



30th AAHKS Annual Meeting COVID-19 State Travel Restrictions

Updated September 30, 2020

Compiled by:

John Andrawis, MD, MBA, AAHKS Health Policy Fellow

Justin T. Deen, MD, AAHKS Health Policy Fellow

Sharon L. Walton, MD, MS, AAHKS Health Policy Fellow

Chiara Rodgers, MPH, CCRC, AAHKS Director of Research and Humanitarian Activities

Joshua M. Kerr, AAHKS Deputy Executive Director

Ancillary Resources:

- CNN List of State Travel Restrictions:
<https://www.cnn.com/travel/article/us-state-travel-restrictions-covid-19/index.html>
- New York Times List of State Travel Restrictions:
<https://www.nytimes.com/2020/07/10/travel/state-travel-restrictions.html>

Travel Restrictions To and From Texas by State:

Alabama

- As of September 16, there were no statewide travel restrictions.

Alaska

- As of September 15, visitors traveling from out-of-state or with known exposure must quarantine for 14 days or test negative for COVID-19 within 48 hours.

Arkansas

- As of June 15, there is now no quarantine requirement for travelers entering Arkansas.

Arizona

- As of September 4, no statewide travel restrictions.

California

- As of September 4, no statewide travel restrictions in California.

Colorado

- As of September 15, no statewide restrictions.

Connecticut

- Travelers are directed to self-quarantine for a 14-day period from the time of last contact within the identified state:
 - Texas (as of September 15)

- You are required to self-quarantine when you arrive in Connecticut from an Affected State or an Affected Country if you were in such Affected State or such Affected Country for twenty-four (24) hours or longer within fourteen (14) days prior to arriving in Connecticut. While you are required to self-quarantine, you may leave your designated self-quarantine location to go to your medical procedure or other medical appointment. When you do leave your designated self-quarantine location and when in public after your mandatory self-quarantine period, you are required to wear a face covering when in public and when a six-foot distance from others is unavoidable, unless you have a medical condition that prevents you from wearing one and you have written documentation that you are qualified for the exemption from a licensed medical provider, the Department of Developmental Services or other state agency that provides or supports services for people with emotional, intellectual or physical disabilities, or a person authorized by any such agency.
- Essential Workers traveling from Affected States or Affected Countries to Connecticut and from Connecticut to Affected States or Affected Countries who work in critical infrastructure **as designated by the Cybersecurity and Infrastructure Security Agency**, including students in exempt health care professions, and any state, local, and federal officials and employees, are exempt from the self-quarantine requirement when such travel is work-related. Such essential workers are still required to complete the Travel Health Form.

District of Columbia

- As of September 8, 14-day self-quarantine traveling from:
 - Texas
 - Persons who are self-quarantining after non-essential travel must: Stay at their residence or in a hotel room, leaving only for essential medical appointments or treatment or to obtain food and other essential goods when the delivery of food or other essential goods to their residence or hotel is not feasible; Not invite or allow guests, other than caregivers, into their quarantined residence or hotel room; and Self-monitor for symptoms of COVID-19 and seek appropriate medical advice or testing if COVID-19 symptoms arise.
 - **Persons returning to the District after essential or work related travel, or arriving in the District for essential travel must: Self-monitor for symptoms of COVID-19 and self-quarantine and seek medical advice or testing if they show symptoms of COVID-19; and Limit their activities involving contact with other persons for fourteen (14) days to the purposes that exempted them from the self-quarantine requirement to the extent possible.**

Delaware

- As of September 15, no statewide restrictions.

Florida

- As of September 4, there were no statewide travel restrictions.

Georgia

- As of September 16, there were no statewide travel restrictions.

Hawaii

- A 14-day quarantine is required for visitors from Texas.
- No exemptions for essential workers.
- People traveling back to Hawaii from Affected states or countries to perform essential functions are not subject to self-quarantine when performing essential functions.
- Those traveling for medical or health care are not subject to self-quarantine, as long as they wear appropriate protective gear and follow social distancing requirements.

- Failure to follow this order is a misdemeanor punishable by a maximum fine of \$5,000, or imprisonment of not more than one year, or both.

Idaho

- As of September 15, no statewide restrictions.

Illinois

- As of September 15, no restrictions for travel from Texas.
- However, as of September 28, travelers from Texas to Chicago should quarantine for 14 days.

