

In The Know

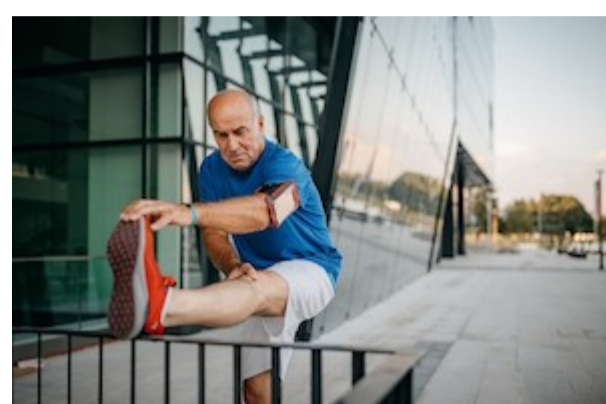
August 2024



Summer travel tips: how to stay healthy on the go.

Summer is a time for relaxation and adventure, but it is important to be prepared. CityMD can help you plan a safe and healthy trip. Check out our tips for packing, preventing travel illness and more.

[Learn more](#)



Muscle strain recovery tips.

[Learn more](#)

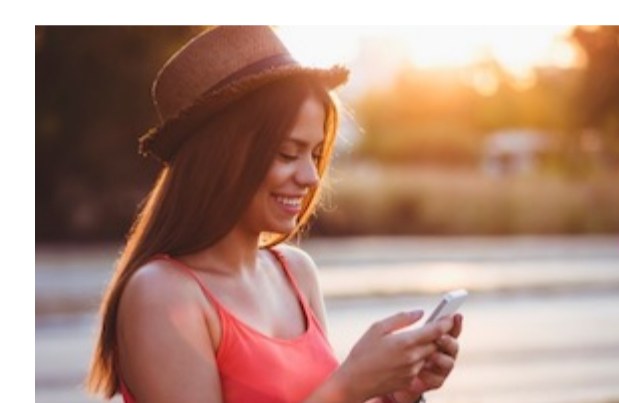


Why does your throat feel tight?

[Learn more](#)

Enjoy a carefree summer with CityMD.

Whether you're dealing with a pesky rash, ear infection or another urgent care need, our team is here for you. Walk in or book an appointment.



[Learn more](#)

Skip the wait. Schedule your visit online now!

Enjoy the benefits of online scheduling, including:

- Get care faster.
- Reserve your spot.
- Plan your day.

[Walk in or book a visit](#)



We look forward to seeing you at our new locations opening soon!

[Tribeca \(Chambers Street\), NY](#) – 8/26
[Bronx \(Bruckner Boulevard\), NY](#) – 9/9
[Norwalk, CT](#) – 9/30

NJIT Health Services by CityMD Urgent Care is now open.

CityMD offers a full range of services for NJIT students, faculty and staff including illnesses, injuries, lab tests, vaccinations and women's health services.

Urgent care corner



[Step on glass? Here's how to safely remove it.](#)



[Stages of wound healing.](#)

Need urgent care as early as 7am or late as 11pm?

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

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

Resources on the go



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