

NEBRASKA-WESTERN IOWA HEALTH CARE SYSTEM



EXPRESS CARE

Care on your time!

EXPRESS CARE HOURS OF OPERATION

MONDAY-FRIDAY

3pm - 7pm

Contact Express Care at:

402-486-7901

VHA Nebraska-Western Iowa Health Care System
420 Victory Park Drive, Lincoln, NE 68510

- » **After Hours Care**
- » **No Appointment Necessary**
- » **Get the Care You Need, Fast**
- » **Sick Call**

EXPRESS CARE SERVICES:

- Animal Bite
- Bronchitis
- Bladder Infection
- Cold/cough
- Chronic back pain
- Ear infection
- Ear wax removal
- Immunizations updates
- Influenza
- Dental pain
- Headache/migraine
- Mild strains and sprains
- Minor eye irritation
- Minor skin irritation
- Non-traumatic back pain
- Seasonal allergies
- Sexual transmitted infection/STD
- Sinus infection
- Strep throat
- Yeast infection

VA



U.S. Department of Veterans Affairs

Veterans Health Administration
Nebraska-Western Iowa Health Care System

A GUIDE TO
**EXPRESS
CARE**

VS

**EMERGENCY
CARE**

**THE CONDITION REQUIRES
IMMEDIATE CARE, BUT IS
NOT LIFE-THREATENING:**

- Animal Bite
- Bronchitis
- Bladder Infection
- Cold/cough
- Chronic back pain
- Ear infection
- Ear wax removal
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- Headache/migraine
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- Sexual transmitted infection/STD
- Sinus infection
- Strep throat
- Yeast infection

**THE CONDITION IS LIFE,
OR LIMB-THREATENING:**

- Bleeding that won't stop
- Extensive or complicated cut or laceration
- Fainting or head injury with loss of consciousness or disorientation
- Loss or change of vision
- Major fracture
- Seizure without a previous diagnosis of epilepsy
- Serious burn
- Spinal injury
- Sudden change in mental state
- Sudden shortness of breath or difficulty breathing
- Vomiting or coughing up blood

**IF YOU HAVE A MEDICAL EMERGENCY,
GO TO THE EMERGENCY ROOM.**

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