

In The Know

May 2025



Is it just a sore throat? How to spot tonsillitis.

You wake up with a scratchy throat. Is it allergies, dry air, a virus or something more serious like tonsillitis? We break down the key signs and when to head to CityMD for care.

[Learn more](#)



How wildfires impact your health.


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It's allergy season! Get relief now.

[Learn more](#)

Urgent care corner

 [Norovirus incubation period: how long until you get sick?](#)

 [Busted lip? Quick tips and when to get care.](#)



CityMD and Summit Health are one care team.

Need follow-up care? Due for a check-up? Our team can connect you with a primary care physician and specialists in more than 80 areas of medicine.

[Make an appointment](#)

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

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