

Area Codes & Time Zones

A/C	State	Zone	A/C	State	Zone	A/C	State	Zone	A/C	State	Zone	A/C	State	Zone
201	NJ	EST	318	LA	CEN	513	OH	EST	705	ON	EST	828	NC	EST
202	DC	EST	319	IA	CEN	514	QC	EST	706	GA	EST	830	TX	CEN
203	CT	EST	320	MN	CEN	515	IA	CEN	707	CA	PAC	831	CA	PAC
204	MB	CEN	323	CA	PAC	516	NY	EST	708	IL	CEN	843	SC	EST
205	AL	CEN	330	OH	EST	517	MI	EST	709	NF	ATL	847	IL	CEN
206	WA	PAC	334	AL	CEN	518	NY	EST	712	IA	CEN	850	FL	EST
207	ME	EST	336	NC	EST	519	ON	EST	713	TX	CEN	860	CT	EST
208	ID	MTN	340	VI	ATL	520	AZ	MTN	714	CA	PAC	864	SC	EST
209	CA	PAC	352	FL	EST	530	CA	PAC	715	WI	CEN	867	YK	PAC
210	TX	CEN	360	WA	PAC	540	VA	EST	716	NY	EST	870	AR	CEN
212	NY	EST	401	RI	EST	541	OR	PAC	717	PA	EST	901	TN	CEN
213	CA	PAC	402	NE	CEN	559	CA	PAC	718	NY	EST	902	PE	ATL
214	TX	CEN	403	YT	MTN	561	FL	EST	719	CO	MTN	903	TX	CEN
215	PA	EST	404	GA	EST	562	CA	PAC	720	CO	MTN	904	FL	EST
216	OH	EST	405	OK	CEN	573	MO	CEN	724	PA	EST	905	ON	EST
217	IL	CEN	406	MT	MTN	580	OK	CEN	727	FL	EST	906	MI	EST
218	MN	CEN	407	FL	EST	601	MS	CEN	732	NJ	EST	907	AK	ALA
219	IN	EST	408	CA	PAC	602	AZ	MTN	734	MI	EST	908	NJ	EST
224	IL	EST	409	TX	CEN	603	NH	EST	740	OH	EST	909	CA	PAC
225	LA	CEN	410	MD	EST	604	BC	PAC	757	VA	EST	910	NC	EST
228	MS	CEN	412	PA	EST	605	SD	CEN	760	CA	PAC	912	GA	EST
240	MD	EST	413	MA	EST	606	KY	EST	765	IN	EST	913	KS	CEN
248	MI	EST	414	WI	CEN	607	NY	EST	770	GA	EST	914	NY	EST
250	BC	PAC	415	CA	PAC	608	WI	CEN	773	IL	CEN	915	TX	CEN
252	NC	EST	416	ON	EST	609	NJ	EST	775	NV	PAC	916	CA	PAC
253	WA	PAC	417	MO	CEN	610	PA	EST	781	MA	EST	917	NY	EST
254	TX	CEN	418	QC	EST	612	MN	CEN	785	KS	CEN	918	OK	CEN
256	AL	CEN	419	OH	EST	613	ON	EST	786	FL	EST	919	NC	EST
281	TX	CEN	423	TN	EST	614	OH	EST	801	UT	MTN	920	WI	CEN
301	MD	EST	425	WA	PAC	615	TN	CEN	802	VT	EST	925	CA	PAC
302	DE	EST	435	UT	MTN	616	MI	EST	803	SC	EST	931	TN	CEN
303	CO	MTN	440	OH	EST	617	MA	EST	804	VA	EST	937	OH	EST
304	WV	EST	443	MD	EST	618	IL	CEN	805	CA	PAC	940	TX	CEN
305	FL	EST	450	QC	EST	619	CA	PAC	806	TX	CEN	941	FL	EST
306	SK	MTN	501	AR	CEN	626	CA	PAC	807	ON	EST	949	CA	PAC
307	WY	MTN	502	KY	CEN	630	IL	CEN	808	HI	HAW	954	FL	EST
308	NE	CEN	503	OR	PAC	650	CA	PAC	810	MI	EST	956	TX	CEN
309	IL	CEN	504	LA	CEN	651	MN	CEN	812	IN	EST	970	CO	MTN
310	CA	PAC	505	NM	MTN	660	MO	CEN	813	FL	EST	972	TX	CEN
312	IL	CEN	506	NB	ATL	661	CA	PAC	814	PA	EST	973	NJ	EST
313	MI	EST	507	MN	CEN	678	GA	EST	815	IL	CEN	978	MA	EST
314	MO	CEN	508	MA	EST	701	ND	CEN	816	MO	CEN			
315	NY	EST	509	WA	PAC	702	NV	PAC	817	TX	CEN			
316	KS	CEN	510	CA	PAC	703	VA	EST	818	CA	PAC			
317	IN	EST	512	TX	CEN	704	NC	EST	819	QC	EST			

