

## Coronavirus Updates and Information

Sign-up for COVID-19 alerts: Get notified by text, email, or phone in your preferred language. *Dec. 5th, 2020, 5:00 pm*

[Read more](#) ♦

---

For the latest information on COVID-19: Vaccines, Cases, Restrictions *Jan. 30th, 2021, 5:00 pm* [Read more](#) ♦

HIDE ALERTS

Mass.gov

# COVID-19 Travel Order

Effective August 1, 2020, all visitors and returning residents entering Massachusetts must follow new travel orders. The Commonwealth has made great progress to slow the spread of COVID-19 and gradually re-open the economy, and all visitors have a responsibility to help us keep transmission levels as low as possible.

All visitors entering Massachusetts, including returning residents, who do not meet an exemption, are required to:

- Complete the [Massachusetts Travel Form \(/forms/massachusetts-travel-form\)](#) prior to arrival
- Quarantine for 10 days or produce a negative COVID-19 test result that has been administered up to 72-hours prior to your arrival in Massachusetts. If not obtained before entry to Massachusetts, a test may be obtained after arrival. However, all such arriving travelers must immediately begin the 10-day quarantine until a negative test result has been received. Failure to comply may result in a **\$500 fine per day**.

Please find more information below, including the list of lower-risk states, exemptions, business guidance and other details.

## TABLE OF CONTENTS

[Massachusetts Travel Form](#) (#massachusetts-travel-form-)

[Lower-risk States](#) (#lower-risk-states-)

[Quarantine Requirement and Testing Options](#) (#quarantine-requirement-and-testing-options-)

[How to Quarantine](#) (#how-to-quarantine-)

[Information for Employers](#) (#information-for-employers-)

[International Travel](#) (#international-travel-)

[Stop the Spread](#) (#stop-the-spread-)

[Potential Other Traveler Scenarios](#) (#potential-other-traveler-scenarios-)

()

## Massachusetts Travel Form

All individuals entering Massachusetts after 12:01 a.m. on August 1, 2020 who are over the age of 18 or an unaccompanied minor must complete and submit the online [Massachusetts Travel Form \(/forms/massachusetts-travel-form\)](#) unless the individual meets an exemption below:

- **Lower-risk State:** This includes individuals coming from a COVID-19 lower-risk state within the United States, as detailed below.
- **Transitory Travel:** This includes people who are passing through Massachusetts and permits travelers to drive through the State or to connect to their airplane, bus or train, or to stop at a highway rest stop, but this exception extends only so long as is reasonably required for the traveler to complete their transit, make any necessary airplane, bus, or train connection, or make use of travel services such as at a highway rest stop.
- **Persons Commuting for Work or School:** People who regularly commute, at least weekly, outside of Massachusetts to a fixed place to attend school or work or any person who regularly commutes, at least weekly into Massachusetts to a fixed place to attend school or work; provided that in either case, this exception applies only to and from the person's residence and place of work or school. Workers or students who travel to any place that is not their home state for personal or leisure reasons cannot rely on this exemption.
- **Patients Seeking or Receiving Medical Treatment:** Patients who are traveling to Massachusetts to seek or receive specialized medical care from a physician located in the Commonwealth and persons accompanying and providing needed support to the patient.
- **Military Personnel:** Any person who is required to travel to Massachusetts at the order or directive of a Federal or State military authority.
- **Workers Providing Critical Infrastructure Services:** Workers who enter Massachusetts to perform critical infrastructure functions as specified in Version 3.1 of the listing published by the Federal Cybersecurity and Infrastructure Security Agency are exempt from quarantine while they are commuting to or from or while at work. For the first 10 days after arrival, when the worker is not at work or commuting to work they must [quarantine \(/guidance/information-and-guidance-for-persons-in-quarantine-due-to-covid-19\)](#). Additional information may be found here: [www.cisa.gov/sites/default/files/publications/Version\\_3.1\\_CISA\\_Guidance\\_on\\_Essential\\_Critical\\_Infrastructure\\_Workers.pdf](#) ([https://www.cisa.gov/sites/default/files/publications/Version\\_3.1\\_CISA\\_Guidance\\_on\\_Essential\\_Critical\\_Infrastructure\\_Workers.pdf](https://www.cisa.gov/sites/default/files/publications/Version_3.1_CISA_Guidance_on_Essential_Critical_Infrastructure_Workers.pdf)). Workers who travel to or from Massachusetts for personal or leisure reasons cannot rely on this exemption.
- **Persons That Meet One of the Commissioner's Designated Exceptions Outlined Below:**

