FAQ For Visitors

What are Maine's policies for visitors traveling from out-of-state?

Maine has three options for visitors from other states: 1) getting a recent negative COVID-19 test; 2) maintaining compliance with a 14-day quarantine upon arrival in Maine; 3) being exempted if you are from the following states with a similar or better COVID-19 experience than Maine. Those states are: **Connecticut, New York, New Jersey (effective July 3) and New Hampshire and Vermont (effective June 26).**

People who are not residents of Maine or states exempted from quarantine requirements will be asked to sign a Certificate of Compliance indicating either that they have received a negative COVID-19 test result, that they will quarantine in Maine for 14 days, or that they have already completed their quarantine in Maine. This compliance form must be provided to check-in at all Maine lodging, campgrounds, seasonal rentals, overnight camps, and other commercial lodging, such as Airbnb. Visitors may be asked to furnish proof of the negative test result upon request.

Maine residents who visit an exempted state are not required to quarantine upon returning to Maine. However, if they visit elsewhere, the requirement that they quarantine for 14 days or get a negative test as an alternative remains in place.

Seasonal homeowners, workers traveling to Maine, and other visitors may also utilize a recent negative COVID-19 test as an alternative to the required 14day quarantine in Maine effective immediately.

Essential workers continue to be exempt from testing and quarantine requirements if they are traveling to Maine to perform essential work, or are from Maine and are traveling out-of-state for work and returning home.

Why is Maine exempting residents from other states?

Maine is exempting residents of other states from the testing and 14-day quarantine requirements because, when adjusted for population, the prevalence of active cases of COVID-19 in these states is similar or better to Maine's, as compared to other states. Maine considers a number of quantitative measures in making this determination, which is designed to protect public health.

Does every member of my household need to be tested before coming to Maine?

To meet Maine's testing requirements, adults must receive a recent, within 72 hours prior to arrival, negative COVID-19 test, compliant with Maine's CDC guidelines. Testing for children,18 years and younger, who are travelling with adults is not required.

What types of COVID-19 tests may work?

Please consult Maine CDC's guide on interpreting test results, which are available on its website (PDF).

How many days prior to my visit to Maine should I get a COVID-19 test?

Visitors should have a sample taken for a COVID-19 "PCR" test no longer than 72 hours prior to arrival in Maine. The result must indicate the visitor is COVID-19 negative. Alternatively, the visitor may commit to quarantining upon arrival in Maine for 14 days.

Will Maine accept an "antibody" test as a COVID compliant test?

Maine only accepts PCR-based tests to qualify as an exception to the 14-day quarantine rule, and does not accept antibody testing for this purpose at this time. A rapid ID NOW test may be used for the purpose of an alternative to quarantine.

Can I quarantine at my hotel, campground, or at my rental during my visit to Maine instead of getting a test?

Yes. You may choose to quarantine at your rental or place of lodging if you follow Maine's CDC guidelines for quarantine. For rural camps and remote rental locations with private kitchen and bathroom facilities, quarantine may be possible for the duration of a visit to Maine. Visitors who are quarantining during their stay in Maine must comply with Maine's quarantine requirements and they may not visit Maine restaurants, businesses, and crowded public spaces and they may not use shared facilities and dining rooms.

If I can't schedule a COVID-19 test prior to my travel to Maine, can I get tested in Maine?

Maine strongly urges testing before you leave home or enter Maine so that you "know before you go." Capacity is available and expanding and reservations can be made before arrival. COVID-19 tests are available in Maine without referral from a medical professional under a standing order issued by the Maine Department of Health and Human Services. Websites like Get Tested COVID-19 show local testing options nationwide. But visitors are strongly urged to get tested before they travel.

What if I am awaiting test results after arriving in Maine?

If you were tested for COVID-19 upon your arrival in Maine and do not yet have test results, you must quarantine in your room or rental until you receive a negative test result, but you must arrange for meals to be delivered to your room and you must avoid contact with staff and guests after check-out until your negative test result is received. Use of shared public spaces, dining spaces, gyms and pools is prohibited during quarantine.

How will I show evidence of a negative test or quarantine prior to my arrival at a lodging establishment or rental?

Effective June 26, Maine is utilizing a "Certificate of Compliance" and requiring all adult visitors submit the certificate prior to, or upon arrival, at their lodging establishment or rental.

The certificate requires each visiting adult to complete and sign an attestation that he or she either

has had a negative test for COVID-19 consistent with CDC guidance or agrees to comply with Maine's quarantine. The visitor will also submit they are not currently experiencing symptoms of COVID-19.

The lodging establishment will retain a copy of the visitors "Certificate of Compliance." They can also document the date of the guest's first night of entry in Maine via a receipt, and any other guests in the party, in case they are traveling elsewhere and need to show verification of the first night of state in Maine. Visitors may be asked to furnish proof of the negative test result.

Should seasonal Maine residents, workers, or other visitors get a COVID-19 test prior to arrival?

The State encourages those individuals to "know before you go", which means to receive a test result before traveling to Maine. If they are tested before they travel, they should stay at home between the time of their test and their arrival in Maine and, if tested upon arrival in Maine, they should quarantine until a negative result is received.

Will I have my symptoms checked daily in Maine?

Through Maine's public health system, or through visits to Maine sites, businesses and establishments, you may be asked about whether you have any COVID-like systems.

What if I travel to multiple locations and lodging establishments during my visit to Maine?

Once a person is in Maine and has either quarantined for 14 days or received a negative test result, the person does not need to repeat the test when, for example, checking into a second or third Maine lodging establishment. The visitor may show documentation from their earlier stay.

Can I quarantine for a shorter period of time if my stay is shorter than 14 days?

Yes, you can come to Maine and quarantine for the length of your stay if it is less than 14 days.