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Understanding Trump's Travel and Immigration Bans

January 20, 2026 [Guides & Reports](#)

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On December 14, 2025, the Trump administration issued a proclamation expanding its June 2025 travel and immigration ban, or June Ban, as well as other policies related to the travel and immigration of people from more than 40 countries. Both the "June Ban" and the ban issued in December, while often called "travel bans," affect much more than travel. The scope of the ban, issued in December as the Expanded Travel and Immigration Ban in this resource, will affect people from 42 countries, as well as people with travel documents from the Palestinian Authority, Cuba, and Iran, and individuals in the United States.

When the “Expanded Travel and Immigration Ban” took effect on Jan. 1, 2025, the Trump administration halted or barred entry into the U.S. for people from about 20 percent of the countries in the world. It targets Muslim-majority, Black-majority, Brown-majority, African, and Southeast Asian countries.

Update: The U.S. Department of State issued a policy freezing the processing of immigration visas for applicants from 75 countries starting Jan. 21, 2026.

This resource page provides general information explaining the Trump administration's travel and immigration bans. This information is not legal advice. If you have questions specific to your case, you should contact an immigration attorney. Additionally, this is an evolving area of law. The information below can change if the Trump administration issues new policies. Please revisit this page regularly for the most up-to-date information.

FREQUENTLY ASKED QUESTIONS

Expanded Travel and Immigration Ban: Cause on Immigration Visa Processing

Expanded Travel and Immigration Ban

When does the “Expanded Travel and Immigration Ban” take effect?

What countries does the “Expanded Travel and Immigration Ban” apply to?

What is the difference between the two types of restrictions in the “Expanded Travel and Immigration

Ban?

I am from one of the countries listed on the "Expanded Travel and Immigration Ban." How do I know if the ban affects me?

I am in the process of adopting a child from one of the countries on the "Expanded Travel and Immigration Ban" list. Is there an exception so that my adopted child will be able to come to the United States to be a part of our family?

I am from one of the countries listed on the "Expanded Travel and Immigration Ban" and I've applied for a visa to travel to the U.S. What will happen to my application?

I am from one of the countries listed on the "Expanded Travel and Immigration Ban," and I am currently in the United States. Is it safe for me to leave the country if I want to come back?

How long will the "Expanded Travel and Immigration Ban" last?

Pause on Immigrant Visa Processing

What is this policy?

Which countries are impacted by this pause?

Does this pause mean that applicants from the 75 impacted countries will not be able to get a U.S. visa?

What is an immigrant visa?

I have an immigrant visa. Will this pause affect me?

Are there any exceptions to this pause?

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