- *Certain Critical Life Activities:* grocery shopping, visits to pharmacies, attending appointments with licensed health care providers, including medical, dental, or mental health, visiting persons receiving treatment in hospitals or residing in congregate care facilities, attendance at day care or children's camps, attending religious services, and funerals or memorial services, or attending to the care needs of a family member.
- *Required Appearances at Official Proceedings:* attendance at judicial hearings or other hearings or proceedings conducted by a government body or official that involve the determination of rights, obligations, or liabilities in which the person has an interest and where the government body or official has not made provision for remote attendance
- *Compliance with Child Custody and Visitation Arrangements:* Children who travel into and out of Massachusetts because of transfers of custody or visitation between parents or guardians are exempt from the requirements of the order. Parents and guardians may rely on the transitory travel exemption, provided they comply with its limitations.
- *Persons Who Tested Positive within 90 Days of Arrival to Massachusetts and Successfully Completed Isolation:* Individuals who are COVID-19-recovered, meaning individuals who tested positive more than 10 days but less than 90 days ago and who do not have symptoms, do not need to obtain a negative PCR test prior to traveling to, or quarantine upon arrival to, Massachusetts. COVID-19 recovered individuals arriving in Massachusetts must have documentation of the positive PCR test result, including the date it was taken, available if asked. This exception **does not** include COVID-19-recovered individuals who have symptoms of COVID-19, who must follow all testing and quarantine guidance outlined in the travel rules. [\(\)](#)

If you do not meet one of the exemptions above, you must complete and submit the online [Massachusetts Travel Form \(/forms/massachusetts-travel-form\)](#).

Failure to submit a completed [Massachusetts Travel Form \(/forms/massachusetts-travel-form\)](#), when required, or failure to comply with the quarantine requirement, if applicable, **may result in a \$500 fine per day**. Additional information about both the [Massachusetts Travel Form \(/forms/massachusetts-travel-form\)](#) and the 10-day quarantine requirement, can be found in this [comprehensive guidance issued by the Massachusetts Department of Public Health \(/guidance/guidance-for-travelers-arriving-in-the-commonwealth-of-massachusetts\)](#).

Thank you for helping us to continue to fight COVID-19.

