



Current Restrictions on Travel

Updated April 5, 2021

What current restrictions are in place for individuals returning to or visiting New Jersey?

Given the increased risk of spreading COVID-19 for both residents who travel outside the state and for visitors into the state, New Jersey continues to strongly discourage all non-essential interstate travel at this time. CDC recommends travel be deferred until an individual is fully vaccinated.. An individual is considered fully vaccinated ≥ 2 weeks after receipt of the second dose in a 2-dose series (Pfizer-BioNTech or Moderna), or ≥ 2 weeks after receipt of a single-dose vaccine (Johnson and Johnson [J&J]/Janssen).

People who are fully vaccinated with an FDA-authorized vaccine and persons who clinically recovered from COVID-19 in the past 3 months who are traveling domestically within the United States do not need to be tested for COVID-19 before or after travel to New Jersey and do not need to self-quarantine upon return. Fully vaccinated persons arriving in New Jersey from abroad are still recommended to be tested for COVID-19 3-5 days after return, but do not need to quarantine.

Unvaccinated travelers and residents returning from any U.S. state or territory beyond the immediate region (New York, Connecticut, Pennsylvania, and Delaware) should self-quarantine at their home, hotel, or other temporary lodging following Centers for Disease Control and Prevention (CDC) recommendations for unvaccinated people: <https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-during-covid19.html> and <https://www.cdc.gov/coronavirus/2019-ncov/travelers/international-travel-during-covid19.html>.

What type of travel is essential?

Essential travel would include, for example:

- Individuals traveling to and from the State for work.
- Individuals traveling to and from the State for medical reasons, including individuals providing comfort and support to a patient.
- Military personnel traveling to the State by order or directive of a state or Federal military authority.
- Individuals traveling to comply with a court order, such as child custody.

Summary of Travel Recommendations

All Travelers:

- International travel: negative test result or documentation of recovery required by the CDC to enter United States following air travel
- Self-monitor for symptoms during and after travel and self-isolate if symptoms develop
- Wear a mask over your nose and mouth when in public
- Avoid crowds and stay at least 6 feet from others
- Wash hands often or use hand sanitizer

Fully Vaccinated Travelers:

- Get tested 3-5 days after returning to the United States from international travel, but no quarantine following travel or test before travel (unless required by the destination) needed
- For domestic travel, no quarantine or test before or after travel needed

Travelers who Clinically Recovered from COVID-19 in past 3 months:

- No quarantine or pre- or post-travel test needed

Unvaccinated Travelers:

- Defer travel until fully vaccinated
- Before travel, get tested for COVID-19 with a viral test 1-3 days before the trip
- Get tested 3-5 days after travel
- Stay home and self-quarantine for a full 7 days after travel, even if the post-travel test is negative. If not tested after travel, stay home and self-quarantine for 10 days after travel.

CDC Travel Recommendations:

- CDC Domestic Travel during COVID-19:
<https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-during-covid19.html>;
- International Travel during COVID-19:
<https://www.cdc.gov/coronavirus/2019-ncov/travelers/international-travel-during-covid19.html>

Is anyone exempt from the quarantine recommendation?

Although unvaccinated persons should avoid non-essential travel, essential personnel (also known as critical infrastructure workers) may be exempt from the recommendation to quarantine in limited circumstances. According to guidance from the CDC, “reintegrating exposed critical infrastructure workers who are not experiencing any symptoms and have not tested positive back into onsite operations should be used as **a last resort and only in limited circumstances**, such as when cessation of operation of a facility may cause serious harm or danger to public health or safety.” For more information on recommendations for critical infrastructure workers, refer to <https://www.cdc.gov/coronavirus/2019-ncov/community/critical-infrastructure-sectors.html>.

Do I need to quarantine if I will only be in NJ for a brief period of time or are stopping over in New Jersey?

The quarantine recommendation does not apply to unvaccinated individuals who are returning to New Jersey after traveling outside of the State for less than 24 hours or those traveling to New Jersey for less than 24 hours. Even where travel is less than 24 hours, however, unvaccinated individuals are still discouraged from engaging in non-essential travel to other states to the extent possible.

Similarly, it does not apply to unvaccinated individuals in transit through the State to another destination, provided that the time spent in the State is only the amount of time necessary to complete the transit, make use of travel services, such as a highway rest stop, or make necessary travel connections.

Is quarantine following travel mandatory?

