

New Hampshire COVID-19 Travel Guidance

May 7, 2021

The 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.

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 who chooses to travel 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 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. does not require a person to 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, and getting tested 3-5 days after travel with a molecular or PCR-based COVID-19 test (unless a person is fully vaccinated against COVID-19 or within 90 days of previously testing positive).

Travelers/visitors to **AND residents** of NH should [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 travel-related 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 should be a molecular test (e.g., PCR-based test); antigen tests are not very accurate when used as screening tests on people without symptoms. If a 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 should still 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 was recently tested and ended quarantine. This 7-day quarantine “test out” option should ONLY apply 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 should 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 should still follow the travel quarantine guidance).

Even persons not recommended to quarantine after travel, however, still should 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 can develop their own travel and exclusion policies following public health guidance (including the NH DPHS Employee Travel, Screening, and Exclusion [Guidance](#)).

Travel Quarantine Summary

Symptom/Test Status	Traveled internationally or by cruise ship	No Travel or Travel within the U.S.
New or unexplained symptoms of COVID-19	<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"> 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 2. Person completes 10 day of self-quarantine starting from last day of travel 3. Travel was “essential travel” to/from Canada* 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 should still be obtained to end quarantine after 7 days.) 	<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>
No symptoms (Asymptomatic)	<p>Self-Quarantine 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
Positive Test for COVID-19	Self-Isolate	Self-Isolate

* “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



Bureau of Infectious Disease Control

institutions of higher learning or preparatory high schools as potential future students, including allowing the students to remain at the schools for overnight stays.