

States and Territories Requiring or Requesting Domestic Travelers Self-Quarantine upon Arrival

Last Updated on December 9, 2020 at 5:00pm ET.

Newly added entries are **highlighted**

National and Regional Executive Orders, Directives, and Agency Mandates

Connecticut, New Jersey, and New York

[Connecticut Executive Order No. 7BBB](#), [New York Executive Order No. 205](#), and [New Jersey Joint Travel Advisory](#) – Issued Jointly by Governor Ned Lamont, Governor Andrew Cuomo, and Governor Phil Murphy’s Offices (respectively) on June 24, 2020. Governors Lamont and Cuomo issued executive orders requiring all individuals traveling from states with “significant community spread of COVID-19” to self-quarantine for 14 days. Governor Murphy issued a similar travel advisory in coordination with Governors Cuomo and Lamont, but under his advisory, self-quarantine is not mandatory. The orders and advisory identify states as having “significant community spread” if that state has a positive test rate higher than 10 per 100,000 residents or a 10% or higher positivity rate over a 7-day rolling average. The three states will post states identified as having “significant community spread” to their websites on an ongoing basis (currently Alabama, Arkansas, Florida, North Carolina, South Carolina, Texas, and Utah are on the list). Individuals traveling to support essential business functions (i.e. as defined by [the New York Department of Health’s issued guidance](#)) are exempt.

[Update to list of states with “significant community spread of COVID-19”](#) – Published on the State of Connecticut’s official website on July 14, 2020. As of July 14, Connecticut, New Jersey, and New York have 22 states on their list of restricted states: Alabama, Arkansas, Arizona, California, Florida, Georgia, Iowa, Idaho, Kansas, Louisiana, Minnesota, Mississippi, North Carolina, New Mexico, Nevada, Ohio, Oklahoma, South Carolina, Tennessee, Texas, Utah, and Wisconsin.

[Update to list of states with “significant community spread of COVID-19”](#) – Published on the State of Connecticut’s official website on August 4, 2020. As of August 4, there are 35 states from where travel is restricted: Alaska, Alabama, Arkansas, Arizona, California, Florida, Georgia, Iowa, Idaho, Illinois, Indiana, Kansas, Kentucky, Louisiana, Maryland, Minnesota, Missouri, Mississippi, Montana, North Carolina, North Dakota, Nebraska, New Mexico, Nevada, Ohio, Oklahoma, Puerto Rico, Rhode Island, South Carolina, Tennessee, Texas, Utah, Virginia, Washington, and Wisconsin.

[Update to list of states with “significant community spread of COVID-19”](#) – Published on the State of Connecticut’s Official Website on December 1, 2020. Currently, travel is restricted from all states and territories but New York, Rhode Island, Connecticut, New Jersey, and Hawaii.

State Executive Orders, Directives, and Agency Mandates

Alaska

[Health Mandate 010](#) and [Alaska Essential Services and Critical Workforce Infrastructure Order](#) - Issued by Governor Mike Dunleavy, Department of Health and Social Services (DHSS) Commissioner Adam Crum, and DHSS Chief Medical Officer Dr. Anne Zink on March 23, 2020. Requires all individuals arriving in Alaska to self-quarantine for 14 days, “unless travel is to support critical infrastructure, or for critical personal needs.” “Critical infrastructure” includes “hospitals, clinics, dental emergency services, pharmacies, other healthcare facilities, home healthcare services and providers, mental health providers, companies and institutions involved in the research and development, manufacture, distribution, warehousing and supplying of pharmaceuticals, biotechnology therapies, or consumer health products, medical devices, diagnostics, equipment, services, or any related and/or ancillary healthcare services.” “Critical infrastructure” also encompasses infrastructure maintenance (i.e. roads and highways), some financial services, first responders, essential government functions, and essential businesses.

[Health Mandate 012](#) - Issued by Governor Mike Dunleavy, DHSS Commissioner Adam Crum, and DHSS Chief Medical Officer Dr. Anne Zink on March 27, 2020. Prohibits all in-state travel between communities unless travel is to support critical infrastructure or critical personal needs.

[Health Mandate 018](#) – Issued by Governor Mike Dunleavy, DHSS Commissioner Adam Crum, and DHSS Chief Medical Officer Dr. Anne Zink on May 12, 2020. Updated May 22, 2020. Permits intrastate travel on the state road system and marine highway system for all purposes. Prohibits travel to or from communities off the road system or marine highway system, except for “critical personal needs” or “the conduct of essential services/critical infrastructure”. Notes that no individual traveling for critical infrastructure/essential services reasons is subject to any automatic quarantine or isolation upon arrival at their destination. Requires all businesses that have staff traveling between communities to file a protective plan with the state.

