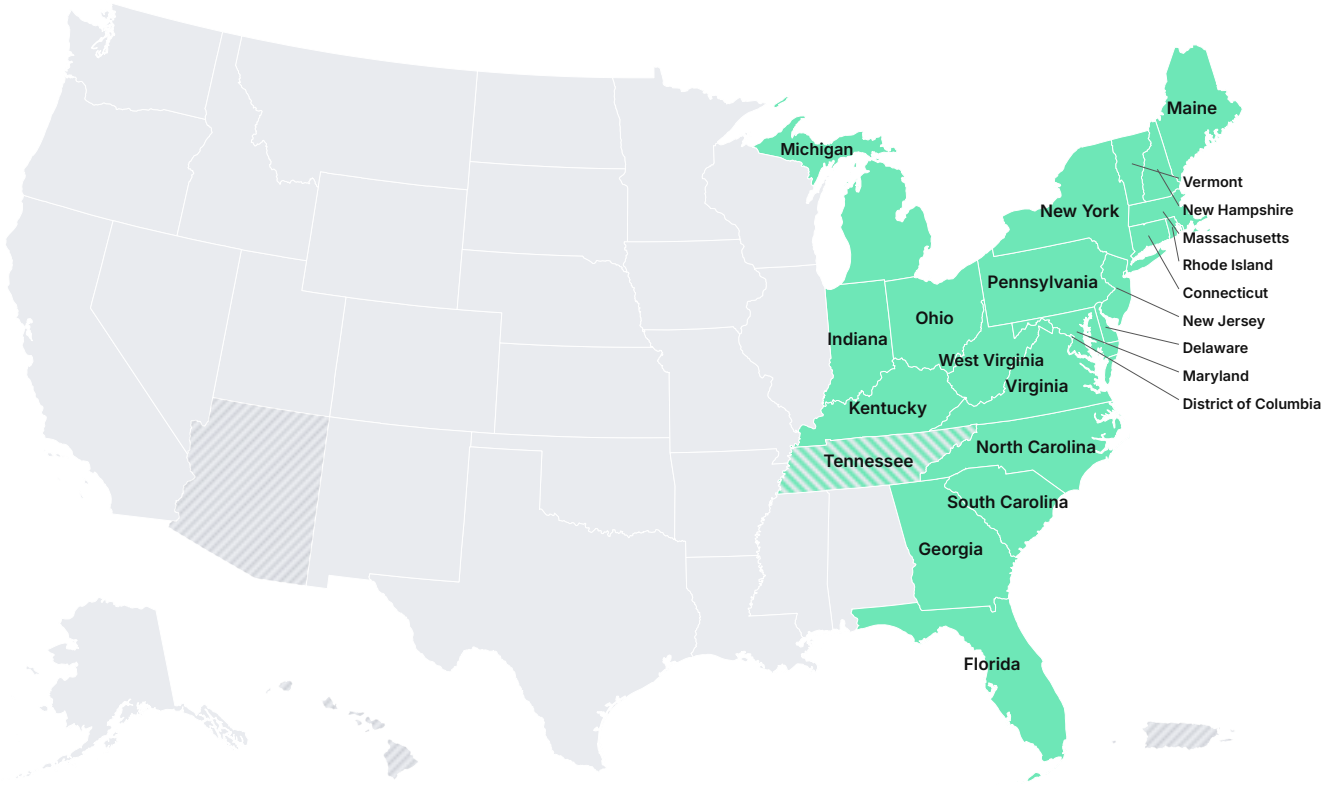
States in the Eastern Time Zone

Pacific UTC−8 · DST UTC−7 | Mountain UTC−7 · DST UTC−6 | Central UTC−6 · DST UTC−5 | **Eastern UTC−5 · DST UTC−4** | Alaska UTC−9 · DST UTC−8 | Hawaii–Aleutian UTC−10 · Hawaii no DST · W. Aleutians DST UTC−9



Wholly on Eastern Time

Connecticut, Delaware, District of Columbia, Georgia, Maine, Maryland, Massachusetts, New Hampshire, New Jersey, New York, North Carolina, Ohio, Pennsylvania, Rhode Island, South Carolina, Vermont, Virginia, West Virginia

Mostly on Eastern Time

Florida (except the western Panhandle)

Indiana (except the northwest and southwest corners)

Kentucky (except the western half)

Michigan (except four Upper Peninsula counties)

Partly on Eastern Time

Tennessee: East Tennessee

Striped: only part of the state is on Eastern Time. Grey hatching: no daylight saving.
Daylight saving 2026: March 8, 2026 – November 1, 2026.

Map P08 · CC BY 4.0 · ustimezonemap.net/printable-maps/eastern-time-zone-states-map/