

| States | General info | More info |
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| Massachusetts | All travelers except those from low risk states, must fill out health form and quarantine for 14 days or provide negative test within 72 hours. Low risk states are Connecticut, Hawaii, Maine, New Hampshire, New Jersey, New York, and Vermont. | https://www.mass.gov/info-details/covid-19-travel-order |
| Rhode Island | Those from states where positivity tests are higher than 5 percent are required to self-quarantine for two weeks or provide a negative test within 72 hours of arrival. Those states are Alabama, Arizona, Arkansas, California, Colorado, Florida, Georgia, Idaho, Indiana, Iowa, Kansas, Kentucky, Louisiana, Maryland, Mississippi, Missouri, Nebraska, Nevada, North Carolina, North Dakota, Oklahoma, Oregon, Pennsylvania, Puerto Rico, South Carolina, South Dakota, Tennessee, Texas, Utah, Virginia, Washington, Wisconsin, and Wyoming. | https://health.ri.gov/covid/travel/ |
| Vermont | Those from New Hampshire, Maine, New York, Massachusetts, Rhode Island, Connecticut, Pennsylvania, Ohio, New Jersey, Delaware, Maryland, Washington, D.C., Virginia, and West Virginia don't have any restrictions. Travelers from other states must quarantine for 14 days. | https://www.healthvermont.gov/response/coronavirus-covid-19/traveling-vermont |
| New Hampshire | Those not from Maine, Vermont, Massachusetts, Connecticut, and Rhode Island are asked to | https://www.covidguidance.nh.gov/out-state-visitors |

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| | quarantine for 14 days. | |
| Connecticut | <p>Must quarantine for 14 days if staying in state for more than 24 hours and coming from one of the states and territories on travel restriction. Those states and territories are Alaska, Alabama, Arkansas, Arizona, California, Florida, Georgia, Iowa, Idaho, Illinois, Indiana, Kansas, Kentucky, Louisiana, Maryland, Minnesota, Missouri, Mississippi, Montana, North Carolina, North Dakota, Nebraska, New Mexico, Nevada, Ohio, Oklahoma, Puerto Rico, Rhode Island, South Carolina, Tennessee, Texas, Utah, Virginia, Washington, and Wisconsin.</p> | https://www.nbcconnecticut.com/news/local/people-traveling-to-ct-from-31-covid-19-hotspot-states-must-quarantine/2305339/ |
| Pennsylvania | <p>Those from 19 surging states must quarantine for 14 days. Those states are Alabama, Arizona, Arkansas, California, Florida, Georgia, Idaho, Iowa, Kansas, Louisiana, Mississippi, Missouri, Nevada, North Carolina, Oklahoma, South Carolina, Tennessee, Texas, and Utah.</p> | https://www.health.pa.gov/topics/disease/coronavirus/Pages/Travelers.aspx |
| New Jersey | <p>Must quarantine for 14 days if staying in the state for more than 24 hours and coming from one of the states and territories on travel restriction. Those states and territories are Alaska, Alabama, Arkansas, Arizona, California, Florida, Georgia, Iowa, Idaho, Illinois, Indiana, Kansas, Kentucky, Louisiana, Maryland, Minnesota, Missouri, Mississippi, Montana, North Carolina, North Dakota, Nebraska,</p> | 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 |

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| | New Mexico, Nevada, Ohio, Oklahoma, Puerto Rico, Rhode Island, South Carolina, Tennessee, Texas, Utah, Virginia, Washington, and Wisconsin. | |
| New York | Must quarantine for 14 days if staying in the state for more than 24 hours and coming from one of the states and territories on travel restriction. Those states and territories are Alaska, Alabama, Arkansas, Arizona, California, Florida, Georgia, Iowa, Idaho, Illinois, Indiana, Kansas, Kentucky, Louisiana, Maryland, Minnesota, Missouri, Mississippi, Montana, North Carolina, North Dakota, Nebraska, New Mexico, Nevada, Ohio, Oklahoma, Puerto Rico, Rhode Island, South Carolina, Tennessee, Texas, Utah, Virginia, Washington, and Wisconsin. | https://coronavirus.health.ny.gov/covid-19-travel-advisory#:~:text=All%20out%2Dof%2Dstate%20travelers,ordered%20to%20complete%20mandatory%20quarantine. |
| District of Columbia | Required 14-day quarantine if traveling from one of the high-risk areas: Arkansas, Arizona, Alabama, California, Delaware, Florida, Georgia, Idaho, Iowa, Kansas, Louisiana, Mississippi, Missouri, Montana, Nebraska, Nevada, New Mexico, North Carolina, North Dakota, Ohio, Oklahoma, South Carolina, Tennessee, Texas, Utah, Washington, and Wisconsin. Travel advisory is in effect until Aug. 10. | https://washington.org/dc-information/coronavirus-travel-update-washington-dc |
| Maine | Residents of Vermont, New Hampshire, Connecticut, New York and New Jersey are allowed to enter without | https://www.maine.gov/covid19/restartingmaine/keepmainehealthy |

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| | restriction. Everyone else must quarantine for 14 days or prove negative test within 72 hours. | |
| Ohio | Those coming from high risk areas are asked to voluntarily quarantine for 14 days. High risk is defined by states reporting positive testing rates of 15% or higher based on a 7 day average. Those states currently are Alabama, Arizona, Florida, Idaho, Mississippi, and Nevada. | https://coronavirus.ohio.gov/wps/portal/gov/covid-19/families-and-individuals/covid-19-travel-advisory/covid-19-travel-advisory |

For NY:

Travelers from: Alaska, Alabama, Arkansas, Arizona, California, Delaware, Florida, Georgia, Iowa, Idaho, Indiana, Kansas, Louisiana, Maryland, Missouri, Mississippi, Montana, North Carolina, North Dakota, Nebraska, New Mexico, Nevada, Ohio, Oklahoma, South Carolina, Tennessee, Texas, Utah, Virginia, Washington and Wisconsin are required to quarantine for 14 days.

Main chart: <https://www.nbcnews.com/news/us-news/map-coronavirus-travel-restrictions-inside-united-states-n1236157>