[Update to Health Mandate 10](#) – Issued by Governor Mike Dunleavy with the Alaska Department of Health and Social Services on June 3, 2020. Requires interstate and international travelers to complete a [“Mandatory Declaration Form for Interstate Travelers”](#) and either be tested within 3-5 days prior to departure and show a negative PCR test result for COVID-19, be tested upon arrival and quarantine until the return of a negative COVID-19 test result, or submit to a mandatory self-quarantine for 14 days. Workers traveling to Alaska to support critical infrastructure are exempted from the testing requirements, but they must abide by their company’s community protective plan on file with the state.

[Update to Health Mandate 10](#) – Issued by Governor Mike Dunleavy with the Alaska Department of Health and Social Services on August 6, 2020. Requires all travelers complete a Travel Declaration Form and Self Isolation Plan on the [Alaska Travel Portal](#) website and follow “strict social distancing” for 14 days after arriving in Alaska. Removes the three-to-five-day pretest option from the previous health mandate. Nonresident travelers are required to be tested 72 hours prior to their departure to Alaska and upload a negative test result to the Alaska Travel Portal website. Untested nonresident travelers can pay \$250 to be tested upon arrival. Resident travelers must also upload a negative test result, but tests upon arrival will be given for free. Exceptions from previous travel mandates for nonresident critical infrastructure workers remain in place, although free testing is no longer available to them.

Arizona

[Executive Order 2020-24](#) – Issued by Governor Doug Ducey on March 28, 2020. Requires all individuals entering Arizona via airport from an area with substantial community spread, “including but not limited to, the New York Tri-State Area (Connecticut, New Jersey, and New York)” to self-quarantine for 14 days. Does not apply to “employees of the airlines, military personnel, and those arriving in direct response to COVID-19 for the purposes of healthcare and public health operations, human services operations, essential infrastructure operations, [or] essential government functions.”

Arkansas

[Executive Order 20-13](#) – Issued by Governor Asa Hutchinson on April 4, 2020. Orders “commercial lodges” like hotels and motels to only house “authorized guests”. “Authorized guests” are defined as healthcare professionals, first responders, law enforcement personnel, state or federal employees staying on business, patients of hospitals and their families, and other individuals traveling for essential purposes.

[Directive for Travelers from “Hot Spot” and International Locations](#) – Issued by the Arkansas Department of Health under Governor Asa Hutchinson’s authority on May 14, 2020. Requires travelers arriving in Arkansas from New York State, New Jersey, Connecticut, New Orleans, and all international locations to self-quarantine for 14 days.

Delaware

[Seventh Modification of the Declaration of a State of Emergency](#) – Issued by Governor John Carney on March 29, 2020. Requires any individual from another state who is not “merely passing through” to immediately self-quarantine for 14 days. The requirement does not apply to “public health, public safety, or healthcare workers, or any other individual providing assistance to an Essential Business or providing an emergency service related to COVID-19.”

District of Columbia

[Mayor’s Order 2020-081: Requirements to Self-Quarantine after Non Essential Travel during the COVID-19 Public Health Emergency](#) – Issued by Mayor Muriel Bowser on July 24, 2020. Requires all individuals traveling to the District of Columbia from “high-risk areas” to self-quarantine for 14 days. “High-risk areas” are defined as states with a seven-day rolling average of daily new COVID-19 cases of 10 or more per 100,000 persons. Currently, 14 states are considered to be high-risk: Arkansas, Arizona, Alabama, California, Delaware, Florida, Georgia, Idaho, Iowa, Kansas, Louisiana, Mississippi, Missouri, Montana, Nebraska, Nevada, New Mexico, North Carolina, North Dakota, Ohio, Oklahoma, South Carolina, Tennessee, Texas, Utah, Washington, and Wisconsin. Travelers from Maryland and Virginia are automatically exempt. “Essential travelers” are also exempt from quarantine orders, although they are still advised to quarantine for 14 days, limit contact with others, and self-monitor for symptoms of COVID-19. “Essential travel” is defined in full in [Mayor’s Order 2020-54](#), and encompasses travel for operation of essential businesses, travel to carry out crucial government functions, travel to a place of worship, and travel to care for vulnerable individuals. See the Mayor’s Order for a complete definition.

Florida

[Executive Order 20-80](#) – Issued by Governor Ron DeSantis on March 23, 2020. Directs individuals who arrive in Florida from an area with “substantial community spread,” including New York, Connecticut, and New Jersey, to self-quarantine for 14 days. Does not apply to airline employees and those performing “military, emergency, or health response.” Calls upon agencies and law enforcement to enforce the order.

[Executive Order Number 20-82](#) – Issued by Governor Ron DeSantis on March 24, 2020. Re-asserts the travel restrictions from Executive Order 20-80. Directs all persons traveling from areas of substantial community spread to inform any individual in Florida with whom they have had direct physical contact with in the past 21 days that they came from a high-risk area.

[Executive Order 20-86](#) – Issued by Governor Ron DeSantis on March 27, 2020. Now includes the State of Louisiana as an area of substantial community spread and mandates self-quarantine for those entering Florida via roadways from areas of substantial community spread. Authorizes the establishment of roadway checkpoints to enforce self-quarantine restrictions.

