

In The Know

November 2022



Why is RSV on the rise? What parents should know

Cases of RSV, a common respiratory illness, are surging in the U.S. For many, it's a simple cold that comes and goes. But some kids are more susceptible to severe disease than others. At CityMD, we've got you covered. Walk into your local urgent care for a convenient and timely evaluation.

[Learn more](#)



The scoop on overuse injuries

[Learn more](#)



Can stress give you a rash?

[Learn more](#)

Wellness Snapshot

Kindness changes everything. It can even make you healthier.

Practice one random act of kindness each day.



1. Hold the door open for another person.
2. Help someone who is struggling to carry several items.
3. Check-in on individuals who are going through a hard time.

[Learn more](#)

Resources on the go



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