

### Travel Quick Reference Guide: 2/22/2021

The current guidance from the governor is to not travel. However, if families (**adults and children 12 months and older**) do travel during vacation the following table provides a quick reference. **Vaccine** does not release anyone from testing or quarantine. If you have a question not answered in this guide, then call the School Nurse Consultant at 207-592-0387 or 207-624-6717 or email [DOESchoolandStudentSupports@maine.gov](mailto:DOESchoolandStudentSupports@maine.gov)

Travel Destination	Testing Requirements	Quarantine Timeline	Release from Quarantine	Special Considerations
<b>International Travel</b> (Canada, Mexico included)	3-5 days upon return from travel Molecular or Antigen testing accepted	7 days with testing  10 days if not tested	Complete 7-day quarantine even after negative testing. If not tested, the quarantine is 10 days. If test is positive, isolate for 10 days.	Quarantine for 14 days from persons at high risk of contracting Covid-19. Continue to follow state PPE guidelines. If more than 7 days after international travel before returning to Maine, follow Domestic Travel guidelines.
<b>Domestic Travel</b> (Within the 50 United States and US territories: Guam, US Virgin Islands, Puerto Rico)				
<b>Non-Exempt States</b>	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.	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.
<b>Exempt States</b>	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.
<b>Medical Appointments</b> out of state (Day trip or longer)	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.	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. Testing before travel to a non-exempt state does not exempt you from quarantine or testing. YOU must test once you leave Maine or upon return. Continue to follow state PPE guidelines.