[Executive Order 20-192](#) – Issued by Governor Ron DeSantis on August 5, 2020. Lifts travel restrictions on persons entering Florida from New York, New Jersey, and Connecticut.

Hawaii

[Second Supplementary Proclamation](#) – Issued by Governor David Ige on March 21, 2020. Requires all individuals entering the state to self-quarantine for 14 days. Those performing emergency response or supporting critical infrastructure, and those exempted by the Director of Emergency Management are not subject to quarantine requirements.

[Fourth Supplementary Proclamation](#) – Issued by Governor David Ige on March 31, 2020. Requires all persons traveling between the islands of Hawaii to self-quarantine for 14 days upon arrival. Individuals traveling “for purposes related to medical or health care” are not subject to the mandatory quarantine provided they wear “appropriate protective gear” and practice social distancing.

[Ninth Supplementary Proclamation](#) – Issued by Governor David Ige on June 10, 2020. Extends emergency measures for COVID-19 until July 31, 2020 except for the self-quarantine requirement for travelers moving between Hawaii’s islands, which was suspended. All travelers arriving in Hawaii from out of state must self-quarantine for 14 days except for those performing emergency response or supporting critical infrastructure, and those exempted by the Director of Emergency Management.

[Eleventh Supplementary Proclamation](#) – Issued by Governor David Ige on August 7, 2020. Reinstates mandatory 14-day self-quarantine for interisland travelers through August 31, unless extended further.

[Sixteenth Supplementary Proclamation](#) – Issued by Governor David Ige on November 23, 2020. Requires travelers wishing to bypass the mandatory 14-day self-quarantine have negative COVID-19 test results from a trusted testing partner (see the list of trusted testing partners [here](#)) prior to departure for the state of Hawaii. Travelers must upload their negative test results to Hawaii’s [Safe Travels system](#) prior to departure or bring a hard copy of their negative test result when boarding for their flight.

[Emergency Rule #23](#) – Issued by the Mayor of Kauai on December 2, 2020. Requires all transpacific and international travelers arriving on Kauai be subject to the mandatory 14-day self-quarantine regardless of testing.

Idaho

[Stay Healthy Order, Stage 3](#) – Issued by the Idaho Department of Health and Welfare under Governor Little’s authority on May 28, 2020. “Strongly encourage[s]” people entering Idaho from areas with “substantial community spread” to self-quarantine for 14 days. Also directs individuals to limit or avoid nonessential travel.

Illinois

[Public Health Order No. 2010-10](#) – Issued by Commissioner of Health of the City of Chicago Allison Arwady under Mayor Lori Lightfoot’s authority on July 2, 2020. Updated July 14, 2020. Requires individuals entering or returning to Chicago from states “experiencing a surge in new COVID-19 cases” to self-quarantine for 14 days. States with a case rate greater than 15 new COVID-19 cases per 100,000 resident population per day over a 7-day rolling average are considered as “surge” states. As of July 14, 2020, restricted states include Alabama, Arkansas, Arizona, California, Florida, Georgia, Idaho, Louisiana, Mississippi, North Carolina, Nevada, South Carolina, Tennessee, Texas, and Utah. As of July 17, Oklahoma will be added to the list. “Essential workers” as defined by the City of Chicago [here](#), are exempt from the mandate.

[Official Advisory from the Mayor of the City of Chicago](#) – Issued by Mayor Lori Lightfoot on November 20, 2020. Requires individuals entering or returning to Chicago from states with high daily new COVID-19 case rates to take certain precautions based on how high rates are in each originating state in accordance with the City of Chicago’s [Emergency Travel Order](#). Individuals traveling from a state with a daily new case rate between 15 cases per 100,000 people up to Chicago’s current daily new case rate are “directed” to obtain a negative COVID-19 test result within 72 hours prior to arrival or self-quarantine for 14 days. Individuals traveling from states with higher daily new case rates than Chicago must quarantine for 14 days or the duration of their stay if shorter, with the exception of workers supporting “critical infrastructure sectors” as [defined](#) by the Cybersecurity and Infrastructure Security Agency.

Kansas

[Kansas Department of Health and Environment \(KDHE\) Quarantine Mandate](#) – Issued by the KDHE under Governor Laura Kelly’s authority on March 23, 2020. Mandates a 14-day home quarantine for Kansans who have travelled to California, Florida, New York, and Washington State on or after March 15 or travelled to Illinois or New Jersey on or after March 23. The mandate does not apply to employees serving the “public health,” including hospital workers and clinical staff.

[Update to KDHE Mandate](#) – Issued by the KDHE under Governor Laura Kelly’s authority on March 27, 2020. Adds Louisiana and Colorado to the list of states.

[Update 2 to KDHE Mandate](#) – Issued by the KDHE under Governor Laura Kelly’s authority on May 12, 2020. Requires Kansans returning from several states to self-quarantine for 14 days. Returning Kansans must quarantine if they have visited New York State on or after March 15, Illinois or New Jersey on or after March 23, Connecticut on or after April 6, Massachusetts or Rhode Island on or after April 30, or Maryland on or after May 12. Also requires individuals who have travelled internationally or on a cruise ship to self-quarantine.