Indiana

- A 14-day quarantine is required for visitors from Texas.
- Exceptions to the travel advisory are also permitted for individuals traveling to Indiana from designated states who work in critical infrastructure, as defined by the Cybersecurity and Infrastructure Security Agency. **This would include, for example, health care workers.**
- From the CDC: Critical infrastructure workers (includes healthcare workers) do not need to stay home after travel or potential exposure to COVID-19 if they are asymptomatic.
<https://www.cdc.gov/coronavirus/2019-ncov/php/risk-assessment.html>

Iowa

- As of September 16, there were no statewide travel restrictions.

Kansas

- 14 days quarantine after arrival in Kansas from:
 - Attended mass gathering events (out-of-state) of 500 people or more on or after August 11.
 - Critical infrastructure sector employees who have traveled to these destinations should contact their local health department regarding instructions for application of these quarantine orders while working. Critical infrastructure employees, such as **health care workers**, law enforcement, food supply, etc., need to have the staffing resources to continue serving Kansans so the local health department may allow a modified quarantine. Please note the only exemption for these quarantine mandates for critical infrastructure sector employees is work – they are not to go any other locations outside of work.

Kentucky

- As of September 16, visitors from states with a coronavirus testing positivity rate of 15% or more on Johns Hopkins University's website should quarantine for 14 days. Texas currently not on this list.

Louisiana

- As of September 15, no statewide restrictions.

Maine

- As of September 21, travelers are required to either provide a negative COVID-19 test or self-quarantine for 14 days for visitors, with exception of the following states: Connecticut, New Hampshire, New Jersey, New York, and Vermont. Essential workers are exempt for essential work.
- The State will allow adults who obtain and receive a negative COVID-19 test from a specimen taken no longer than 72 hours prior to arrival to forgo the 14-day quarantine upon arrival in Maine.
- Maine is strongly urging visitors be tested and receive results in their home state before traveling to Maine.

- The State is exempting residents from the following states from the testing and 14-day quarantine requirement for travel and lodging: Vermont and New Hampshire (effective June 26) and Connecticut, New York and New Jersey (effective July 3).
- People who are not Maine or exempted states must complete a Certificate of Compliance form indicating they have received a negative COVID-19 test result, that they will quarantine in Maine for 14 days, or that they have already completed their quarantine in Maine.
- Essential workers continue to be exempt from testing and quarantine requirements if they are traveling to Maine to perform essential work or are from Maine, and are traveling out-of-state for essential work and returning home. Essential workers traveling to or from non-exempt states for purposes other than essential work (e.g., dropping off a child at college) are subject to the test or quarantine requirement.

Maryland

- As of September 15, no statewide restrictions.

Massachusetts

- As of September 21, directed to self-quarantine for 14 days for visitors from restricted states (Texas included). Failure to comply may result in a \$500 fine per day.
- All visitors entering Massachusetts, including returning residents, who do not meet an exemption, are required to:
 - Complete the Massachusetts Travel Form prior to arrival, unless you are visiting from a lower-risk state designated by the Department of Public Health.
 - Quarantine for 14 days or produce a negative COVID-19 test result that has been administered up to 72-hours prior to your arrival.
- *Exemptions*
 - **Lower-risk State:** States are included on the list based on meeting two criteria: average daily cases per 100K below 6 AND positive test rate below 5%, both measured as a 7-day rolling average.
 - **Workers Providing Critical Infrastructure Services:** Workers who enter Massachusetts to perform critical infrastructure functions (includes physicians) are exempt from quarantine while they are commuting to or from or while at work. For the first 14-days after arrival, when the worker is not at work or commuting to work they must quarantine. Workers who travel to or from Massachusetts for personal or leisure reasons cannot rely on this exemption.
- Employers are strongly discouraged from requiring or allowing business-related travel to non-lower-risk states. Employers are also urged to strongly discourage their employees from taking leisure travel to non-lower-risk destinations.

Michigan

- As of September 4, there were no statewide travel restrictions.

Minnesota

- As of September 15, no statewide restrictions.

Mississippi

- As of September 15, no statewide restrictions.

Missouri

- As of September 4, there were no statewide travel restrictions.

Montana

- As of September 15, no statewide restrictions.

Nebraska

- As of September 15, no statewide restrictions.

Nevada

- As of September 15, no statewide restrictions.

