

State of Maine Travel Guidance

Update as of March 5, 2021

DOMESTIC TRAVEL

In accordance with Maine travel guidelines, anyone entering Maine from another state must

1. *Obtain and receive a negative COVID-19 antigen or molecular (PCR, NAAT, or isothermal) test result within 72 hours prior to arrival back into Maine to forgo the 10-day quarantine. or*
2. *Complete a 10-day quarantine upon arrival in Maine and continue to monitor for signs and symptoms for an additional 4 days upon arrival in Maine.*

As of March 5, 2021, exemptions from testing or quarantine are available for:

- *Residents of New Hampshire, Vermont, Connecticut, Rhode Island or Massachusetts*
- *Individuals that have had COVID-19 in the previous 90 days, or are fully vaccinated against COVID-19.*

This means with a negative test result, students and staff will be able to return to school and will not have to complete the 10-day quarantine.

Under the [Moving Maine Forward plan](#), Maine will shift its COVID-19 travel policy by May 1, 2021 to automatically exempt all states, unless a state is otherwise determined by the Maine CDC as being high risk. If one or more states see a spike in cases of highly contagious COVID-19 variants, Maine will apply its test or quarantine requirement to travelers to and from that state. The Maine CDC will publicly announce any such states when they are identified.

INTERNATIONAL TRAVEL

CDC has also provided new guidance as it relates to international travel. The current risk assessment level for COVID-19 is at 4, or VERY HIGH, for nearly every country. You can review the risk levels by country, [here](#).

At this time, all air passengers coming to the United States, including U.S. citizens, are required to have a negative COVID-19 test result or documentation of recovery from COVID-19 before boarding a flight back to in the United States.

Upon return to the United States, staff and students must quarantine. International travelers can return to school after they:

1. *Get tested 3-5 days after travel, and receive a negative test result AND stay home and self-quarantine for 7 days after travel.*
2. *Do not get tested and stay home for 10 days after travel.*
3. *Avoid being around people who are at increased risk for severe illness for 14 days, whether you get tested or not.*

Any staff or students who have travelled internationally will not be permitted inside the school building for a minimum of 7 days, even if a negative test has occurred.

- **Returning to work or school after travel is not dependent on the length of time spent within the restricted states or other countries, meaning that a day visit still requires any person to quarantine and/or test as described above. All members of the household who travel must test or quarantine if over 12 months old.**
- **Any person who is quarantining should stay home, and not have in-person contact with others unless there is an emergency.**
- **Please continue to follow best practice safety protocols: wear a mask, keep physical distance, wash your hands and monitor for symptoms, and help protect our schools and neighbors.**