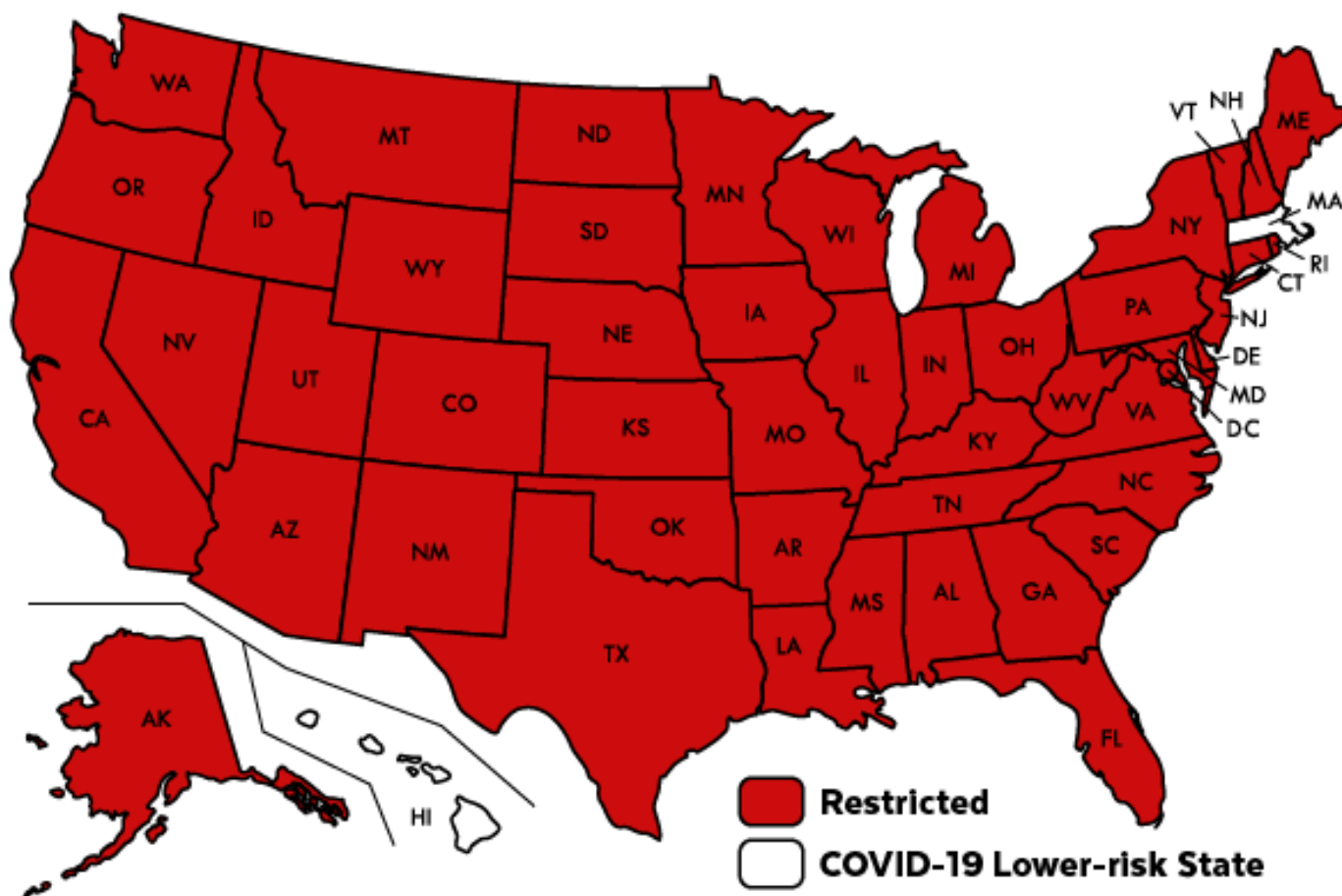
## Lower-risk States

Travelers from COVID-19 lower-risk States are not required to fill out the [Massachusetts Travel Form \(/forms/massachusetts-travel-form\)](#) and do not need to quarantine. The Department of Public Health metric for determining lower-risk states for the purposes of Massachusetts' interstate travel policy considers data over two weeks before moving a state from lower risk to high risk. One week of data is the standard for moving states into the lower risk category. Additionally, the threshold of daily cases per 100,000 residents is 10 (which ensures that Massachusetts' standard is in line with other states). States are included on the "lower-risk" list based on meeting two criteria: average daily cases per 100K below 10 AND positive test rate below 5%, both measured as a 7-day rolling average.

Data is from [covidactnow.org](http://covidactnow.org/) (<http://covidactnow.org/>) as of Jan. 20, 2021

The current list of COVID-19 lower-risk states includes:

- Hawaii



Lower-risk state list last updated: January 22, 2021

Massachusetts residents are urged to limit any out-of-State travel only to States designated as COVID-19 lower-risk States.

In determining whether you are required to complete the [Massachusetts Travel Form](/forms/massachusetts-travel-form) (</forms/massachusetts-travel-form>) and whether you may be required to comply with the 10-day quarantine requirement, you will be treated as “arriving from” a place other than a COVID-19 lower-risk state if you were present in any State or jurisdiction not on the list of COVID-19 lower-risk states for more than a transitory period of time in the last 14 days.

Anyone arriving from an international destination must fill out the [Massachusetts Travel Form](/forms/massachusetts-travel-form) (</forms/massachusetts-travel-form>) and must quarantine for 10 days or meet the 72-hour testing rule.

## Quarantine Requirement and Testing Options

### Quarantine Requirement

All individuals entering Massachusetts after 12:01 a.m. on August 1, 2020 must quarantine from the date of arrival in Massachusetts unless the individual meets one of the criteria below:

- **72-hour Testing Rule:** The individual can produce a negative COVID-19 test result that has been administered up to 72-hours prior to your arrival in Massachusetts. If not obtained before entry to Massachusetts, a test may be obtained after arrival, however all such arriving travelers must immediately begin the 10-day quarantine until a negative test result has been received.
- **Lower-Risk State:** This includes individuals coming from a COVID-19 lower-risk state within the United States, as detailed above.
- **Transitory Travel:** This includes people who are passing through Massachusetts and permits travelers to drive through the State or to connect to their airplane, bus or train, or to stop at a highway rest stop, but this exception extends only so long as is reasonably required for the traveler to complete their transit, make any necessary airplane, bus, or train connection, or make use of travel services such as at a highway rest stop.
- **Persons Commuting for Work or School:** People who regularly commute, at least weekly, outside of Massachusetts to a fixed place to attend school or work or any person who regularly commutes, at least weekly into Massachusetts to a fixed place to attend school or work; provided that in either case, this exception applies only to and from the person's residence and place of work or school. Workers or students who travel to any place that is not their home state for personal or leisure reasons cannot rely on this exemption.
- **Patients Seeking or Receiving Medical Treatment:** Patients who are traveling to Massachusetts to seek or receive specialized medical care from a physician located in the Commonwealth and persons accompanying and providing needed support to the patient.
- **Military Personnel:** Any person who is required to travel to Massachusetts at the order or directive of a Federal or State military authority.
- **Workers Providing Critical Infrastructure Services:** Workers who enter Massachusetts to perform critical infrastructure functions as specified in Version 3.1 of the listing published by the Federal Cybersecurity and Infrastructure Security Agency are exempt from quarantine while they are commuting to or from or while at work. For the first 10-days after arrival, when the worker is not at work or commuting to work they must quarantine. Additional information may be found here: [www.cisa.gov/publication/guidance-essential-critical-infrastructure-workforce](https://www.cisa.gov/publication/guidance-essential-critical-infrastructure-workforce) (<https://www.cisa.gov/publication/guidance-essential-critical-infrastructure-workforce>). Workers who travel to or from Massachusetts for personal or leisure reasons cannot rely on this exemption.
- **Persons That Meet One of the Commissioner's Designated Exceptions Outlined Below:**
  - *Certain Critical Life Activities:* grocery shopping, visits to pharmacies, attending appointments with licensed health care providers, including medical, dental, or mental health, visiting persons receiving treatment in hospitals or residing in congregate care facilities, attendance at day care or children's camps, attending religious services, and funerals or memorial services, or attending to the care needs of a family member.

- *Required Appearances at Official Proceedings:* attendance at judicial hearings or other hearings or proceedings conducted by a government body or official that involve the determination of rights, obligations, or liabilities in which the person has an interest and where the government body or official has not made provision for remote attendance
- *Compliance with Child Custody and Visitation Arrangements:* Children who travel into and out of Massachusetts because of transfers of custody or visitation between parents or guardians are exempt from the requirements of the order. Parents and guardians may rely on the transitory travel exemption, provided they comply with its limitations.
- *Persons Who Tested Positive within 90 Days of Arrival to Massachusetts and Successfully Completed Isolation:* Individuals who are COVID-19-recovered, meaning individuals who tested positive more than 10 days but less than 90 days ago and who do not have symptoms, do not need to obtain a negative PCR test prior to traveling to or quarantine upon arrival to Massachusetts. COVID-19 recovered individuals arriving in Massachusetts must have documentation of the positive PCR test result available if asked. This exception **does not** include COVID-19-recovered individuals who have symptoms of COVID-19, who must follow all testing and quarantine guidance outlined in the travel rules.

Individuals who do not comply with their obligation to quarantine are subject to a **\$500 fine per day**.

## Testing as an Alternative to Quarantine

You do not need to quarantine if you took a test for COVID-19 and have received a negative result. The specimen for the test must have been collected no longer than 72 hours before your arrival in Massachusetts, and the testing must be by a method approved by the [Massachusetts Department of Public Health \(/service-details/about-the-department-of-public-health\)](#). Upon request, you must be able to demonstrate proof of the negative test result.

If you took a test prior to your arrival but have not received your negative result, you **MUST quarantine** until you receive the negative result. You may obtain a test at your own expense after your arrival in Massachusetts, but you **MUST quarantine** until you obtain a negative result. [Use the COVID-19 testing map to find a site near you \(/covid-19-testing\)](#).

Information about approved molecular tests can be found in the [Department of Public Health Guidance \(/guidance/guidance-for-travelers-arriving-in-the-commonwealth-of-massachusetts\)](#). A negative result from an antigen test must be confirmed by a negative result from an FDA EUA-approved molecular (PCR) SARS-CoV2 test, on a sample obtained 72 hours or less prior to arrival in Massachusetts. Serology tests will not be accepted.

