

Advisory on Travel during the COVID-19 Pandemic

New Jersey strongly discourages all non-essential interstate and international travel at this time. Travel increases your chances of spreading and getting COVID-19. It is best to delay travel and stay home to protect yourself and others from COVID-19. If you are eligible, get fully vaccinated for COVID-19 prior to engaging in interstate or international travel; however, individuals who have been fully vaccinated against COVID-19 should continue to follow the State's travel advisory protocol. Travelers and residents returning from **any U.S. state or territory or international location** beyond the immediate region (New York, Connecticut, Pennsylvania, and Delaware) should self-quarantine at their home, hotel, or other temporary lodging.

If travel is unavoidable, take steps to protect yourself and others before, during and after travel:

- **Get tested** with a **viral test** (not an antibody test) **1-3 days before the trip**
- If you **test positive, self-isolate for at least 10 days and postpone travel during that time.**
- While traveling, wear a mask over nose and mouth when in public.
- Avoid crowds and stay at least 6 feet (2 arm's length) from anyone who is not traveling with you.
- **Get tested 3-5 days after your trip.**
- If you **test negative, quarantine for a full 7 days after travel.**
- If **testing is not available** (or if the results are delayed), **quarantine for 10 days after travel.**

Note: These steps must be followed by all travelers, including those who have been fully vaccinated or recently recovered from a confirmed case of COVID-19.

Special Guidance for International Travel

Effective January 26, 2021, the CDC is requiring all air passengers entering the United States from a foreign country to test negative for COVID-19. Travelers are required to get tested within the 3 days before their flight to the U.S. departs, and provide written documentation of their test results to the airline or provide documentation of having recovered from COVID-19. For more information, visit the [CDC website](#).

International travelers should also refer to [guidance published by the CDC](#) and check the [CDC's COVID-19 travel recommendations by destination](#). **Many countries are categorized as a Level-4 high COVID-19 risk, and the CDC recommends avoiding all travel to these countries.** Visit the CDC for information on [testing and international travel](#).

For Additional Information, please visit: <https://covid19.nj.gov/faqs/nj-information/travel-and-transportation/are-there-travel-restrictions-to-or-from-new-jersey>