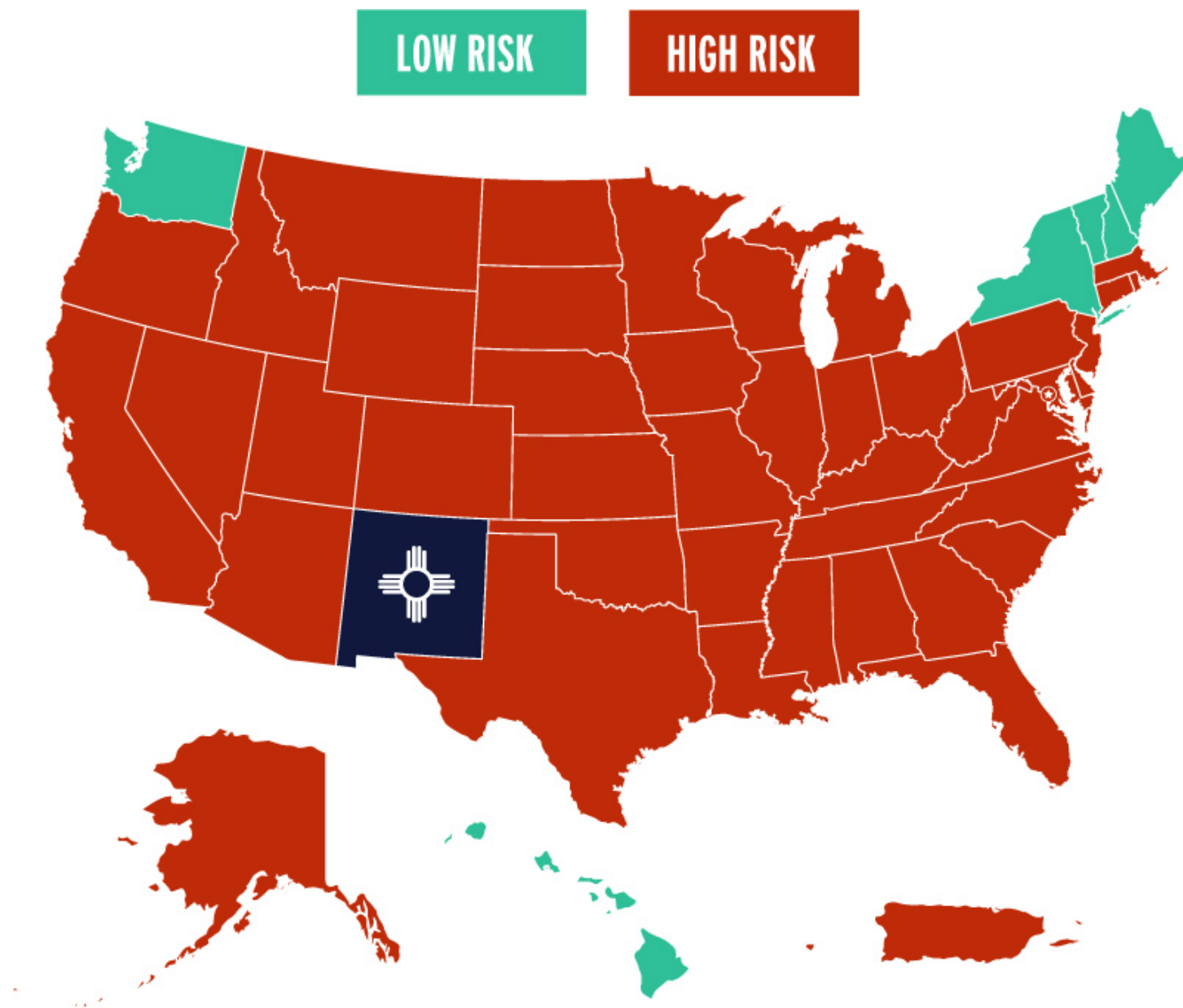
This order's direction to self-quarantine does not apply to persons employed by airlines, persons performing public safety or public health functions, military personnel and their dependents, federal employees, persons employed by a federal agency or national defense contractor, emergency first responders and health care workers, persons arriving in the state pursuant to a court order, persons who are employed or contracted by an essential business, as defined in the state's operative emergency public health order, who are traveling into New Mexico to conduct business activities, New Mexico residents who have left the state for less than 24 hours for matters attendant to parenting responsibilities and New Mexico residents who have left the state to obtain medical care.

## Compliance

Individuals who are quarantined upon arrival into the state from a high-risk state may leave the residence or place of lodging in which they are self-quarantining only for the purposes of medical care.

Self-quarantining individuals should not allow others into the residence or place of lodging in which they are quarantined except for those providing medical care, emergency response or other individuals designated by the Department of Health. Family or household members may visit a quarantined person, but those visitors must then self-quarantine themselves for a period of no less than 14 days.

Non-compliant individuals are subject to involuntary quarantine by the New Mexico Department of Health under the Public Health Emergency Response Act.



**Restricted States as of 10-14-2020**

- Alabama
- Alaska
- Arizona
- Arkansas
- California
- Colorado
- Connecticut
- Delaware
- District of Columbia
- Florida
- Georgia
- Idaho
- Illinois
- Indiana
- Iowa
- Kansas
- Kentucky
- Louisiana
- Maryland
- Massachusetts
- Michigan
- Minnesota
- Mississippi
- Missouri
- Montana
- Nebraska
- Nevada
- New Jersey

- North Carolina
- North Dakota
- Ohio
- Oklahoma
- Oregon
- Pennsylvania
- Puerto Rico
- Rhode Island
- South Carolina
- South Dakota
- Tennessee
- Texas
- Utah
- Virginia
- West Virginia
- Wisconsin
- Wyoming
- Persons arriving from outside the U.S. are required to self-quarantine for 14 days.

This does not preclude the requirement for persons to self-isolate or self-quarantine due to a close contact with a person that has tested positive for COVID-19, per the guidance published by the New Mexico Department of Health.

