



NEW JERSEY COVID-19 Information Hub

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Are there travel restrictions to or from New Jersey?

Last Updated: 04/28/2021

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New Jersey continues to strongly discourage all unvaccinated individuals from engaging in non-essential interstate travel at this time.

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 [recommendations from the CDC](#):

- If travel is unavoidable, travelers should consider getting tested with a viral test (not an antibody test) 1-3 days before the trip and again 3-5 days after the trip.
- If travelers test positive, they should **self-isolate for at least 10 days and should postpone travel during that time.**

- If travelers test negative, they should **quarantine for a full 7 days after travel.**
- If testing is not available (or if the results are delayed), travelers should **quarantine for 10 days after travel.**

You no longer need to quarantine if you test negative for COVID-19. If you are fully vaccinated and have not been exposed to COVID-19, you do not need to quarantine. If you are not fully vaccinated, you should quarantine for 10 days after travel.

Fully vaccinated travelers should quarantine for 7 days after travel. If you are fully vaccinated and have not been exposed to COVID-19, you do not need to quarantine. If you are not fully vaccinated, you should quarantine for 10 days after travel.

Please note that this advisory does not apply to unvaccinated individuals who are returning to New Jersey after traveling outside of the state for less than 24 hours. These individuals are still discouraged from engaging in non-essential travel to other states to the extent possible.

The state of New Jersey is currently experiencing a surge in COVID-19 cases. Travelers are encouraged to take precautions to reduce the risk of infection, including wearing a mask, avoiding crowded places, and avoiding close contact with others. Travelers should also consider postponing non-essential travel to other states to the extent possible.

Unvaccinated travelers should quarantine for 10 days after travel. If you are unvaccinated and have not been exposed to COVID-19, you should quarantine for 10 days after travel. If you are unvaccinated and have been exposed to COVID-19, you should quarantine for 10 days after travel. If you are unvaccinated and have tested negative for COVID-19, you should quarantine for 7 days after travel.

We ask that unvaccinated travelers subject to the travel advisory complete a [voluntary online survey](#) to provide information about where you are traveling from and your destination.

Access the survey by visiting covid19.nj.gov/njtravel or texting "NJTRAVEL" to 898211.

If you choose to provide this information, it will be shared with local New Jersey Public Health authorities and other third parties when required by law. Local health departments will contact you to remind you to self-quarantine and offer assistance including information about testing locations.

Please note that this advisory 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, individuals are still discouraged from engaging in non-essential travel to other states to the extent possible*

- Who are 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
- Who are essential personnel or traveling for essential reasons, as defined below

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For more information on recommendations for critical infrastructure workers, refer to the [CDC's Critical Infrastructure Response Planning page](#).

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. Whenever possible, you are encouraged to quarantine after getting tested while you await your test results.

If you develop [symptoms](#) of COVID-19 while under quarantine, 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.

International Travel

The CDC is requiring all air passengers entering the United States from a foreign country to provide proof of a negative test for COVID-19 or of recovery from COVID-19. Travelers are required to get tested no more than 3 days before their flight to the U.S. de
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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/>.

You may be able to use family leave if a family member is subject to self-quarantine. 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/>.

Source: [Joint Incoming Travel Advisory](#); [NJ DOH Travel Advisory FAQs](#); [CDC "Travel During COVID-19" Page](#); <https://www.cdc.gov/coronavirus/2019-ncov/travelers/testing-international-air-travelers.html>

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