New Hampshire

- As of September 21, those traveling to New Hampshire from non-New England states for an extended period of time are still asked to self-quarantine for a two-week period. Key recommendations for employers include:
 - Do not permit non-essential international and out-of-state domestic business travel (e.g., conferences, meetings).
 - Discourage personal international and domestic travel outside of the New England states.
 - “Essential travel” includes travel for personal safety, medical care, care of others, parental shared custody, for food, beverage or medication or for work. Employees who travel outside of the New England states for personal or leisure reasons cannot rely on this exemption.

New Jersey

- As of September 21, travelers to locations with positivity rate of 10% or higher or have 10 people test positive for every 100,000 residents are **asked** to quarantine for 14 days. The self-quarantine is voluntary, but **compliance is expected**.
 - Texas (*added 6/24/20*)
 - *Exemptions:*
 - **Critical Infrastructure Workers:** Exceptions to travel advisory are also permitted for individuals traveling to New Jersey from designated states who work in critical infrastructure. For essential activities only.
 - **Business Travel:** Individuals traveling to New Jersey from impacted states for business are exempted from the application of the travel advisory.

New Mexico

- As of September 21, individuals traveling to New Mexico from states deemed high-risk based on COVID-positivity rates are required to self-quarantine for 14 days from the date of their entry into New Mexico or for the duration of their stay in the state, whichever is shorter. Persons who can show documentation of a valid negative COVID-19 test taken within the 72 hours before or after entry into New Mexico are exempt from the 14-day quarantine requirement, regardless of the state from which they have traveled. Any individual found in violation may face a \$100-fine.
- Emergency first responders and health care workers are exempt for essential activities.
- The executive order underlines that state residents leaving New Mexico for vacation or other leisure activities must quarantine upon returning to the state and makes clear that those residents quarantining after vacation or other leisure activities are not eligible for paid sick leave pursuant to the Families First Coronavirus Response Act.

New York

- As of September 21, travelers to locations with positivity rate of 10% or higher or have 10 people test positive for every 100,000 residents are required to quarantine for 14 days. Failure subject to a \$2,000 fine.
 - Texas Included in list of high-risk states.

- **Exemptions: Critical Infrastructure Workers:** Exceptions to travel advisory are also permitted for individuals traveling to New Jersey from designated states who work in critical infrastructure. For essential activities only.

North Carolina

- As of September 4, there were no statewide travel restrictions

North Dakota

- As of September 15, no statewide restrictions.

Ohio

- As of September 16, visitors visiting from states with a coronavirus testing positivity rate of 15% or more should quarantine for 14 days. Texas currently not on this list.

Oklahoma

- As of September 15, there are no statewide restrictions.

Oregon

- As of September 15, there are no statewide restrictions.

Pennsylvania

- If you have traveled, or plan to travel, to an area where there are high amounts of COVID-19 cases, it is recommended that you stay at home for 14 days upon return to Pennsylvania. If you travel to the following states, it is recommended that you quarantine for 14 days upon return:
 - Texas added again as of 9/25

Rhode Island

- As of September 22, if you are coming to Rhode Island from TEXAS you are required to self-quarantine for 14 days while in Rhode Island. As an exception, you may provide proof of a negative test for COVID-19 that was taken within 72 hours prior to arrival in Rhode Island. If you receive a test during your quarantine in Rhode Island and get a negative test result, you can stop quarantining. However, you still need to self-monitor for symptoms of COVID-19 for 14 days, wear a mask in public, and follow physical distancing guidelines. You also must quarantine while waiting for a negative test result.

South Carolina

- As of September 8, recommended to self-quarantine for 14 days if traveling at all, but not required. No official quarantine required.

South Dakota

- As of September 15, there are no statewide restrictions.

Tennessee

- As of September 4, there were no statewide travel restrictions.

Texas

- As of September 15, there were no statewide travel restrictions in Texas.

Utah

- As of September 15, there were no statewide restrictions in Utah.

Vermont

- As of September 15, you must quarantine for 14 days once you arrive. You have the option to get a PCR test on or after day 7 of quarantine and end your quarantine with a negative test result. If you travel for essential purposes you do not need to quarantine, but the meeting does not meet criteria for essential purposes.

Virginia

- As of September 15, there are no statewide restrictions.

Washington

- As of September 17, there were no statewide travel restrictions in Washington state, but recommending limiting interactions with others for 14 days, but not required quarantine.

West Virginia

- As of September 15, there are no statewide restrictions.

Wisconsin

- As of September 15, there are no statewide restrictions.

Wyoming

- As of September 15, there were no statewide travel restrictions.