

State Travel Restrictions

Updated September 9, 2020

Restrictions change frequently. Check state websites for the most current information. Most states have exemptions for travelers performing essential services.

State	Enforcement	Requirements	Impacts travelers from:
Alabama	No restrictions for out-of-state travelers.		
Alaska	Mandatory	<p>Non-residents have three options:</p> <ol style="list-style-type: none"> 1) Submit results of a negative test to a state internet portal within 72 hours prior to arrival in Alaska, along with a self-isolation plan. 2) Follow an employer's plan filed and approved by the state for critical workers. <p>OR</p> <ol style="list-style-type: none"> 3) Pay for a test upon arrival and self-quarantine until a negative test result is returned. <p>Residents returning to Alaska have three options:</p> <ol style="list-style-type: none"> 1) Submit a travel declaration and self-isolation plan through the portal. 2) Receive a free test upon arrival and self-quarantine until a negative test result is returned. OR 3) Self-quarantine for 14 days or the duration of the trip. 	Any person from any location, foreign or domestic.
Arizona	No restrictions for out-of-state travelers.		
Arkansas	No restrictions for out-of-state travelers.		
California	No state-wide restrictions for out-of-state travelers, but some local areas may have restrictions. Check the state's web site.		
Colorado	No restrictions for out-of-state travelers.		
Connecticut	Mandatory but no enforcement mechanism	Persons arriving from states with high positive tests rates must fill out an online form, quarantine for 14 days or show proof of a negative test	AL, AK, AR, CA, FL, GA, HI, ID, IL, IN, KS, KY, LA, MN, MO, MS, MT, NE, NV, NC, ND, OK, PR, SC, SD, TN, TX, UT, VI, VA, WI

		within the preceding 72 hours.	
Delaware	No restrictions for out-of-state travelers.		
District of Columbia	The District reserves the right of enforcement.	Persons arriving from high-risk states within the prior 14 days must self-quarantine for 14 days. Travel from VA and MD is exempt from the order.	AR, AL, CA, DE, FL, GA, HI, ID, IL, IN, IO, KS, KY, LA, MN, MS, MO, MT, NE, NV, NC, ND, OH, OK, SC, SD, TN, TX, UT, WI
Florida	No restrictions for out-of-state travelers.		
Georgia	No restrictions for out-of-state travelers.		
Hawaii	Mandatory with penalties for non-compliance. Violators may face up to a \$5,000 fine and up to a year in prison.	Anyone arriving in the state must isolate for two weeks, or until the end of their stay, whichever is shorter. Beginning Oct. 1, travelers may show proof of a negative test taken within 72 hours prior to their trip.	Anyone arriving from any location foreign or domestic, including residents of Hawaii. Additional restrictions may apply for inter-island travel.
Idaho (Boise & Ada County only)	Encouraged but not mandated.	Any person arriving is encouraged to quarantine for 14 days	Areas of substantial community spread or case rates higher than Idaho's.
Illinois (Chicago only)	Mandatory with penalties for non-compliance.	Any person entering Chicago from designated states must self-quarantine for 14 days from their last contact with that state. Commuters from Wisconsin are exempt.	AL, AR, FL, GA, HI, ID, IO, KS, KY, LA, MS, MO, NE, NV, NC, ND, OK, SC, SD, TN, TX.
Indiana	No restrictions for out-of-state travelers.		
Iowa	No restrictions for out-of-state travelers.		
Kansas	Mandatory	Anyone, including residents, who meet certain criteria must quarantine for 14 days.	Anyone who attended a mass-gathering event with more than 500 people, or anyone who has been a cruise ship passenger.
Kentucky	Requested but not mandatory	Travelers who visited states with an infection rate of 15% or higher are asked to self-quarantine. Kentuckians are advised to avoid travel to these states.	AL, IO, NV, ND, SD
Louisiana	No restrictions for out-of-state travelers.		
Maine	Mandatory	All visitors – with certain exceptions - must quarantine for 14 days or submit proof of negative test within	All visitors from locations foreign or domestic, except travelers from VT, NH, CT, NY & NJ who

