



2021 COVID-19 Update: Moving Maine Forward

On March 5, Governor Janet Mills announced the “Moving Maine Forward” plan, which is designed to protect public health and support Maine’s economy as the state approaches its busy spring and summer tourism season.

The Moving Maine Forward plan establishes a clear timeframe to increase capacity limits for tourism. Effective immediately, residents of New Hampshire, Vermont, Massachusetts, Connecticut and Rhode Island may travel to Maine without providing a negative COVID-19 test result or quarantining. Compliance options for visitors from all other states have also been updated to include those who have completed a full COVID-19 vaccination or have had and recovered from COVID-19 at least 90 days prior to visiting.

We're asking everyone else from non-exempt states to complete [The Certificate of Compliance](#) or take the [Pledge to Protect ME](#) in order to visit safely.

Beginning May 1, 2021, Maine’s COVID-19 travel policy will automatically exempt all states, unless otherwise determined by the Maine CDC. If one or more states experiences a spike in cases of highly contagious COVID-19 variants, the Maine CDC will apply its test or quarantine requirements to travelers to and from that state.

The plan maintains the critical public health and safety protocols – like wearing face coverings, keeping physical distance, and conducting enhanced cleaning.

The plan reflects the stabilization of Maine’s COVID-19 metrics and progress in vaccinations and aims to provide clarity and predictability for Maine people and businesses to plan for the summer months and establish Maine as a safe place to visit. Maine, adjusted for population, ranks second lowest in the nation in total hospitalizations, third lowest in total number of cases, and fourth lowest in number of deaths from COVID-19, according to the Maine Department of Health and Human Services.

Go to [Visit Maine](#) for inspired travel ideas and to [Moving Maine Forward](#) for more details on the reopening plan.

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