Visitors are strongly urged to obtain a negative result before traveling to Massachusetts.

Testing for children, 10 years and younger, who are traveling with an adult from their household is not required. Children 10 years and younger should mimic the quarantine requirement and testing options completed by the household adult they accompanied for travel. If the accompanying adult chooses to quarantine, the child must also quarantine. If the accompanying adult chooses to obtain a test, the child and adult must quarantine until the adult's negative test result is received.



Individuals who do not comply with the requirement to quarantine are **subject to a fine of \$500 per day**.

## How to Quarantine

Travelers who do not fall within the one of the three exemption categories detailed above:

1. coming from a lower-risk state,
2. meeting the 72-hour testing rule, or
3. meeting a limited circumstance-specific exemption or Commissioner Designated exemption, must quarantine beginning immediately upon arrival in Massachusetts.

The quarantine must continue for a period of 10 days unless the traveler leaves the State sooner.

The requirements for quarantining are as follows:

- Travelers, along with their travel party, must separate from all other people for 10 days.
- Travelers must not be in public or otherwise leave the identified quarters.
- The living quarters must have a separate bathroom facility for each individual or family group. Access to a sink with soap, water, and paper towels is necessary. Cleaning supplies (e.g. household cleaning wipes, bleach) must be available in the bathroom.
- Travelers must have a way to self-quarantine from other household members if a fever or other symptoms develop, in a separate room(s) with a door.
- During the quarantine period, no one else should be in the living quarters other than those in the Travel Party, including hotel staff or delivery persons, as applicable.
- Food must be delivered to the living quarters.
- Travelers must have a sufficient supply of [face masks or face coverings to wear \(/news/wear-a-mask-in-public\)](/news/wear-a-mask-in-public) and must be compliant with the [Massachusetts masking order \(/info-details/covid-19-state-of-emergency#masks-&-face-coverings-\)](/info-details/covid-19-state-of-emergency#masks-&-face-coverings-).
- Travelers are not to leave their living quarters except to receive urgent medical care.
- Travelers should [engage in proper hygiene \(/info-details/covid-19-prevention-and-treatment\)](/info-details/covid-19-prevention-and-treatment) including washing hands frequently using soap and water for at least 20 seconds. If soap and water are not available, an alcohol-based hand sanitizer that contains at least 60% alcohol may be used.
- Travelers should remain aware of potential COVID like symptoms including: fever (temperature over 100.0 degrees); cough; difficulty breathing; shortness of breath; chills; muscle or body aches; runny nose or nasal congestion; new loss of taste or smell; headache; nausea; vomiting or diarrhea. **Travelers with any of these symptoms should immediately self-isolate, contact a healthcare provider and seek testing.**
- If no one in the Travel Party develops symptoms, then the travel party may continue with their normal activities after 10 days.

**These requirements are in addition to Massachusetts requirements for wearing a mask or other face covering in both indoor and outdoor settings, any time you cannot socially distance and remain 6 feet**

from other people.

## What Happens if I Develop COVID-19 Symptoms While in Massachusetts?

The 72-hour test is a diagnostic test that is a point in time clinical measurement. If you develop symptoms, you should immediately self-isolate, contact a healthcare provider and be tested again.

## Leaving Massachusetts Prior to Completion of Quarantine

A traveler may choose to leave Massachusetts before the completion of their 10-day quarantine.

## Information for Employers

Employers are strongly discouraged from requiring or allowing business-related travel to non-lower-risk states, as indicated in red on the map above. Employers that permit employer-paid or -reimbursed travel to non-lower-risk states should take measures to ensure employees comply with the [Travel Order \(/doc/july-24-2020-travel-order-pdf/download\)](#). Employers are also urged to strongly discourage their employees from taking leisure travel to non-lower-risk destinations.

## International Travel

Consult with the [U.S. Department of State website \(https://travel.state.gov/content/travel/en/international-travel.html\)](https://travel.state.gov/content/travel/en/international-travel.html) for COVID-19 information regarding international travel.

All International travelers arriving in Massachusetts must complete the [Massachusetts Travel Form \(/forms/massachusetts-travel-form\)](#) and must quarantine for 10 days unless they can provide proof of a negative test result that meets the criteria stated above or they are covered by one of the other, limited exceptions.

