

Travel Guidance for Schools

04/14/2021

The current guidance from the Governor is to avoid non-essential travel. However, if families (**adults and children 12 months and older**) do travel during vacation, the following table provides a quick reference. Maine travel questions can be answered on the [Keep ME Healthy FAQs](#) or [MeCDC FAQs](#) pages.

Travel Destination	Testing	Quarantine Timeline	Release from Quarantine	Special Considerations
International Travel (Canada and Mexico included) US International Travel Guidance				For individuals who arrive in Maine more than 7 days after travel, follow guidelines for domestic travelers arriving in Maine.
Fully Vaccinated travelers arriving in Maine (at least 14 days after Covid-19 vaccine series completed)	3-5 days after arrival in Maine is recommended; IF positive, isolate for 10 days	Not required unless experiencing symptoms	Not required	Avoid being around anyone who is at increased risk of severe COVID-19 illness for 14 days following arrival in the US, regardless of COVID-19 test results.
NOT fully vaccinated travelers arriving in Maine within 7 days of arriving in the United States	3-5 days after arriving in Maine is recommended; IF positive, isolate for 10 days	7 days with testing 10 days if not tested	Complete 7-day quarantine even if tested negative. If test is positive, isolate for 10 days from test date or symptom onset date whichever is earlier.	Avoid being around anyone who is at increased risk of severe COVID-19 illness for 14 days following arrival in the US, regardless of COVID-19 test results.
Domestic Travel (Within the 50 United States and US Territories: Guam, US Virgin Islands, Puerto Rico)				
Non-Exempt States or territories See list for non-exempt states at: https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-planner/index.html	Test within 72 hours prior to travel into Maine to forgo the 10-day quarantine or immediately upon return to Maine	Without test, 10 days of quarantine and monitor for four more days	Test is negative, forgo the quarantine. No testing or quarantine needed once fully vaccinated (14 days post final dose of vaccine)	Quarantine must be maintained until negative test results are completed. If traveler has tested positive for Covid-19 within 90 days (3 months), no quarantine restriction. Continue to follow state PPE guidelines.
Exempt States or territories	Exempted from testing	No quarantine time	May immediately return to normal activities but must continue to follow PPE guidelines.	Continue to follow state PPE guidelines.