

In The Know

July 2023



How to prevent skin infections

Germ love the gym and pool. All it takes is a little cut in the skin and bacteria, a virus, or fungi can enter your body. Follow our tips to avoid picking up an infection that wreaks havoc on your skin.

[Learn more](#)



Why am I out of breath?

[Learn more](#)



Could my rash be Lyme disease?

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Urgent Care Corner



[How to beat heat rash](#)



[Why is my throat itchy?](#)



[What are anal fissures and hemorrhoids?](#)



[What to eat when you're sick](#)

Sun Safety Tips

- Cover up with lightweight clothing and hats.
- Seek the shade, especially between 10 a.m. and 4 p.m.
- Reapply at least 1 ounce every two hours, more if you are getting wet.
- Shield your eyes with wrap around sunglasses.
- Wear broad-spectrum sunscreen with SPF 30 or higher.
- Protect your lips with sun balm.



Now open

We look forward to seeing you at our new locations.

**Inwood
Brick**
[Wayne/Hamburg \(Opening 7/24\)](#)

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