



Town of Darien

Health Department

David Knauf, MPH, MS, REHS
Director of Health
(203) 656-7320
dknauf@darienct.gov
www.darienct.gov/health
www.twitter.com/darienhealth

Connecticut Travel Restrictions: Can I get tested so I don't have to quarantine?

We are receiving a number of questions regarding travelling to and returning from states that are on the restricted list issued by the Governor's office. Please refer to the following guidance:

1. Returning travelers need to fill out the State form (ct.gov/travelform) and quarantine unless/until getting a negative PCR test. *The rapid antigen test is NOT an approved method of avoiding quarantine requirements.*
2. **Can travelers be tested for COVID-19 instead of self-quarantine?**
Yes, an Affected Traveler is exempt from the self-quarantine requirement if the Affected Traveler (1) has had a test for COVID-19 in the seventy-two (72) hours prior to arrival in Connecticut or at any time following arrival in Connecticut, (2) the result of such COVID-19 test is negative, and (3) he or she has provided written proof of such negative test result to the Commissioner via email to: DPH.COVID-Travel@ct.gov or via facsimile to: (860) 326-0529. If a test was obtained in the seventy-two (72) hours prior to arrival in Connecticut, or following arrival in Connecticut, and such Affected Traveler has not yet received his or her test results, such traveler shall remain in self-quarantine in Connecticut until a negative test result is submitted to the Commissioner. If the test result is positive and the traveler is asymptomatic, he or she shall self-isolate for ten (10) days from the date of the test; if symptomatic, he or she should seek medical assistance. Travelers who test positive for COVID-19 prior to traveling to Connecticut should delay such travel and consult with a medical professional. All Affected Travelers are required to complete the Travel Health Form.
3. **What tests are acceptable for the testing option?**
Nucleic acid tests such as reverse transcriptase polymerase chain reaction (RT-PCR) tests are the only acceptable testing option. Neither rapid antigen tests nor antibody tests for COVID-19 satisfy the testing requirement for the testing exemption.

For an up-to-date list of states on the restricted travel list along with FAQs, please see: <https://portal.ct.gov/Coronavirus/travel>. This guidance document is updated every Tuesday.

David

David Knauf, REHS, MS, MPH
Director of Health
Darien, CT
(203) 656-7324

(10-21-2020)