## Stop the Spread

### We All Must Do Our Part to Stop the Spread (/info-details/stop-the-spread): Protect Yourself and Others

- Avoid public places, including while traveling, if possible
- Massachusetts law requires you to wear a mask if
  - You are within 6 feet of distance from other individuals
  - In a situation or setting where you are unable to maintain 6 feet of distance from others
  - In a public business or public or private transportation carrier or for-hire vehicle



- Wash your hands often with soap and water for at least 20 seconds, especially before you eat
- Avoid touching your eyes, nose, and mouth with unwashed hands
- Cover your cough and sneezes with a tissue and discard it in a closed container
- Clean frequently touched surfaces and objects

## Potential Other Traveler Scenarios

### 1. Do I have to comply with the Travel Order if I have received a COVID-19 vaccine?

- **Yes.** Yes. At this time, vaccinated individuals must continue to comply with the Governor's Travel Order and related testing and quarantine requirements. While experts learn more about the protection that COVID-19 vaccines provide under real-life conditions, it will be important for everyone to continue using all the tools available to us to help stop this pandemic, including quarantining after a possible exposure, covering your mouth and nose with a mask, washing hands often, and staying at least 6 feet away from others.

### 2. Does this apply to students arriving from other States or foreign countries to attend college or university or boarding school?

- **Yes.** The travel rule applies to all persons entering Massachusetts from any point of origin. A student who enters Massachusetts from any place not included on the list of COVID-19 lower-risk States must quarantine for 10 days if the student cannot provide proof of a negative test result that meets the standards of the 72-hour test rule.

### 3. Does the rule apply to parents, guardians and family members who are dropping their students off for boarding school or college/university?

- **Yes.** If a parent/guardian/family member is entering Massachusetts only to drop off the student and then immediately leaves the campus and the state, then they would meet the exemption of transitory travel. If they are staying overnight, then they are subject to the requirements of the travel order.
- Parents, guardians, and family members who do not meet the transitory travel exemption and are coming into Massachusetts from any place other than a COVID-19 lower-risk State are required to either receive a negative test within 72 hours of coming into Massachusetts or proof of a positive test result within the past 90 days and successfully completed isolation, or quarantine for 10 days.

### 4. Where can I report concerns I may have about non-compliance with the order?

- Individuals should contact the [Massachusetts Department of Public Health \(/forms/contact-dph-by-web-form\)](https://forms.contact-dph-by-web-form) or the [Local Board of Health \(https://mhoa.com/municipal-links/\)](https://mhoa.com/municipal-links/).

### 5. If I develop symptoms but had a negative test what should I do?

- The 72-hour test is a diagnostic test that is a point in time clinical measurement. If you develop symptoms, you should immediately self-isolate, contact a healthcare provider and be tested again.

**6. I received a call that I should go into quarantine because I was exposed to someone who tested positive for COVID-19. My test came back negative 3 days ago. Do I still need to quarantine?**

- **Yes.** If you were exposed to someone known to be COVID-19 positive, then you are at increased risk of becoming positive and will need to quarantine for 10 days in your home state.

**7. I had an antigen test which was negative, do I need to be tested again?**

- **Yes,** a negative antigen test must be confirmed by a negative result from an FDA EUA-approved molecular (PCR) SARS-CoV2 test on a sample obtained 72 hours or less prior to arrival in Massachusetts.

**8. I am traveling with my children from a non-lower-risk State. I took a test and have my negative result. Do my kids need a test for COVID-19 as well?**

- It depends on each child's age. If your child is 10 or younger, then the child does not need a test. If the child is 11 or older, then the child needs to be tested or will need to quarantine for 10 days, unless an exemption criteria applies.

**9. I am a MA resident returning home after traveling to a state that is not considered lower risk. I have proof of a negative test result on a sample taken before my out-of-state travel, and because I was out of state only for 48 hours, I am returning within 72 hours of the time the sample was taken. Can I use my negative test results taken before I left to satisfy the 72-hour testing rule and avoid quarantine?**

- **No,** you must quarantine or obtain a new test upon return, unless you meet another exemption.

