



NEW JERSEY COVID-19 Information Hub

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Are there travel restrictions to or from New Jersey?

Last Updated: 11/25/2020

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New Jersey strongly discourages all non-essential interstate travel at this time.

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 for 14 days.

As of November 25, New Jersey will no longer utilize previously outlined metrics to inform its travel advisory.

The Department of Health will issue additional information in the coming days regarding travel precautions. Individuals should follow the state's current guidance until a new policy is issued.



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Current Travel Guidance

Under the 14-day quarantine travel advisory, individuals traveling to or returning to New Jersey from states with increasing rates of COVID-19 are advised to self-quarantine for 14 days. This includes travel by train, bus, car, plane and any other method.

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(i.e. less than 24 hours) through the course of travel.

3. Who are traveling to New Jersey for business matters that are exempted from the application of the travel advisory.

4. Who are traveling to New Jersey and work in critical infrastructure fields, such as health care and federal, state and local law enforcement. Consult with your employer regarding whether there is industry-specific guidance that may apply to you.

Travelers and residents returning from outside the region should self-quarantine at their home, a hotel, or other temporary lodging. Individuals should only leave the place of self-quarantine to seek medical care/treatment or to obtain food and other essential items.

For answers to commonly asked questions, refer to the [Department of Health's Frequently Asked Questions about the self-quarantine for travelers](#).

Exemptions

Business Travel

Individuals who are traveling to New Jersey from outside the region for business are

exempted from the application of the travel advisory. This, for example, would include truckers driving from an impacted state to New Jersey, and any state, local and federal officials and employees traveling in their official capacities on government business.

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<https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-risk-assessment-hcp.html>). Please consult the DOH website and resources for additional details and information regarding isolation procedures for when a person under quarantine is diagnosed with COVID-19 or develops symptoms.

Seasonal Migrant Farm Workers

Migrant workers can continue to work with precautions. Critical infrastructure workers and employers should follow guidance from CDC, as well as NJ Department of Health, regarding strategies to limit disease spread.

Testing

Testing is available to everyone in New Jersey and is strongly encouraged for those who travelled to areas heavily impacted by COVID-19. To find a testing site near you, visit covid19.nj.gov/testing

If you are from an impacted state and get a diagnostic/virus test, you should still self-quarantine for 14 days. If you test negative, you are still advised to self-quarantine for 14 days because you remain in the incubation period. A diagnostic

test is a point-in-time indicator from the date of when you were last exposed - in this case, being in a state with significant community spread of COVID-19.

If you are positive, you should self-isolate for at least 10 days AND until one full day (or 24 hours) has passed since you had a fever without the use of fever-reducing medication. Do not leave your home or self-isolate until you have been fever-free for 24 hours.

Additional

Travel

You may be required to self-isolate if you have traveled internationally and have been in a country with significant community spread of COVID-19 for 14 days or more, or if you have been in contact with someone who has COVID-19, or if you have been in a high-risk area.

Some states may require you to self-isolate for 14 days after you return from a high-risk area, or if you have been in contact with someone who has COVID-19, or if you have been in a high-risk area.

If you are traveling internationally, check the [CDC's COVID-19 travel recommendations by destination](#). Many countries are still categorized as a Level-3 high COVID-19 risk, and the CDC recommends avoiding all nonessential travel to these countries.

Take extra precautions to protect others for 14 days after you arrive to New Jersey:

1. Stay home as much as possible.
2. Avoid being around people.
3. Social distance. Stay at least 6 feet (2 arms' length) from other people who are not from your household. It is important to do this everywhere, both indoors and outdoors.
4. Wear a cloth or disposable mask to keep your nose and mouth covered when you are outside your home/where you are staying.
5. Wash hands often and use hand sanitizer.
6. Consider getting [tested](#) for COVID-19.

Destinations may have travel restrictions or requirements, such as mandated quarantines upon arrival.

Check [state, territorial, tribal](#) and local public health websites for information before you travel.

Consult the [CDC's guide for additional advice](#).

Learn more

Source: [CDC](#)
[During](#) [Travel](#)

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