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Time Zone Names & Time:

Time zones are measured from Greenwich, England. North American time zones are behind GMT and our chart tells you how many hours a zone is behind GMT. For instance, when it is 1:00 p.m. in the Eastern Time Zone, it is already 6:00 p.m. in Greenwich.

Note: some time zones don't have standard names, so we created some of our own zone codes. This chart contains Standard Time, not Daylight Savings Time (usually, this doesn't matter). To find the difference between your time zone and another, just find your time zone and the other zone on the chart, subtract the lesser number of hours behind GMT from the greater number of hours. If your time zone is **above** the other zone, you are **ahead** of the other zone. For instance, if you are in the Eastern Time Zone and you need to call Hawaii, you will subtract 5 from 10 and since you are above Hawaii on the chart, you are ahead of them by 5 hours.

Zone Code	Time Zone Description	Hours behind GMT
NFI	Newfoundland Island (Currently, Area Code 709 covers both Newfoundland Island & Mainland and is in NFI & ATL zones).	3.5
ATL	Atlantic Time Zone (New Brunswick, Nova Scotia, Newfoundland Mainland, Prince Edward Island)	4
EST	Eastern Time Zone	5
CEN	Central Time Zone	6
MTN	Mountain Time Zone	7
PAC	Pacific Time Zone	8
ALA	Alaskan Time Zone	9
HAW	Hawaiian Time Zone	10

Canadian Province Abbreviations:

Province Abbreviation	Canadian Province Name
AB	Alberta
BC	British Columbia
MB	Manitoba
NB	New Brunswick
NF	Newfoundland
NT	Northwest Territories
NS	Nova Scotia
ON	Ontario
PE	Prince Edward Island
QC	Quebec
SK	Saskatchewan
YT	Yukon

U.S. States & Territories Standard Abbreviations:

Abbr.	State	Abbr.	State
AK	Alaska	MS	Mississippi
AL	Alabama	MT	Montana
AR	Arkansas	NC	North Carolina
AS	American Samoa	ND	North Dakota
AZ	Arizona	NE	Nebraska
CA	California	NH	New Hampshire
CO	Colorado	NJ	New Jersey
CT	Connecticut	NM	New Mexico
DC	District of Columbia	NV	Nevada
DE	Delaware	NY	New York
FL	Florida	OH	Ohio
FM	Federated States of Micronesia	OK	Oklahoma
GA	Georgia	OR	Oregon
GU	Guam	PA	Pennsylvania
HI	Hawaii	PR	Puerto Rico
IA	Iowa	PW	Palau
ID	Idaho	RI	Rhode Island
IL	Illinois	SC	South Carolina
IN	Indiana	SD	South Dakota
KS	Kansas	TN	Tennessee
KY	Kentucky	TX	Texas
LA	Louisiana	UT	Utah
MA	Massachusetts	VA	Virginia
MD	Maryland	VI	Virgin Islands
ME	Maine	VT	Vermont
MH	Marshall Islands	WA	Washington
MI	Michigan	WI	Wisconsin
MN	Minnesota	WV	West Virginia
MO	Missouri	WY	Wyoming
MP	Northern Mariana Islands		

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