[Update 3 to KDHE Mandate](#) – Issued by the KDHE under Governor Laura Kelly’s Authority on July 14, 2020. Mandatory 14-day self-quarantine is now only required for cruise passengers and travelers entering Kansas from Arizona, Florida, or foreign countries with a CDC Level 3 Travel Health Notice as well as Bahrain and French Guiana.

[Update 4 to KDHE Mandate](#) – Issued by the KDHE under Governor Laura Kelly’s Authority on December 1, 2020. Mandatory 14-day self-quarantine is only required for those who attended any out-of-state mass gathering of 500 or more where participants did not socially distance and wear masks, and for any individual who traveled on a cruise ship or river cruise on or after March 15.

Kentucky

[Executive Order 2020-258](#) – Issued by Governor Andy Beshear on March 30, 2020. Directs residents of Kentucky not to travel to other states except when required by employment, to obtain groceries, medicine, or other necessary supplies, or to seek healthcare. Requires residents returning to Kentucky self-quarantine for 14 days. Does not list any restrictions for individuals visiting Kentucky.

[Executive Order 2020-266](#) – Issued by Governor Andy Beshear on April 2, 2020. Reaffirms Executive Order 2020-258 and orders non-residents of Kentucky to immediately self-quarantine for 14 days upon arrival in Kentucky. Does not apply to individuals traveling into Kentucky “when required by employment, to render care as a healthcare professional or volunteer healthcare worker related to the State of Emergency, to obtain groceries, medicine, or other necessary supplies, to seek or obtain care by a licensed healthcare provider, to provide care for the elderly, minors, dependents, persons with disabilities, or other vulnerable persons, or when required by court order.”

Maine

[Executive Order 34 FY 19/20](#) – Issued by Governor Janet Mills on April 3, 2020. Requires any individual traveling into Maine to immediately self-quarantine for 14 days except for those “engaging in essential services”. Essential services are defined as “medical, psychiatric and long-term care facilities, biomedical, life science, behavioral health, health care, dental care, and long-term services and supports providers and organizations,” services [deemed essential by the US Department of Homeland Security](#), and other non-healthcare-related services as laid out in Mills’ [Executive Order 19 FY 19/20](#).

[Executive Order 57 FY 19/20](#) – Issued by Governor Janet Mills on June 9 2020. Establishes “Keep Maine Healthy” travel restrictions. Travelers arriving in Maine must either self-quarantine for 14 days or sign a document stating they tested negative in the past 72 hours. Those choosing to quarantine must sign a “Certificate of Compliance” form indicating they will quarantine for 14 days. Does not apply to travelers arriving in Maine from Vermont, New Hampshire, Connecticut, New York, and New Jersey staying in commercial lodging.

[Update to Executive Order 57 FY 19/20](#) – Issued by Governor Janet Mills on July 1, 2020. Exempts travelers from Connecticut, New York, and New Jersey from mandatory quarantine and testing requirements.

Massachusetts

[COVID-19 Travel Order](#) – Issued by the State of Massachusetts under Governor Charlie Baker’s Authority on August 1, 2020. All travelers entering Massachusetts must complete the [Massachusetts Travel Form](#) prior to arrival and quarantine for 14 days or produce a negative COVID-19 test result less than 72-hours old. Travelers arriving in Massachusetts from lower-risk states as designated by the CDC are exempt from these requirements. Currently, only two states are considered lower risk: Hawaii and Maine. Exemptions also apply to individuals traveling through Massachusetts, persons commuting for work or school, patients seeking or receiving medical treatment, military personnel, and workers providing critical infrastructure services as defined by the [Federal Cybersecurity and Infrastructure Security Agency](#).

Minnesota

[Emergency Executive Order 20-99](#) – Issued by Governor Tim Walz on November 18, 2020. “Strongly encourages” visitors and returning residents arriving in Minnesota from out of state to self-quarantine for 14 days.

Montana

[Directive Implementing Executive Orders 2-2020 and 3-2020 and providing mandatory quarantine for certain travelers arriving in Montana from another state or country](#) – Issued by Governor Steve Bullock on March 30, 2020. Requires individuals coming to Montana from another state or country to immediately self-quarantine for 14 days. Quarantine restrictions do not apply to persons traveling through Montana to another destination, or to “public health, public safety, or healthcare workers.

[Update to Guidance](#) – Issued by the Montana Department of Commerce on May 19, 2020. Notes that the 14-day self-quarantine requirement for out of state travelers traveling for non-work related purposes will be lifted on June 1, 2020.

