

OFFICIAL SITE OF THE STATE OF NEW JERSEY

Translate (<https://translate.google.com/>)  
Get Updates  (<https://nj.gov/subscribe/>)  
Search  (<https://nj.gov/search/>)

**Governor Phil Murphy**

# Updated Quarantine Advisory Issued for Individuals Traveling to New Jersey, Bringing New Total to 34 States and Territories

09/29/2020

*34 States and Territories Include Alabama, Alaska, Arkansas, Colorado, Delaware, Florida, Georgia, Guam, Iowa, Idaho, Indiana, Illinois, Kansas, Kentucky, Louisiana, Minnesota, Missouri, Mississippi, Montana, North Carolina, North Dakota, Nebraska, Nevada, Oklahoma, Puerto Rico, Rhode Island, South Carolina, South Dakota, Tennessee, Texas, Utah, Wisconsin, West Virginia, and Wyoming*

**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 the addition of Colorado – with Arizona and Virginia removed from the list – bringing the total to 34 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, September 29, there are currently 34 states and territories that meet the criteria stated above: Alabama; Alaska; Arkansas; Colorado; Delaware; Florida; Georgia; Guam; Iowa; Idaho; Indiana; Illinois; Kansas; Kentucky; Louisiana; Minnesota; Missouri; Mississippi; Montana; North Carolina; North Dakota; Nebraska; Nevada; Oklahoma; Puerto Rico; Rhode Island; South Carolina; South Dakota; Tennessee; Texas; Utah; Wisconsin; West Virginia; and Wyoming.

“We continue to ask New Jerseyans returning home and travelers visiting the state to practice self-responsibility and good citizenship by complying with our quarantine advisories to reduce the potential for outbreaks,” **said Governor Murphy**. “It remains critically important for anyone arriving to New Jersey from these 34 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 (<https://covid19.nj.gov/faqs/nj-information/travel-and-transportation/which-states-are-on-the-travel-advisory-list-are-there-travel-restrictions-to-or-from-new-jersey>).

**Governor Phil Murphy**Back to top

## [Home \(/governor/\)](#)

### Administration

[Governor Phil Murphy \(/governor/admin/about/\)](#)

[Lt. Governor Sheila Oliver \(/governor/admin/lt/\)](#)

[First Lady Tammy Snyder Murphy \(/governor/admin/fl/\)](#)

[Cabinet \(/governor/admin/cabinet/\)](#)

[Office of Health Care Affordability and Transparency](#)

[\(/governor/admin/affordablehealthcare/index.shtml\)](#)

[Boards, Commissions & Authorities \(/governor/admin/bca/\)](#)

[Internship Opportunities \(/governor/admin/internship.shtml\)](#)

[Governor's Residence - Drumthwacket \(<http://drumthwacket.org/>\)](#)

### Key Initiatives

[Economy & Jobs \(/governor/initiatives/#Economy\)](#)

[Education \(/governor/initiatives/#Education\)](#)

[Environment \(/governor/initiatives/#Environment\)](#)

[Health \(/governor/initiatives/#Health\)](#)

[Law & Justice \(/governor/initiatives/#Justice\)](#)

[Transportation \(/governor/initiatives/#Transportation\)](#)

### News & Events

[Press Releases \(/governor/news/news/562022/approved/news\\_archive.shtml\)](#)

[Photos \(<https://www.flickr.com/photos/govmurphy>\)](#)

[Public Addresses \(/governor/news/addresses\)](#)

[Executive Orders \(/infobank/eo/056murphy/approved/eo\\_archive.html\)](#)

[Administrative Orders \(/governor/news/ao/approved/ao\\_archive.shtml\)](#)

[Direct Appointments \(/governor/news/appointments\)](#)

[Advice and Consent Appointments \(/governor/news/acappointments\)](#)

[Statements on Legislation](#)

[\(/governor/news/statements/approved/statements\\_archive.shtml\)](#)

[Administration Reports \(/governor/news/adminreports/approved/archive.shtml\)](#)

[Transition Reports \(/governor/news/reports/approved/reports\\_archive.shtml\)](#)

[Press Kits \(/governor/news/press\)](/governor/news/press)

## Social

[Facebook \(https://www.facebook.com/governorphilmurphy/\)](https://www.facebook.com/governorphilmurphy/)

[Twitter \(https://twitter.com/GovMurphy\)](https://twitter.com/GovMurphy)

[Instagram \(https://www.instagram.com/govmurphy/\)](https://www.instagram.com/govmurphy/)

[Snapchat \(https://www.snapchat.com/add/philmurphy\)](https://www.snapchat.com/add/philmurphy)

[YouTube \(https://www.youtube.com/njgovernorsoffice\)](https://www.youtube.com/njgovernorsoffice)

[TikTok \(https://www.tiktok.com/@njgov?\)](https://www.tiktok.com/@njgov?)

## Contact Us

[Scheduling Requests \(/governor/contact/scheduling/\)](/governor/contact/scheduling/)

[Contact Us \(/governor/contact/all/\)](/governor/contact/all/)

## Statewide

[NJ Home \(//www.nj.gov\)](//www.nj.gov)

[Services A to Z \(//www.nj.gov/nj/gov/njgov/alphaserv.html\)](//www.nj.gov/nj/gov/njgov/alphaserv.html)

[Departments/Agencies \(//www.nj.gov/nj/gov/deptserv/\)](//www.nj.gov/nj/gov/deptserv/)

[FAQs \(//www.nj.gov/faqs/\)](//www.nj.gov/faqs/)

[Contact Us \(//www.nj.gov/nj/feedback.html\)](//www.nj.gov/nj/feedback.html)

[Privacy Notice \(//www.nj.gov/nj/privacy.html\)](//www.nj.gov/nj/privacy.html)

[Legal Statement & Disclaimers \(//www.nj.gov/nj/legal.html\)](//www.nj.gov/nj/legal.html)

[Accessibility Statement \(//www.nj.gov/nj/accessibility.html\)](//www.nj.gov/nj/accessibility.html)

(//nj.gov/opra/)

(https://my.state.nj.us/openam/UI/Login)

Copyright © State of New Jersey, 1996-2023  
Office of Governor PO Box 001  
Trenton, NJ 08625  
609-292-6000

(https://tech.nj.gov/)