

## In The Know

January 2025



### How to spot walking pneumonia symptoms.

You've got a cough that won't quit, some fatigue and a little shortness of breath. Walking pneumonia seems mild at first but can become severe if left unchecked. Don't let symptoms linger – visit CityMD.

[Learn more](#)



**Why the hepatitis B vaccine is important.**

[Learn more](#)



**Can you get sick from the cold weather?**

[Learn more](#)



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

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

[Instagram](#)

[Facebook](#)

[X](#)

[LinkedIn](#)

[TikTok](#)

### Urgent care corner



**Fever and a rash: what you need to know.**



**Sick and thirsty: what to drink when sick.**

### 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](#)



### Join us for a complimentary virtual webinar

Navigating Shoulder Pain: *How to Get Back on Your Game*  
Thurs, Jan. 30, 12:00 pm – 12:45 pm ET

[Count me in!](#)

### 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.

[Astoria](#)

[Bellmore](#)

[Bergen Beach](#)

[East 86th](#)

[Jamaica](#)

[Lake Grove](#)

[Lindenhurst](#)

[Lynbrook](#)

[Nanuet](#)

[Paramus](#)

[Park Slope](#)

[Richmond](#)

[Sayville](#)

[West 88th](#)

[Yonkers](#)

### Check out our new locations.

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



### Resources on the go



[Visit the Summit + CityMD app](#)



[Find a CityMD](#)

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



This email was sent to: [%Member\\_Email%](#)  
To make sure you receive our emails, please add [info@citymd.com](mailto:info@citymd.com) to your address book.

You received this message because you are opted-in to receiving occasional communications from CityMD.

%%Member\_Busname%% | %%Member\_Addr%% %%Member\_City%%, %%Member\_State%%, %%Member\_PostalCode%%, %%Member\_Country%%  
Copyright © %%Year%% City Practice Group of New York. All Rights Reserved.

You can [unsubscribe](#) from receiving further email communications.

\*Note: You may still receive email communications related to your personal health with CityMD.