New Mexico

[Executive Order 2020-013](#) – Issued by Governor Michelle Lujan Grisham on March 27, 2020. Requires individuals flying in to New Mexico from other states self-quarantine for a minimum of 14 days. Does not apply to “those providing medical care, emergency response, or other individuals designated by the New Mexico Department of Health”. Also does not apply to “persons employed by airlines and those performing public safety or public health functions, such as military personnel, federal employees, those employed by a federal agency or national defense contractor, emergency first responders, health care workers, or individuals employed by shipping and freight companies.”

[Executive Order 2020-054](#) – Issued by Governor Michelle Lujan Grisham on July 1, 2020. Orders out-of-state travelers arriving in New Mexico to self-quarantine for 14 days. The order does not apply to employees of airlines, those performing “public safety or public health functions”, members of the military, federal employees and contractors, emergency first responders, “health care workers”, and those who are employed or contracted by an “essential business” as defined by Governor Grisham’s [earlier public health order](#).

[Executive Order 2020-063](#) – Issued by Governor Michelle Lujan Grisham on September 4, 2020. Directs all persons arriving in New Mexico from a state with a positive test rate higher than 80 per 1,000,000 residents or a test positivity rate greater than or equal to 5% over a seven-day rolling average to self-quarantine for a period of at least 14 days or for the duration of their stay in New Mexico, whichever is shorter. Currently, this includes all states but Hawaii. This order does not apply to some categories of employees, including “those employed by airlines, those performing public safety or public health functions, military personnel and their dependents, federal employees, those employed by a federal agency or national defense contractor, emergency first responders, and health care workers”.

New York

[Interim Guidance for Quarantine Restrictions on Travelers Arriving in New York State Following Out of State Travel](#) – Issued by the New York Department of Health under Governor Andrew Cuomo’s authority on November 3, 2020. Requires all travelers entering the state from any state not bordering New York to self-quarantine for 14 days. Travelers wishing to quarantine for fewer than two weeks must obtain negative test results within 72 hours prior to arrival in New York, quarantine for three days upon arrival in New York, and obtain a second negative test result on their fourth day of self-quarantine. First responders and essential workers are instead subject to special requirements, listed in this guidance (see pages 3-4).

North Dakota

[Travel Quarantine Orders](#) - Issued by the North Dakota Department of Health under Governor Doug Burgum’s authority on March 28, 2020. Requires all individuals returning to North Dakota from international locations and a list of 26 U.S. states (see [orders](#)) to self-quarantine for 14 days. Essential critical infrastructure workers as [classified by the US Department of Homeland Security](#), including healthcare workers who support and maintain health care infrastructure, are exempt.

Oklahoma

[Executive Order 2020-07](#) – Issued by Governor Kevin Stitt on March 29, 2020. Directs all individuals flying in to Oklahoma from an area with substantial community spread, including the New York Tri-State Area (CT, NJ and NY), Washington State, California, and Louisiana to immediately self-quarantine for 14 days. Does not apply to “persons employed by the airlines and those performing military, emergency, or health response.”

Pennsylvania

[Amended Order of the Secretary of the Pennsylvania Department of Health for Mitigation Relating to Travel](#) – Issued by the Pennsylvania Department of Health under Governor Tom Wolf’s Authority on November 25, 2020. Requires travelers over the age of 11 arriving in Pennsylvania to self-quarantine for 14 days or provide a negative COVID-19 test result no older than 72 hours. Exempted individuals include individuals traveling to and from Pennsylvania for work, medical reasons (including those “providing comfort and support to the patient”), and other legally mandated purposes.

Puerto Rico

[Executive Order 2020-030](#) – Issued by Governor Wanda Vázquez Garced on March 30, 2020. Requires all passengers arriving in Puerto Rico from the United States and international destinations to self-quarantine for a minimum of 14 days. Requires individuals landing in Puerto Rico fill out a contact information form and file it with the Puerto Rico Department of Health. Individuals supporting critical infrastructure, including “repair of Medical equipment” or providers of other “essential services” are exempt from quarantine requirements.

[Executive Order 2020-052](#) – Issued by Governor Wanda Vázquez Garced on July 3, 2020 as a replacement for Executive Order 2020-030. Effective July 15, 2020, all passengers entering Puerto Rico at the Luis Muñoz Marín International Airport from the U.S. or any international location are required to quarantine for 14 days unless they can provide a negative COVID-19 test result from a molecular test performed within the past 72 hours prior to arrival. Travelers must also fill out a “[Traveler Health Declaration](#)” form with information about their current health and potential contact with COVID-19. Symptomatic travelers will be tested upon arrival at the airport and be required to self-quarantine until test results are returned. Passengers are also required to wear a face mask at all times during their stay in Puerto Rico. Asymptomatic individuals who are “a member of the flight crew or an aircraft mechanic who will not stay in Puerto Rico for more than 72 hours, as well as federal agents, active duty military personnel, or any other personnel as may be determined by the Department of Health” are exempted from these restrictions.

Rhode Island

[Executive Order 20-10](#) – Issued by Governor Gina Raimondo on March 23, 2020. Requires any individual returning to Rhode Island after domestic airplane travel to immediately self-quarantine for 14 days. The quarantine restriction does not apply to “public health, public safety, or healthcare workers.”

