

In The Know

August 2025



Swimmer's ear symptoms: what to watch for and when to see a doctor.

Do your ears hurt or feel itchy after swimming? Swimmer's ear is common in the summer months, especially in kids. We tell you what signs to watch for, and how CityMD can help you feel better fast.

[Learn more](#)



Feeling off in the heat? How to spot heat-related illness.

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What to pack in your summer travel kit.

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Urgent care corner

-  [Is it summer allergies or a cold?](#)
-  [How long does poison ivy last?](#)

Join us for a complimentary virtual webinar

From Ache to Action: Your Guide to Knee Pain.
Thurs, August 21, 6:00 – 6:45 pm ET

[Count me in!](#)

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

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