

In The Know

December 2023



How to heal a bruise.

Bruises are usually harmless, but they can be an eyesore and cause pain or tenderness. In this guide we explore what causes bruises, and different ways we can help our body heal.

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What your hives could mean.

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Hand, foot, & mouth disease 101.

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Urgent care corner



[What does wheezing mean?](#)



[How to get a splinter out safely.](#)



[Tips to reduce holiday stress.](#)



[How to stop vomiting and diarrhea.](#)

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