

Residential Living Quarantine versus Stay-at-Home Directive Handout



Quarantine Guidelines versus Stay-at-Home Guidelines

Managing the requirements of the many different orders and guidelines issued by Department of Health and Centers for Disease Control and Prevention can be confusing. Please refer to the chart below for a helpful comparison guide.

	Stay-at-Home Directive	Living Area Quarantine	Exposure or Travel Quarantine
Indoor Exercise	Indoor apartment exercise only	Indoor apartment exercise only	Indoor apartment exercise only
Outdoor Exercise	Alone outdoors - no congregating	Alone outdoors - no congregating	Balcony or patio use only - no direct contact with others
Shopping Needs	Delivery services recommended	Delivery services	Delivery services
Mail/Laundry Needs	Please follow provided schedule	Please follow provided schedule	Please refrain from these activities during your quarantine
Appointments	Urgent appointments - notify physician	Urgent appointments - notify physician	Life-sustaining appointments - notify RL Team
Visitors	Essential (life-sustaining) only	Essential (life-sustaining) only	None - Contact RL Team for essential support
Off-campus Travel	Discouraged, except for urgent needs	Discouraged, except for urgent needs	Restricted, except for life-sustaining medical needs (e.g. 911) - notify RL Team or Resident & Guest Services

*These guidelines are subject to change.