

PUBLICATION

UPDATED: The June 9 & December 16 Travel Bans: Who Is Impacted and What You Need to Know

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On December 16, 2025, the Trump Administration, by Proclamation (Restriction and Limiting the Entry of Foreign Nationals to Protect the Security of the United States), announced sweeping travel restrictions for foreign nationals from a total of 39 countries and the Palestinian Authority beginning January 1, 2026. The countries listed are in addition to the initial 19 countries with travel bans already in place from earlier this year. Foreign nationals who already have visas, are lawful permanent residents of the U.S. or have certain visa categories such as diplomats or athletes, or whose entry into the country will serve U.S. interests are exempt from the restrictions.

Countries Fully Restricted and Limited: The original and expanded list of countries with **full** restrictions include:

- Afghanistan
- Burkina Faso
- Burma
- Chad
- Equatorial Guinea
- Eritrea
- Haiti
- Iran
- Laos
- Libya
- Mali
- Niger
- Republic of the Congo
- Sierra Leone
- Somalia
- South Sudan
- Sudan
- Syria
- Yemen
- Individuals traveling with Palestinian-Authority issued or endorsed travel documents.

Foreign nationals from the above-listed countries are prohibited from entering the U.S. under nonimmigrant and immigrant visa categories, subject to limited exceptions under the initial June 9 Proclamation.

Countries Partially Restricted: The original and expanded list of countries with **partial** restrictions:

- Angola
- Antigua and Barbuda
- Benin
- Burundi

- Côte d'Ivoire
- Cuba
- Dominica
- Gabon
- The Gambia
- Malawi
- Mauritania
- Nigeria
- Senegal
- Tanzania
- Togo
- Tonga
- Venezuela
- Zambia
- Zimbabwe
- Turkmenistan (restrictions remain for immigrants but have been lifted for nonimmigrant visas).

Foreign nationals from the above-listed countries are subject to partial travel restrictions, including the suspension of immigrant visas and select nonimmigrant categories such as B-1/B-2, F, M, and J.

Who is Exempt

President Trump's proclamation is only applicable to foreign nationals of the above-listed countries who as of the order's December 16 start date are outside the U.S. and do not already have a valid visa. The proclamation does not apply to certain other individuals including:

- Any lawful permanent resident of the U.S.
- Any dual national of a country designated under either list when the individual is traveling on a passport issued by a country not so designated.
- Any athlete or member of an athletic team – including the coaches, persons performing a necessary support role, and immediate relatives – traveling for the World Cup, Olympics, or other major sporting event as determined by the Secretary of State.
- Certain diplomatic travelers.

The proclamation also provides for either the Attorney General or Secretary of State, in his or her discretion, to exempt certain individuals whose entry would advance a critical national interest of the U.S.

The proclamation directs the Secretary of State, with the Attorney General, Secretary of Homeland Security, and Director of National Intelligence after the first 90 days (and then every 180 days thereafter) to review and assess the imposed limitations. The proclamation directs the same government officials to work directly with those countries on courses of action to comply with screening, vetting, immigration, and security requirements of the United States.

Please contact your Baker Donelson [immigration](#) attorney if you have questions about the potential impacts of the expanded December 16, 2025 presidential proclamation.