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Governor Phil Murphy ♦ Lt. Governor Sheila Oliver
Colonel Patrick J. Callahan, Director, State Office of Emergency Management

COVID-19 Press Information

FOR IMMEDIATE RELEASE

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Updated Quarantine Advisory Issued for Individuals Traveling to New Jersey, Bringing New Total to 35 States and Territories

35 States and Territories Include Alaska, Alabama, Arizona, Arkansas, California, Delaware, Florida, Georgia, Hawaii, Iowa, Idaho, Indiana, Illinois, Kansas, Kentucky, Louisiana, Maryland, Minnesota, Missouri, Mississippi, Montana, North Carolina, North Dakota, Nebraska, Nevada, Oklahoma, Puerto Rico, South Carolina, South Dakota, Tennessee, Texas, Utah, Virginia, Virgin Islands, and Wisconsin

TRENTON – Governor Phil Murphy today advised individuals traveling to New Jersey from states or territories with significant community spread of COVID-19 to quarantine for a 14-day period from the time of last contact within the identified state or territory. The updated advisory includes two additional states — Alaska and Delaware, bringing the total to 35 states and territories. The travel advisory applies to any person arriving from a state or territory with a positive test rate higher than 10 per 100,000 residents or a state with a 10 percent or higher positivity rate over a 7-day rolling average.

As of Tuesday, August 18, there are currently 35 states and territories that meet the criteria stated above: Alaska; Alabama; Arizona; Arkansas; California; Delaware; Florida; Georgia; Hawaii; Iowa; Idaho; Indiana; Illinois; Kansas; Kentucky; Louisiana; Maryland; Minnesota; Missouri; Mississippi; Montana; North Carolina; North Dakota; Nebraska; Nevada; Oklahoma; Puerto Rico; South Carolina; South Dakota; Tennessee; Texas; Utah; Virginia; Virgin Islands; and Wisconsin.

“We cannot allow the tremendous progress we’ve made on our road back to serve as an excuse to let our guard down,” **said Governor Murphy**. “It remains critically important for anyone arriving to New Jersey from these 35 states and territories to get tested for COVID-19 and self-quarantine for 14 days.”

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

It is expected that individuals will follow the public health advisory to self-quarantine. The list of states will be updated on a rolling basis and is accessible [here](#).