



## 2020 COVID-19 Update: Travel with Care

Maine is dedicated to maintaining a safe and healthy environment and continues to work to protect Mainers and visitors by adhering to the multilayered approach of [Keep ME Healthy](#), as well as CDC guidelines and regulations.

This [FAQ page](#) is a handy resource for visitors and lodging establishments.

- **[Visitor Guidelines](#)**

- Visitors\* must complete a [Certificate of Compliance](#) indicating they have either:
  - Received a negative COVID-19 test taken within 72 hours of arrival in Maine, or
  - Agree to quarantine for 14 days (or the length of their visit, if less) upon arrival in Maine
- \*Currently (as of September 2, 2020) residents of New Hampshire, Vermont, Connecticut, New York and New Jersey can travel to Maine without providing a negative COVID-19 test result or quarantining
- Masks and face coverings should be worn for venturing out to public places such as restaurants, retail shops, and other public places where you may not be able to maintain 6-feet physical distancing
- Avoid unnecessary contact with people outside of your travel party
- If you are feeling sick or experiencing any symptoms, contact a healthcare professional immediately

- **[Business and Lodging Guidelines](#)**

- Requiring completion of a [safety checklist](#) and abiding by state CDC guidelines prior to opening to the traveling public

- **[Testing Protocols](#)**

- Children 18 and under traveling with an adult are not required to be tested
- Know before you go: get a COVID-19 test and receive results in your home state before traveling
  - If you cannot, or choose not to get tested in your own state, you can get tested once you arrive (**please note**: you must quarantine in Maine until you receive your test results)
  - If you are tested in your home state within 72 hours of your arrival and have not received a result before your departure from home, you may come to Maine and quarantine until your result is received
- Nationwide testing options
  - [Get tested COVID-19](#)
  - [Keep Maine Healthy](#)

- **Quarantine Protocols**

- Visitors may not interact with others outside their travel party or go into public spaces like shops and restaurants
- Visitors may go outside for recreation in uncrowded areas provided they abide by physical distancing guidelines and avoid contact with other people

For more information, visit the [Travel with Care page](#)