

In The Know

June 2024



Are sinus infections contagious?

If you have ever had a sinus infection, you know it can turn the simple act of breathing into a difficult task. We guide you through the congestion of information and talk about ways you can avoid spreading the condition.

[Learn more](#)



Do I have an infected cut?

[Learn more](#)



How to care for a sprained wrist.

[Learn more](#)

You can now make an appointment at CityMD.

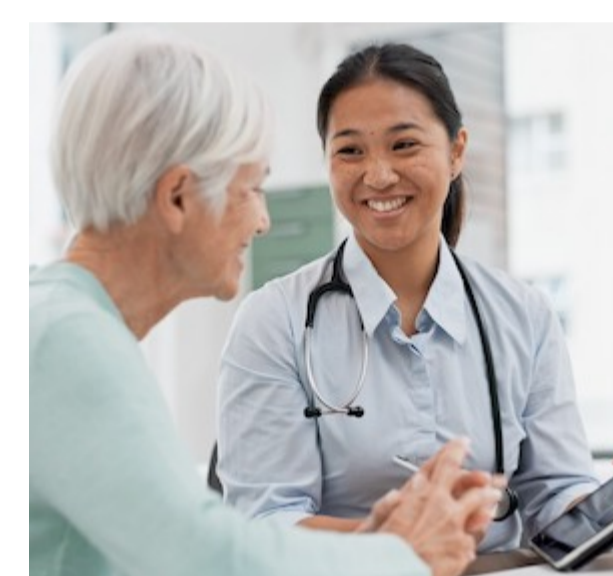
Enjoy the benefits of online scheduling, including:
Save time on-site.
Reserve your place in line.
Plan your day.

[Book a visit](#)

When follow-up care with a specialist is needed, we'll connect you.

CityMD is one care team with Summit Health. You can continue your care with access to physicians in 80+ specialties.

[Learn more](#)



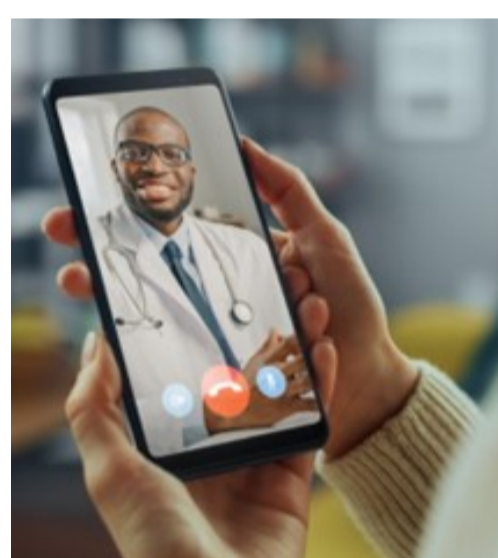
Urgent care corner



[How long is mono contagious for?](#)



[What is extensor tendonitis?](#)



Busy day? Connect with a doctor for a virtual visit.

You can get quality medical care 24/7 from the comfort of your own home or office. Download the Summit + CityMD web or mobile app or visit app.summithealth.com if you are using a desktop.

[Learn more](#)

Need urgent care as early as 7am or late as 11pm? Walk into select CityMD locations or Book a Visit.

Extended hours are available Monday to Friday at the following locations. Weekend hours will vary.

- | | |
|--|----------------------------|
| Astoria | Lynbrook |
| Bellmore | Nanuet |
| Bergen Beach | Paramus |
| Deer Park (NEW extended hours) | Park Slope |
| East 86th | Richmond |
| Farmingville | Riverdale |
| Fresh Meadows | Sayville |
| Jamaica | Union |
| Lake Grove | West 57th |
| Lindenhurst | West 88th |
| | Yonkers |

Resources on the go



[Visit the Summit + CityMD app](#)



[Find a CityMD](#)

[Locations](#) [Patient portal](#)



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