		72 hours of arriving	are staying in a commercial lodging establishment.
Maryland	No restrictions for out-of-state travelers.		
Massachusetts	Mandatory	All persons arriving in the state - with certain exceptions -, including residents, must fill out an on-line form and quarantine for 14 days upon entering the state or produce a negative result from a test administered up to 72 hours prior to arrival. \$500 fine for non-compliance.	All persons entering the state from any location foreign or domestic, except travelers from listed New England states or states with a lower transmission rate than Massachusetts. Exempt states are CO, CT, DE, ME, NH, NJ, NY, PA, VT, WV
Michigan	No restrictions for out-of-state travelers.		
Minnesota	No restrictions for out-of-state travelers.		
Mississippi	No restrictions for out-of-state travelers.		
Missouri	No restrictions for out-of-state travelers.		
Montana	No state-wide restrictions for out-of-state travelers, but some Native American reservations have restrictions.		
Nebraska	No restrictions for out-of-state travelers.		
Nevada	No restrictions for out-of-state travelers.		
New Hampshire	Encouraged but not mandated	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.	All locations except CT, MA, ME, RI & VT
New Jersey	Voluntary	Individuals arriving from states with a positivity rate 10% or higher, or that have 10 positive cases for every 100,000 residents are advised to quarantine for 14 days.	AL, AK, AR,CA, FL, GA, HI, ID, IL, IN, IO,KS, KY,LA, MN, MS, MO, MT, NE, NV, NC, ND, OK, SC, SD, TN, TX, UT, VA, PR, USVI, Guam
New Mexico	Mandatory	All persons arriving in the state – with exceptions – must quarantine for 14 days or the duration of their stay, whichever is shorter.	All locations

New York	Mandatory	All out-of-state travelers from designated states must quarantine for 14 days and complete a form upon entering New York. Travelers who leave the airport without completing the form will be subject to a \$2,000 fine and may be brought to a hearing and ordered to complete mandatory quarantine. Travelers coming to New York from designated states through other means of transport, including trains and cars, must fill out the form online or face a \$2,000 fine. Checkpoints are in place at airports, train stations and bridges to New York City.	AL, AK, AR, CA, FL, GA, HI, IL, ID, IN, IO, KS, KY, LA, MD, MN, MS, MO, MT, NE, NV, NC, ND, OH, OK, SC, SD, TN, TX, UT, VA, WV, WI, PR, USVI, Guam
North Carolina	No statewide restrictions for out-of-state travelers but check the state's web site for any local restrictions.		
North Dakota	No restrictions for out-of-state travelers.		
Ohio	Mandatory	Travelers from states identified as high risk or who have possibly been exposed to the virus must self-quarantine for 14 days.	AL, IO, KS, NV, ND, SD
Oklahoma	No restrictions for out-of-state travelers.		
Oregon	No restrictions for out-of-state travelers.		
Pennsylvania	Recommended	Travelers from designated states are recommended to quarantine for 14 days.	AL, AR, CA, FL, GA, ID, IL, KS, LA, MS, MO, NV, ND, OK, SC, SD, TN, TX
Rhode Island	Required	Travelers from states with greater than 5% positive cases must quarantine for 14 days, unless they have a negative test within 72 hours prior to arriving in the state.	AL, AZ, AR, CA, FL, GA, HI, ID, IN, IO, KS, KY, MN, MS, MO, NE, NV, NC, ND, OK, SC, SD, TN, TX, UT, VA, WA, WI, PR
South Carolina	Recommended	The state encourages persons who have visited an area with widespread or ongoing community transmission isolate as much as possible for 14 days.	
South Dakota	No restrictions for out-of-state travelers.		

Tennessee	No restrictions for out-of-state travelers.		
Texas	No restrictions for out-of-state travelers.		
Utah	No restrictions for out-of-state travelers.		
Vermont	Mandatory	<p>Travelers to Vermont using a personal vehicle may complete either a 14-day quarantine or a 7-day quarantine followed by a negative test in their home state and enter Vermont without further quarantine restrictions.</p> <p>Travelers to Vermont using public transportation (plane, train, bus) or from further than a direct car ride, must quarantine in Vermont. They may complete either a 14-day quarantine or a 7-day quarantine followed by a negative test, in a Vermont lodging establishment or with friends and family. They must stay in your quarantine location for the duration of quarantine other than to travel to and from a test site.</p>	All locations foreign and domestic, with exceptions for certain New England counties adjacent to Vermont.
Virginia	No restrictions for out-of-state travelers.		
Washington	No restrictions for out-of-state travelers.		
Wisconsin	No restriction for out-of-state travelers, but the state encourages travelers to stay home.		
Wyoming	No restrictions for out-of-state travelers.		