

## In The Know

November 2024



### How long is a cold contagious?

Want to avoid catching that stuffy nose or scratchy throat? Learn when you and your loved ones are most infectious, what can make your cold last longer and how to avoid spreading germs to others.

[Learn more](#)



**Do I need stitches?**

[Learn more](#)



**How to treat pink eye in kids.**

[Learn more](#)

### Still need a flu shot?

At CityMD, we make it fast and easy to get your yearly vaccine. Walk into any location or book a visit online.

[Find a location](#)



### Urgent care corner



[Blood draw basics: what to expect.](#)



[Tips to prevent heating pad burns.](#)

### Want to stay *In The Know*?

Follow us on social media for more health tips and info.

[Instagram](#)  
[Facebook](#)  
[X](#)  
[LinkedIn](#)  
[TikTok](#)

### Check out our new locations.

[Bruckner Boulevard, Bronx, NY](#)  
[Norwalk, CT](#)  
[Edison, NJ](#)



### Need urgent care as early as 7am or late as 11pm? Walk into a CityMD Supersite.

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

<a href="#">Astoria</a>	<a href="#">Nanuet</a>
<a href="#">Bellmore</a>	<a href="#">Paramus</a>
<a href="#">Bergen Beach</a>	<a href="#">Park Slope</a>
<a href="#">Deer Park</a>	<a href="#">Richmond</a>
<a href="#">East 86th</a>	<a href="#">Riverdale</a>
<a href="#">Farmingville</a>	<a href="#">Sayville</a>
<a href="#">Fresh Meadows</a>	<a href="#">Union</a>
<a href="#">Jamaica</a>	<a href="#">West 57th</a>
<a href="#">Lake Grove</a>	<a href="#">West 88th</a>
<a href="#">Lindenhurst</a>	<a href="#">Yonkers</a>
<a href="#">Lynbrook</a>	

### Resources on the go



[Visit the Summit + CityMD app](#)



[Find a CityMD](#)

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



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