

# Governor Janet Mills' Travel & COVID-19 Guidelines

## Should I be concerned about travel within the US?

- Governor Mills recommends that people stay in place if possible, rather than traveling.
- Traveling increases your chances of getting COVID-19.
- If you must travel, practice general prevention measures.
- Consider these questions before travel within the US.
  - Is COVID-19 spreading where you're going?
  - Will you or your travel companions be in close contact with others during your trip?
  - Are you or your travel companions at higher risk of severe illness if you do get COVID?
  - Do you have a plan for taking time off from work or school in case you get exposed to, or are sick with, COVID-19?
  - Do you live with someone who is older or has a severe chronic health condition?
  - Is COVID-19 spreading where you live?

## What are Maine's policies for out-of-state visitors? (7/1)

- There are two options for visitors from out of state:
  - Complete a 14-day quarantine upon arrival in Maine **OR**
  - Adults who obtain and receive a negative COVID-19 PCR test result within 72 hours prior to arrival in Maine may forego the 14-day quarantine.
- Travelers may be tested upon arrival in Maine as well but must quarantine while they wait for test results.
- Visitors from out of state, excluding New Hampshire, Vermont, Connecticut, New Jersey, and New York residents, will be asked to sign a Certificate of Compliance indicating either 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. This form must be provided to check-in at all Maine lodging, campgrounds, seasonal rentals, overnight camps, and other commercial lodging, such as Airbnb. Visitors may be asked to show proof of the negative test result upon request.

## What are Maine's policies for residents of New Hampshire, Vermont, Connecticut, New Jersey, and New York? (7/1)

- Maine is exempting residents of New Hampshire, Vermont, Connecticut, New Jersey, and New York from the testing and 14-day quarantine requirements because, when adjusted for population, the prevalence of active cases of COVID-19 in these states is similar to Maine's, as compared to other states in the northeast.

## What are Maine's policies for a resident of Maine that visits New Hampshire, Vermont, Connecticut, New Jersey, and New York and returns to Maine? (7/1)

- If a Maine resident visits New Hampshire, Vermont, Connecticut, New Jersey, or New York, they are not required to quarantine upon returning to Maine.
- If a Maine resident visits a state other than New Hampshire, Vermont, Connecticut, New Jersey, or New York, the requirement that they quarantine for 14 days remains in place, or they may utilize a negative test result within 72 hours of arriving to Maine as an alternative.

## What are Maine's policies for seasonal homeowners coming to Maine? (6/11)

- Seasonal homeowners may utilize a negative test result within 72 hours of arriving to Maine or they may complete a 14-day quarantine.