[Executive Order 20-50](#) – Issued by Governor Gina Raimondo on June 29, 2020. Requires out-of-state travelers visiting Rhode Island from states with a “high community spread rate” for “a non-work related purpose” to immediately self-quarantine for 14 days or until they receive a negative COVID-19 test. As of 12/4/20, this restriction encompasses 44 states (see the full list [here](#)). Public health workers, public safety workers, healthcare workers, and those with negative COVID-19 test results up to 72 hours old are exempt. Further instructions for the quarantine are listed on the Rhode Island Department of Health’s [webpage for travelers](#).

[Update to List of Restricted States](#) – Issued by the Rhode Island Department of Health on 8/10/20. Travel restrictions apply to travelers entering Rhode Island from Alabama, Arizona, Arkansas, California, Colorado, Florida, Georgia, Hawaii, Idaho, Indiana, Iowa, Kansas, Kentucky, Louisiana, Maryland, Minnesota, Mississippi, Missouri, Nebraska, Nevada, North Carolina, North Dakota, Ohio, Oklahoma, Oregon, Pennsylvania, Puerto Rico, South Carolina, South Dakota, Tennessee, Texas, Utah, Virginia, Washington, Wisconsin, and Wyoming.

South Carolina

[Executive Order 2020-14](#) – Issued by Governor Henry McMaster on March 27, 2020. Requires individuals entering South Carolina from any area with substantial community spread, including the states of New York, New Jersey, and Connecticut, and the city of New Orleans to self-quarantine for 14 days. Does not apply to airline employees and “individuals performing or assisting with military, healthcare, or emergency response operations”.

Texas

[Executive Order GA-11](#) – Issued by Governor Greg Abbott on March 26, 2020. Requires individuals arriving by airplane from the states of New York, New Jersey, or Connecticut, or the City of New Orleans, or any city or state proclaimed later, self-quarantine for 14 days. Does not apply to “people traveling in connection with military service, emergency response, health response, or critical-infrastructure functions.” Quarantined individuals must send a report form to the Texas Department of Public Safety (DPS), proceed directly from the airport to a designated quarantine location, and submit to unannounced quarantine site visits from DPS.

[Modification to Executive Order GA-11](#) – Issued by Governor Greg Abbott on March 29, 2020. Adds California, Louisiana, and Washington State and the cities of Atlanta, Chicago, Detroit, and Miami to the list of states and cities.

Utah

[Executive Order Establishing a Requirement for Individuals Entering Utah to Complete a Travel Declaration Form](#) – Issued by Governor Gary Herbert on April 8, 2020. Requires any individual age 18 or older entering Utah through the Salt Lake City International Airport to complete a “travel declaration form” that contains personal information, contact information, and “COVID-19 related health information”.

Vermont

[Addendum 7 to Executive Order 01-20](#) – Issued by Governor Phil Scott on March 30, 2020. Requires all individuals arriving in Vermont from another state to immediately self-quarantine for 14 days. Allows individuals to break quarantine if taking an action that serves an “essential purpose”. “Essential purpose” is defined as “travel required for personal safety; food, beverage or medicine; medical care; care of others; and to perform work, services, or functions deemed critical to public health and safety, as well as economic and national security, as set forth in [Stay Home/Stay Safe](#).”

[Announcement of Extension of State of Emergency](#) – Published by the Burlington Free Press on May 15, 2020. Announces the extension of some of Vermont’s emergency rules, including mandatory 14-day self-quarantine for out-of-state travelers, until June 15, 2020.

[Addendum 17 to Executive Order 01-20](#) – Issued by Governor Phil Scott on June 5, 2020. Exempts travelers arriving in Vermont from counties in Maine, New Hampshire, and Massachusetts that have 400 or fewer active cases of COVID-19 per million residents from all quarantine travel restrictions.

[Vermont Department of Health Guidelines for Travelers](#) – Issued by the Vermont Department of Health, current as of 11/14/20. Clarifies Governor Phil Scott’s quarantine requirements set forth in Addendum 7 to Executive Order 1-20. Lists exceptions to the 14-day quarantine requirement, including individuals traveling for “essential purposes,” defined as travel for “personal safety, medical care, care of others, parental shared custody, for food beverage or medicine, or to perform work for business that are currently allowed to operate”, and individuals living near the Vermont border who regularly travel to neighboring states. Individuals traveling to all other out-of-state locations for nonessential reasons now must self-quarantine for 14 days, or receive a negative PCR test on the seventh day of their quarantine to end self-quarantine early.

West Virginia

[Executive Order No. 14-20](#) – Issued by Governor Jim Justice on March 30, 2020. Requires all individuals traveling to West Virginia from an area of substantial community spread, including Louisiana, New York, New Jersey, Connecticut, Italy, and China, to self-quarantine for 14 days. Does not apply to individuals traveling for “any commercial activity, including without limitation commercial trucking activities and individuals who commute into or out of the state for work, persons performing any emergency, health, military, or infrastructure response activities necessitating travel into the state, or persons otherwise engaged in and traveling for Essential Businesses and Operations under the terms of [Executive Order 9-20](#).”

