

## New Hampshire COVID-19 Travel Guidance

March 16, 2021

The novel coronavirus disease 2019 (COVID-19) pandemic continues around the world and within the United States. Many countries, including the United States, continue to have a high incidence of COVID-19, and new [variants of concern](#) have emerged that are more infectious and easily spread. Most international travel destinations continue to have a Level 3 or 4 [Travel Health Notice](#) indicating a “high” or “very high” risk for COVID-19, respectively, with a recommendation to avoid travel. Therefore, any travel increases a person’s chances of getting infected and spreading COVID-19.

The CDC has guidance for people considering [travel during the pandemic](#). Because travel increases a person’s chance of getting COVID-19 through close contact with others, anybody traveling should make all attempts to avoid public transportation, avoid crowds and gatherings, keep a distance of at least 6 feet from others, wear a [well-fitted face mask](#) during travel and when in public areas, and frequently sanitize their hands.

New Hampshire recommends the following travel and quarantine guidance for residents and visitors to NH in order to prevent introduction and spread of COVID-19 into our communities from areas outside of NH. There is additional guidance for employers/employees outlined in the NH [Universal Guidelines](#) and NH DPHS [Employer Travel, Screening, and Exclusion Guidance](#). Organizations and individuals for whom the business guidance may not apply should follow this guidance, or adapt this guidance to their specific situation and needs.

### Travel Quarantine Guidance

Domestic travel within the U.S. outside of New England no longer requires quarantine upon return to NH, although people are recommended to still follow CDC’s [travel guidance](#), including wearing a [well-fitted face mask](#) while traveling, practicing social distancing, getting tested 3-5 days after travel (with a molecular or PCR-based test), and limiting public interactions after travel (even if not required to quarantine).

**Travelers/visitors to AND residents** of NH need to [self-quarantine](#) for 10 days after the last date of any international travel (except for essential travel to/from Canada\*), or travel on a cruise ship. Essential critical infrastructure employees should follow guidelines outlined in the NH DPHS [Employer Travel, Screening, and Exclusion Guidance](#).

People returning to NH after international travel, or travel on a cruise ship, have the option of ending their quarantine after day 7 (beginning of day 8 after travel) by getting a test on day 6-7 of their quarantine to test for active SARS-CoV-2 infection (SARS-CoV-2 is the novel coronavirus that causes COVID-19); this test must be a molecular test (e.g., PCR-based test); antigen tests are not accepted for this purpose. If the specimen is obtained on day 6-7 of quarantine, the person is asymptomatic, and the test is negative, then the person can end their quarantine after 7 days, but they must still [self-observe](#) for symptoms of COVID-19 and strictly adhere to COVID-19 mitigation measures (social distancing, avoiding social and group gatherings, wearing a well-fitted face mask when around other people, practicing frequent hand hygiene, etc.). Any new [symptoms of COVID-19](#) should prompt the person to isolate and seek testing, even if the person recently tested out of quarantine. This 7-day quarantine “test out” option ONLY applies to travel-related quarantine (not quarantine due to a close contact exposure to a person with COVID-19).

### Exceptions to Travel Quarantine

The following people do NOT need to quarantine after international travel or travel on a cruise ship:



1. Persons who are 14 days or more beyond completion of COVID-19 vaccination - this means a person must be at least 14 days beyond receipt of the second dose of either the Pfizer-BioNTech or Moderna COVID-19 vaccine, or at least 14 days beyond receipt of the single-dose Janssen (Jonson & Johnson) COVID-19 vaccine.
2. Persons who are within 90 days of a prior SARS-CoV-2 infection that was diagnosed by PCR or antigen testing (if a person had a previous infection that was more than 90 days prior, then they are still subject to travel quarantine).

Even persons not required to quarantine after travel, however, still need to monitor themselves for symptoms of COVID-19 daily, practice social distancing, avoid social and other group gatherings, always wear a [well-fitted face mask](#) when around other people, and practice good hand hygiene at all times.

Organizations should develop their own travel and exclusion policies following public health guidance (including the NH DPHS Employee Travel, Screening, and Exclusion [Guidance](#)) and the NH [Universal Guidelines](#).

### Travel Quarantine Summary

| Symptom/Test Status                            | Traveled internationally or by cruise ship   | No Travel or Travel within the U.S.   |
|--|--|---|
| <b>New or unexplained symptoms of COVID-19</b> | <p>Isolate and get tested immediately.</p> <p>If negative the person can return to normal activities once they are at least 24 hours without a fever (off fever-reducing medications) and other symptoms are improving, AND one of the following criteria apply:</p> <ol style="list-style-type: none"> <li>1. Person is at least 14 days beyond completion of COVID-19 vaccination, <u>or</u> person previously tested positive for active COVID-19 in the prior 90 days</li> <li>2. Person completes 10 day of <a href="#">self-quarantine</a> starting from last day of travel</li> <li>3. Travel was “essential travel” to/from Canada*</li> <li>4. Person ends quarantine after day 7 with a negative SARS-CoV-2 molecular test (e.g., PCR-based test) collected on day 6-7 of quarantine (Note: If person was tested before days 6-7 of quarantine due to symptoms and was negative, then a second test on day 6-7 is still required to end quarantine after 7 days.)</li> </ol> | <p>Isolate and get tested immediately.</p> <p>If negative the person can return to normal activities after at least 24 hours without a fever (off fever reducing medications) and other symptoms are improving.</p> |
| <b>No symptoms (Asymptomatic)</b>              | <p><a href="#">Self-Quarantine</a> for 10 days from last day of travel (unless travel was “essential travel” to/from Canada*, person is at least 14 days beyond full COVID-19 vaccination, or person previously tested positive for active COVID-19 in the prior 90 days)</p> <p>Person has the option of ending quarantine after day 7 with a negative SARS-CoV-2 molecular test (e.g., PCR-based test) collected on day 6-7 of quarantine</p>  | No restrictions   |
| <b>Positive Test for COVID-19</b>              | <a href="#">Self-Isolate</a>   | <a href="#">Self-Isolate</a>  |

\* “Essential travel” to/from Canada includes for work, school, personal safety, medical care, care of others, or parental shared custody. Essential travel also includes travel for students and their parents or guardians who are visiting institutions of higher learning or preparatory high schools as potential future students, including allowing the students to remain at the schools for overnight stays.