

## In The Know

February 2025



### Stomach bug alert: how to prevent norovirus

One moment, you're fine. The next, you're dealing with stomach cramps, nausea and exhaustion. Norovirus, aka the "stomach bug," is going around. But don't worry, CityMD is here to help.

[Learn more](#)



### How long is RSV contagious?

[Learn more](#)



### What is cold-induced asthma?

[Learn more](#)



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### Urgent care corner



[Tips for sinus pressure relief.](#)



[How to treat croup in a child.](#)

### It's not too late to get a flu shot.

Simply walk into any location or Book a Visit online. At CityMD, we make it fast and easy to get your yearly vaccine.

[Learn more](#)

Come visit us at 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



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