

<https://covid19.nj.gov/search.html?query=travel+quarantine>

Note: The New Jersey Department of Health is updating travel and quarantine guidelines to reflect [new recommendations from the CDC](#) and New Jersey is no longer advising fully vaccinated individuals who travel within the United States to self-quarantine after their trip or to get tested before or after travel. Please note that the [federal requirement](#) for testing upon return to the United States following international air travel stands - additional details are listed below. This article will be updated shortly.

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 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.**

The advisory is no longer specific to certain states. Because of the high number of case counts across all states, there is an increased risk of spread of COVID-19 upon return from any travel.

The self-quarantine is voluntary, but **compliance is expected**. Travelers arriving from areas with increasing COVID-19 cases may wish to postpone their travel to the region if they are unwilling or unable to follow the quarantine advisory.

Travelers and those residents who are returning from states and territories beyond the immediate region should quarantine at their home, or a hotel or other temporary lodging. Individuals should leave the place of quarantine only to seek medical care/treatment or to obtain food and other essential items.

We ask that anyone who travels to New Jersey from a state/territory outside the immediate region (New York, Connecticut, Pennsylvania, and Delaware) 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 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.