

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
- 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

**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.**

**VA NWHCS EXPRESS CARE:**

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

**MONDAY-FRIDAY 8:30am - 7pm**

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

**VA**



U.S. Department of Veterans Affairs

Veterans Health Administration  
Nebraska-Western Iowa Health Care System