

# Travel Restrictions to New Jersey

[covid19.nj.gov](https://covid19.nj.gov)

[www.cdc.gov](https://www.cdc.gov)

As of April 22, 2021

## Unvaccinated Travelers

Unvaccinated travelers arriving from any U.S. State or territory beyond the immediate region (New York, Connecticut, Pennsylvania, and Delaware) should self-quarantine.

- Travelers should consider getting tested with a viral test (not an antibody test) 3-5 after arriving.
- If travelers test positive, they should **self-isolate for at least 10 days**
- 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.**

## Fully vaccinated or Have Recovered from COVID-19 in the past three months

You no longer need to quarantine or get tested before/after domestic travel if you are fully vaccinated or have recovered from COVID-19 in the past three months.

- It has been more than two weeks since you received your second dose of the Pfizer-BioNTech or Moderna vaccine;
- It has been more than two weeks since you received your first and only dose of the Janssen/Johnson and Johnson vaccine; or,
- You have clinically recovered from COVID-19 in the past three months

## 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. departs and show their negative result to the airline before boarding or be prepared to show documentation of recovery (proof or a recent positive viral test and a letter from a healthcare provider or public health official stating that they were cleared to travel). For more information, visit the [CDC website](https://www.cdc.gov).

In addition, with specific exceptions, foreign nationals who have been in any of the following countries during the past 14 days may NOT enter the United States: China, Iran, countries in the [European Schengen Area](https://www.cdc.gov), United Kingdom, Republic of Ireland, Brazil, and South Africa. For

more details and a full list of exceptions, refer to the [CDC's update on travelers prohibited from entry](#).

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](#).

You may have been exposed to COVID-19 on your travels. You may feel well and not have any symptoms, but you can be contagious without symptoms and spread the virus to others.

You and your travel companions (including children) pose a risk to your family, friends, and community for 14 days after you travel.

**Federal guidance for [fully vaccinated individuals who have travelled internationally](#):**

- [Get tested](#) 3-5 days after travel. If your test is positive, [isolate](#) yourself to protect others from getting infected.
- [Self-monitor for COVID-19 symptoms](#); isolate and get tested if you develop symptoms.
- Follow all [state and local](#) recommendations or requirements after travel.

**Federal guidance for [unvaccinated people who have travelled internationally](#):**

- [Get tested](#) 3-5 days after travel AND stay home and self-quarantine for a full 7 days after travel. Even if you test negative, stay home and self-quarantine for the full 7 days.
- If your test is positive, [isolate](#) yourself to protect others from getting infected.
- If you don't get tested, it's safest to stay home and self-quarantine for 10 days after travel.
- Avoid being around people who are at [increased risk for severe illness](#) for 14 days, whether you get tested or not.
- [Self-monitor for COVID-19 symptoms](#); isolate and get tested if you develop symptoms.
- Follow all [state and local](#) recommendations or requirements after travel.

*Note: Testing is available to everyone in New Jersey. You don't need insurance and [free testing is available](#). Anyone who wants a test, can now get one.*

Regardless of your vaccination status, if you get sick with fever, cough, or other [symptoms of COVID-19](#), or test positive:

- [Isolate if you are sick](#). Stay home and [take other precautions](#). Avoid contact with others until it's safe for you to [end home isolation](#).
- Don't travel when you are sick.
- Stay in touch with your doctor. Call before you go to a doctor's office or emergency room and let them know you might have COVID-19.
- If you have [an emergency warning sign](#) (including trouble breathing), get emergency medical care immediately.