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Travelers Coming to CT Can Get Tested Instead of Quarantining: — If They Do It the Right Way

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If you do it the right way — fill out the right forms, take the approved COVID-19 tests and send them to the right state authorities — you can come to Connecticut (or come back if you're returning) without having to quarantine.

Darien Health Director David Knauf sent out this news release to help people understand the rules:

We are receiving a number of questions regarding traveling 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 Connecticut Travel Form 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 ...

(A) ... has had a test for COVID-19 in the 72 hours before arrival in Connecticut or at any time following arrival in this state,

(B) ... the result of that COVID-19 test is negative, and

(C) ... he or she has provided written proof of that negative test result to the state public health commissioner via email to: DPH.COVID-Travel@ct.gov or by faxing (860) 326-0529. If a test was obtained in the 72 hours before arriving in Connecticut, or after arrival in the state, and the affected traveler has not yet received his or her test results, that 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 10 days from the date of the test; if symptomatic, he or she should seek medical assistance.

Travelers who test positive for COVID-19 before traveling to Connecticut should delay that trip and consult a medical professional. All affected travelers are required to complete the [Connecticut 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 [this state Web page](#). This guidance document is updated every Tuesday.