**10. I am a MA resident and I provide Critical Infrastructure Services. I plan to go on vacation to Florida with my family. Do I need to quarantine when I return home from Florida?**

- **Yes.** Workers who travel from Massachusetts for personal or leisure reasons cannot rely on the Critical Infrastructure Worker exemption upon return. You must either quarantine or satisfy the testing rule. Your status as a Critical Infrastructure Worker does not allow you to break quarantine—even to do that specialized work—following travel for personal or leisure reasons.
- Likewise, a Critical Infrastructure Worker who comes to Massachusetts for personal or leisure reasons cannot rely on the Critical Infrastructure Worker exemption upon arrival and must either quarantine or satisfy the testing rule.

**11. I am dropping my child off at college in another state that is not considered lower risk. Do I need to quarantine when I come home?**

- It depends. If a parent/guardian/family member is entering a non-lower-risk state only to drop off the student and then immediately leaves the campus and the state, then they would meet the exemption of transitory travel. If they are staying overnight, then they are subject to the quarantine requirement upon return or must meet the testing rule.

**12. I am entering Massachusetts but do not need to fill out the travel form because I meet an exemption. Do I need written documentation demonstrating that I meet the exemption criteria?**

- **No.**

**13. I am visiting my relative in Massachusetts. I live in a non-lower-risk state. I plan to quarantine in my relative's home. Does my relative need to quarantine as well?**

- **No.** You should comply with the requirements for quarantining, including staying in a separate room from your relative. However, your presence in your relative's home does not require your relative to quarantine.

**14. I am traveling to MA from a non-lower-risk state and do not meet an exemption criteria. I previously had COVID-19, I isolated pursuant to CDC guidelines and was released from isolation, do I still need to quarantine or meet the testing rule?**

- If you received a positive COVID-19 test result more than 10 days ago, completed the appropriate isolation period, and your positive test result was less than 90 days ago, you meet an exemption and therefore do not need to quarantine upon arrival to Massachusetts or fill out the Travel Form. Positive test result must be producible to Local Board of Health, upon request.
- If you received a positive COVID-19 test result or a diagnosis of COVID-19 **more than 90 days prior to arrival in Massachusetts** you must quarantine upon arrival or meet the testing rule.

**15. Can international travelers get tested in another country before arriving?**

- **Yes**, provided that they take a molecular (PCR) SARS-CoV2 test on a sample obtained 72 hours or less prior to arrival in Massachusetts that is authorized by their Government.

**16. I am a MA resident and went on vacation to a non-lower-risk state. Can I get a test in that state 72 hours before I come home to avoid the quarantine requirement?**

- **Yes**, provided the test meets the DPH specifications.

**17. I am a MA resident and went on vacation to a non-lower-risk state. Can I get a test once I arrive in Massachusetts?**

- **Yes.** You can get tested once you arrive in Massachusetts. However, you must immediately begin the 10-day quarantine until a negative test result has been received.

**18. I am a MA resident and I am required to travel from MA to a non-lower-risk state at the direction of the Military. Do I need to fill out the form and quarantine when I come home?**

- **No.** Massachusetts residents who go out of state for military work and then return to Massachusetts meet the military exemption.

**19. May travelers from places other than lower-risk states be exempt from the Travel Order requirements if traveling for the purpose of running errands like going to the grocery store or pharmacy?**

- Travelers are exempt from the requirements to fill out the Travel Form and self-quarantine or obtain a negative COVID-19 test result if their travel is limited to brief trips for purposes that the Commissioner has [designated](https://www.mass.gov/info-details/guidance-for-travelers-arriving-in-the-commonwealth-of-massachusetts#commissioner-designated-exceptions) ([/guidance/guidance-for-travelers-arriving-in-the-commonwealth-of-massachusetts#commissioner-designated-exceptions](https://www.mass.gov/info-details/guidance-for-travelers-arriving-in-the-commonwealth-of-massachusetts#commissioner-designated-exceptions)) as Critical Life Activities. This allowance is limited to short, same-day trips across the border and back for the following purposes: grocery shopping, visits to pharmacies, attending appointments with licensed health

care providers including medical, dental, or mental health, visiting persons receiving treatment in hospitals or residing in congregate care settings, attendance at day care or children's camps, attending religious services and funerals or memorial services, or attending to the care needs of family members.

- During such trips, travelers are instructed to wear face-coverings, maintain social distance, practice good hygiene, and adhere to all other COVID-19 rules and restrictions.