Advisory, Press Releases and Announcements

Arkansas

[COVID-19 Guidance for Travelers](#) – Issued by the Arkansas Department of Health under Governor Hutchinson’s authority in April 2020. States that Arkansas Department of Health is monitoring Arkansans who have potentially been exposed to COVID-19 based on CDC criteria for identifying risk. It notes that depending on travel history, some returning travelers may be placed under home quarantine for 14 days. Guidance directs travelers to “consider home self-quarantine for 14 days upon ... return to Arkansas.”

Connecticut

[Press Release](#) – Issued by Governor Ned Lamont’s Office on March 4, 2020. Urges individuals to avoid nonessential travel and urges travelers coming from certain countries, including China, Iran, Italy, and South Korea, to self-monitor in their homes for 14 days upon returning to the United States.

California

[Travel Advisory](#) – Issued by the California Department of Public Health on November 13, 2020. Advises persons arriving in California to self-quarantine for 14 days after arrival and encourages Californians to avoid non-essential travel to other states and countries.

Delaware

[US News Article on Traffic Stops](#) – Published April 8, 2020. Governor John Carney is instructing local law enforcement to monitor vehicles with out-of-state license plates to enforce the Governor’s executive order. Local police followed 59 out-of-state vehicles and found 11 drivers to be in violation of the self-quarantine mandate.

District of Columbia

[Updated Travel Advisory](#) – Issued by the Government of the District of Columbia under Mayor Muriel Bowser’s Authority on November 5, 2020. Advises DC residents to get tested for COVID-19 before they travel, advises individuals who are in close contact with a confirmed positive case not to travel, and advises visitors to DC planning on staying longer than three days to get tested within three to five days of arrival.

Kentucky

[Kentucky Department for Public Health Travel Advisory](#) – Issued by the Kentucky Department for Public Health on July 20, 2020. Requests Kentuckians returning from states with a positive testing rate greater or equal to 15% (per data from Johns Hopkins University) to self-quarantine for 14 days. Currently, this list includes all states except for Vermont, Hawaii, Maine, New York and Massachusetts. The District of Columbia is also not included.

Maryland

[Press Release](#) and [News Conference](#) – Issued by Governor Larry Hogan’s Office on March 25, 2020. Directs students returning from Spring Break travel and individuals returning from the New York tristate area to self-quarantine for 14 days.

[Press Release](#) – Issued by Governor Larry Hogan’s office on March 30, 2020. Directs Marylanders to avoid out of state travel unless absolutely necessary. Directs individuals who have traveled outside the state to self-quarantine for 14 days.

Massachusetts

[Press Release](#) – Issued by Governor Charlie Baker’s office on March 27, 2020. Directs all travelers arriving in Massachusetts to self-quarantine for 14 days. Does not apply to “health care workers, public health workers, public safety workers, transportation workers and designated essential workers.”

[Updated to Travel Guidelines](#) – Issued by Governor Charlie Baker’s office on June 30, 2020. All travelers arriving in Massachusetts are “instructed” to self-quarantine for 14 days. Guidance does not apply to travelers arriving from Rhode Island, Connecticut, Vermont, New Hampshire, Maine, New York or New Jersey. Essential workers, as [designated by the federal government](#), are also exempt.

Nebraska

[Local News Story](#) – Published by KCTV on March 25, 2020. Governor Pete Ricketts is asking all travelers coming to Nebraska from areas of substantial community spread, including New York City, San Francisco, Seattle, Kansas City, Denver, and Chicago, to self-quarantine for 14 days.

[COVID-19 Traveler Recommendations](#) – Issued by the Nebraska Department of Health and Human Services effective June 1, 2020. Directs, but not require, Nebraskans returning home from international travel (excluding healthcare workers, commuters, and other essential groups of individuals as defined in the advisory) to self-quarantine and self-monitor for 14 days upon arrival. Directs healthcare workers returning from international travel to consult with a medical professional to discuss potential exposure and containment.

Nevada

[Press Release on Governor Sisolak's travel advisory](#)– Issued by the Nevada Health Response Agency on March 31, 2020. Urges all visitors and returning Nevadans to self-quarantine for 14 days after arriving in the state. The advisory does not apply to “healthcare, public health, public safety, transportation, and food supply essential employees.

New Hampshire

[Local News Story](#) – Published by WMUR 9 on March 28, 2020. In a press conference, Governor Chris Sununu recommended out-of-state travelers coming to New Hampshire voluntarily self-quarantine for a minimum of 14 days, and urged New Hampshire residents to stay at home and avoid travel as much as possible.