New Jersey is not mandating quarantine for unvaccinated individuals returning from travel at this time. The quarantine advisory was issued to limit the spread of the virus within our communities. While the recommendation relies on personal accountability, state officials expect that affected individuals will follow the recommendation. Unvaccinated travelers arriving from areas with increasing COVID-19 cases may wish to postpone their travel to the region if they are unwilling or unable to follow the quarantine advisory.

What do I need to do if I have returned from international travel?

International travelers should refer to guidance published by the CDC. For additional guidance on international travel, please visit the "[COVID-19 Travel Recommendations](#)" and "[International Travel During COVID-19](#)", and "[Testing and International Travel](#)" sections of the CDC's website.

Why is the advisory no longer specific to certain states?

Because of the rising number of case counts across all states, there is an increased risk of spread of COVID-19 upon return from any travel.

What does it mean to quarantine?

Quarantine separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick. Quarantined people may stay at home or another location, so they don't spread disease to healthy people. If you are quarantined and you become ill, you can seek medical care/treatment from a healthcare provider.

Am I expected to quarantine in a hotel? Is there somewhere I should quarantine?

Travelers and residents who are returning from states and territories beyond the immediate region should quarantine at their home, or a hotel or other temporary lodging. Individuals should leave the place of quarantine only to seek medical care/treatment or to obtain food and other essential items.

I traveled out of state and want to get tested, where can I get tested?

You can locate a list of testing sites at <https://covid19.nj.gov/pages/testing>. Whenever possible, you are encouraged to quarantine after getting tested while you await your test results.

What should I do if I start feeling sick after traveling?

All travelers should self-monitor for symptoms for 14 days after travel. If you develop [symptoms](#) of COVID-19 while self-monitoring or while under quarantine (unvaccinated travelers), you should immediately isolate away from others, contact your healthcare provider and where feasible, get tested for COVID-19. For most persons with COVID-19 illness, isolation and precautions can generally be discontinued 10 days after symptom onset and are fever-free for at least 24 hours, without the use of fever-reducing medications, and with improvement of other symptoms.

How will the quarantine be enforced?

The quarantine is voluntary, but compliance is expected. Unvaccinated travelers and residents returning from another state or territory outside of the immediate region typically will not need to check-in with public health officials, unless otherwise they are involved in contact tracing efforts or required to do so by their employer or any other federal, state or local law or order. It is expected that unvaccinated individuals will follow the recommendation to quarantine.

Are there support services for individuals who are required to quarantine?

Contact your local health department or 211 if you need additional information about available support services for quarantine.

I traveled to NJ by plane. Where can I access the electronic traveler form?

The NJ Traveler form may be found at covid19.nj.gov/njtraveler. Unvaccinated travelers who arrive in NJ by plane from a state/territory beyond the immediate region (New York, Connecticut, Pennsylvania, and Delaware) should complete the form and follow current recommendations regarding quarantine.

If I live in NJ and have a household member or guest returning from a state/territory beyond the immediate region (New York, Connecticut, Pennsylvania, and Delaware), do I and other household members who have not traveled also need to self-quarantine?

Unvaccinated out-of-state visitors from another U.S. state or territory beyond the immediate region are encouraged to postpone travel until they are fully vaccinated. If it is not possible to delay travel, unvaccinated individuals are encouraged to quarantine in the home where they live or are staying in New Jersey. Household members who did not travel do not need to quarantine.

If I self-quarantine pursuant to this recommendation, can I use State-mandated earned sick leave?

Possibly. The New Jersey Earned Sick Leave Law permits an individual who has worked for their employer for at least 120 days to use earned sick leave that they have accrued under law when, during a state of emergency declared by the Governor, or upon the recommendation, direction or order of a health care provider or the Commissioner of Health or other authorized public official, the employee undergoes isolation or quarantine as a result of a suspected exposure to a communicable disease and a finding by the provider or authority that the employee's presence in the community would jeopardize the health of others. Please contact your employer for more information about leave eligibility or visit <https://getstarted.nj.gov/labor/>.

If my family member is subject to self-quarantine pursuant to this recommendation, can I use family leave?

It depends. The New Jersey Family Leave Act (NJFLA) entitles an employee to take job-protected leave from work when a health care provider or public health authority recommends that a family member in need of care by the employee voluntarily undergo quarantine as a result of suspected exposure to a communicable disease because the presence in the community of the family member in need of care by the employee would jeopardize the health of others. Please contact your employer for more information about leave eligibility or visit <https://getstarted.nj.gov/labor/>.