**20. I am a resident of RI attending a wedding in MA. Is the wedding considered a [Commissioner's Exemption](#)**

**[\(/guidance/guidance-for-travelers-arriving-in-the-commonwealth-of-massachusetts#commissioner-designated-exceptions\)](/guidance/guidance-for-travelers-arriving-in-the-commonwealth-of-massachusetts#commissioner-designated-exceptions) under "religious services?"**

- The wedding service itself can be considered an exemption as a religious service. However, any reception or celebration which either precedes or follows the ceremony is not exempted and requires either quarantining or a 72 hour negative test result in order to attend.

**21. Are parents, guardians, and children required to comply with the Travel Order if traveling for the purpose of managing shared custody of a child?**

- Children who travel into and out of Massachusetts because of transfers of custody or visitation between parents or guardians are exempt from the requirements of the order. Parents and guardians may rely on the transitory travel exemption, provided they comply with its limitations.

**22. Other states' travel restrictions include exemptions for trips that last less than 24 hours. Does Massachusetts have a similar exemption?**

- **No**, there is no specific exemption for trips that last less than 24 hours. Such short trips may be covered by exemptions like the ones for transitory travel or commuting for work or school. The full list of exemptions is [here](#) (</guidance/guidance-for-travelers-arriving-in-the-commonwealth-of-massachusetts>). Travelers arriving from places other than lower-risk States must fill out the Travel Form and self-quarantine or obtain a negative test result if they do not meet one of these exemptions.

**23. I am looking to be exempt from the requirement to self-quarantine by obtaining a negative COVID-19 test, but I am unable to get tested in the state that I am traveling from. What can I do?**

- A traveler who is required to quarantine may be released from the obligation to continue quarantining upon obtaining proof of a COVID-19 negative test, which was administered after the person's arrival in Massachusetts. Travelers are required to quarantine immediately upon arrival in Massachusetts but may temporarily break quarantine to receive testing. Travelers must arrange for the test at their own expense and then are required to immediately continue quarantining until receiving a negative test result or the 10 days is complete. [Guidance on how to obtain a test in Massachusetts can be found here](#) (</info-details/about-covid-19-testing>).

**24. After completing the Travel Form, do I need to keep a copy of my submission on-hand?**

- You should keep the documentation with you. If you obtained a negative COVID-19 test result to be exempt from the self-quarantine requirement you should be prepared to produce those results upon request.

**25. I am traveling to Massachusetts from Puerto Rico (or some other United States Territory). How does the Travel Order apply to me?**

- For the purposes of the Travel Order the following U.S. jurisdictions are treated as States:
  - District of Columbia
  - Puerto Rico
  - USVI
  - Guam
  - Northern Mariana Islands
  - American Samoa
- None of these areas is currently classified as a lower-risk State, so travelers arriving from any of these places are required to fill out the Travel Form and self-quarantine or be prepared to produce a negative COVID-19 test result if they do not fall within one of the enumerated exceptions.

**26. My child attends day care or day camp in MA or RI. Do they need to test or quarantine each day?**

- **No.** Children who travel into or out of Massachusetts to attend day care or day camps are not required to comply with the Travel Order, and a parent or guardian transporting the child may rely on the transitory travel exemption, provided they comply with its limitations.

**27. I live in Rhode Island and have a child or other family member receiving specialized medical care in MA. Can I visit them without quarantining or receiving a negative COVID test result?**

- **Yes.** See response question number 18 above, which explains the Commissioner's [limited exception \(/guidance/guidance-for-travelers-arriving-in-the-commonwealth-of-massachusetts#commissioner-designated-exceptions\)](#) for Critical Life Activities.

**28. What are the [Commissioner's exceptions](#)**

**[\(/guidance/guidance-for-travelers-arriving-in-the-commonwealth-of-massachusetts#commissioner-designated-exceptions\)](#) for Critical Life Activities?**

- grocery shopping
- visits to pharmacies
- attending appointments with licensed health care providers, including medical, dental, or mental health
- visiting persons receiving treatment in hospitals or residing in congregate care facilities
- attendance at day care or children's camps
- attending religious services, and funerals or memorial services
- attending to the care needs of a family member

**29. I am traveling into Massachusetts to participate in a clinical trial, am I exempt from the form and quarantine requirements?**

- **Yes.** Travelers coming to Massachusetts to participate in a clinical trial do not need to fill out the travel form and do not need to quarantine for 10 days.