[Updated Travel Guidance for Out-of-State Visitors](#) – Issued by the Office of Governor Chris Sununu, current as of 7/16/20. Requests all out-of-state travelers arriving in New Hampshire and staying “for an extended period of time” to self-quarantine for two weeks. Does not apply to travelers arriving from Maine, Vermont, Massachusetts, Connecticut, and Rhode Island. Does not define “extended period of time”.

New Jersey

[Travel Guidance](#) – Posted on the New Jersey COVID-19 Information Hub on November 25, 2020 under Governor Phil Murphy's authority. “Strongly discourages” interstate travel and directs travelers and residents returning from any US state or territory beyond the immediate region surrounding New Jersey including New York Connecticut, Pennsylvania, and Delaware to self-quarantine for 14 days. The advisory states that while “self-quarantine is voluntary, compliance is expected.”

Ohio

[Stay At Home Order](#) – Issued by the Ohio Department of Health under Governor Mike DeWine's authority. Advises out-of-state travelers to self-quarantine for 14 days upon return to Ohio. Although included in Governor DeWine's order, this is only a recommendation, not a legal requirement.

[Ohio Department of Public Health COVID-19 Travel Advisory](#) – Issued by the Ohio Department of Public Health under Governor Mike DeWine's authority on August 5, 2020. Advises individuals arriving in Ohio from states reporting positive testing rates of 15% or higher to self-quarantine for 14 days. As of August 5, this list of states includes Mississippi, Alabama, Nevada, Florida, Arizona, and Idaho.

Oregon

[Press Release - Oregon Travel Advisory 11/13/2020](#) – Issued by Governor Kate Brown on November 13, 2020. Advises persons arriving in Oregon from other states and countries to self-quarantine for 14 days after arrival, except for those traveling for essential purposes (including “work and study, critical infrastructure support, economic services and supply chains, health, immediate medical care, and safety and security”).

Pennsylvania

[Pennsylvania Department of Health COVID-19 Information for Travelers](#) – Issued by the Pennsylvania Department of Health current as of 7/16/20. The Pennsylvania Department of Health “recommends” travelers returning to Pennsylvania from Alabama, Arizona, Arkansas, California, Florida, Georgia, Idaho, Iowa, Kansas, Louisiana, Mississippi, Nevada, North Carolina, Oklahoma, South Carolina, Tennessee, Texas, and Utah self-quarantine for 14 days.

[Update to Pennsylvania Department of Health COVID-19 Information for Travelers](#) – Issued by the Pennsylvania Department of Health under Governor Tom Wolf’s Authority on August 6, 2020. Updates list of high-risk states to include Alabama, Arizona, Arkansas, California, Florida, Georgia, Idaho, Iowa, Kansas, Louisiana, Mississippi, Missouri, Nebraska, Nevada, North Carolina, North Dakota, Oklahoma, South Carolina, Tennessee, Texas, Utah and Wisconsin.

South Carolina

[South Carolina Department of Health and Environment Control Guidelines for Travelers](#) – Issued by the South Carolina Department of Health and Environmental Control, current as of 7/16/20. Advises travelers returning to South Carolina from “an area with widespread or ongoing community spread” to self-quarantine for 14 days. Directs travelers to [CDC guidelines](#) regarding widespread ongoing transmission.

Rhode Island

[Press Release](#) – Issued by Governor Gina Raimondo’s office on March 29, 2020. Announces that Rhode Island will have highway signs directing out-of-state drivers arriving through the southern border with Connecticut to pull over at information stations, where National Guard members will inform them that anyone planning to stay in Rhode Island must self-quarantine for 14 days. National Guard members will take contact information from out-of-state drivers and forward it to the Rhode Island Department of Health.

Virginia

[Virginia Department of Health Guidance for Domestic Travelers](#) – Issued by the Virginia Department of Health under Governor Ralph Northam’s authority. Advises all returning travelers to “stay at home as much as possible for 14 days after travel” and monitor their health.

Washington

[COVID-19 Travel Advisory](#) – Issued by Governor Jay Inslee on November 13, 2020. Advises persons arriving in Washington from other states and countries to self-quarantine for 14 days after arrival, except for those traveling for essential purposes (including “work and study, critical infrastructure support, economic services and supply chains, health, immediate medical care, and safety and security”).

Wisconsin

[COVID-19 Travel Guidance](#) – Issued by the Wisconsin Department of Health Services under Governor Evers’ authority. Directs Wisconsin residents to cancel or postpone all nonessential travel, including travel within the state, and advises all travelers to self-quarantine for 14 days upon return to Wisconsin.

[Updated COVID-19 Travel Guidance](#) – Issued by the Wisconsin Department of Health Services under Governor Evers’ authority on May 27, 2020. Directs residents who have traveled between states to “limit your exposure to others outside your home as much as possible for 14 days following your return.”

[Further Updates to COVID-19 Travel Guidance](#) – Issued by the Wisconsin Department of Health Services under Governor Evers’ authority, current as of 7/16/20. Recommends Wisconsin residents cancel or postpone all travel, including travel within the state.