

## Email Sent for Isolation (Symptomatic Patients)

Specific content may vary based on client settings and patient data.



First Stop Health is here for you. If your doctor advised you to isolate away from others in your home, CDC recommendations are to:

1. Stay home for 5 days AND until fever resolves (if you have a fever).
2. Wear a mask around others for 5 additional days.

[Visit Summary](#)

After you've reviewed your visit summary, don't forget to [rate your visit!](#)

### COVID-19 Testing Options

At-home rapid tests provide same-day results but false negatives can occur. PCR tests are much more accurate, but results can take days. To get tested, you can:

1. [Purchase an at-home rapid test](#) at your pharmacy or online
2. Order an at-home collection kit for [a mail-in PCR test](#)
3. [Go to an in-person PCR test site](#)

Questions about your results? [Request another visit.](#)

Qualifications for testing may change and are subject to availability. The cost of the test is not covered by FSH or your employer. Your insurance may cover testing costs, or you can also pay out of pocket.

### Get Your Sick Note

Your doctor left you a sick note. To help prevent the spread of COVID-19, we encourage you to share as much as you are comfortable with your employer.

[Get My Sick Note](#)

This note does not replace your employer-provided guidelines for work/school absences. FSH cannot process short-term disability paperwork.

### Helpful Resources

- [FAQs from the CDC](#)
- [COVID-19 Resource Center](#)
- [Monoclonal antibody \(mAb\) treatment \(for high-risk individuals\)](#)

## Email Sent for Quarantine (Asymptomatic Patients)

Specific content may vary based on client settings and patient data.



First Stop Health is here for you. If your doctor advised that you need to stay home, you can find your instructions in your Visit Summary. Here is some helpful information:

- [When to Quarantine from the CDC](#)
- [FAQs from the CDC](#)
- [COVID-19 Resource Center](#)
- [Monoclonal antibody \(mAb\) treatment \(for high-risk individuals\)](#)

[Visit Summary](#)

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### COVID-19 Testing Options

At-home rapid tests provide same-day results but false negatives can occur. PCR tests are much more accurate, but results can take days. To get tested, you can:

1. [Purchase an at-home rapid test](#) at your pharmacy or online
2. Order an at-home collection kit for [a mail-in PCR test](#)
3. [Go to an in-person PCR test site](#)

Questions about your results? [Request another visit](#).

Qualifications for testing may change and are subject to availability. The cost of the test is not covered by FSH or your employer. Your insurance may cover testing costs, or you can also pay out of pocket.

### Get Your Sick Note

Your doctor left you a sick note (with information on how to return to work/school, too).

[Get My Sick Note](#)

To help prevent the spread of COVID-19, we encourage you to share as much as you are comfortable with your employer.

## 3-Day Follow-Up Email: Emotional Support

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Between being stuck at home and the uncertainty ahead, it's completely normal to feel stressed or anxious. Here are a few helpful resources.



### Cope with Stress & Anxiety

The CDC provides ways to take care of yourself, your friends, and your family.

[Read More](#)



### Add Mindfulness to Your Day

Here are ways to practice mindfulness, from deep breaths to hugging your pet.

[Read More](#)



### Protect Your Mental Health

Read these tips for taking care of your mental health in uncertain times.

[Read More](#)

## From Your FSH Visit

[Visit Summary](#) • [Sick Note](#)

## We're here for you 24/7.

If you need to talk to a doctor again, we're here.  
Use the app to request a visit:

[Get the App](#)