

# KCHS NEWSLETTER



JUNE 2026

KCHS.ORG



**KEARNEY COUNTY  
HEALTH SERVICES**  
*Exceptional Family-Centered Care |*

Choosing between the ER and clinic can be difficult. This guide is intended to provide general information and examples of when each option may be appropriate, but it is not medical advice.

**If you are experiencing a medical emergency or are unsure about the severity of symptoms, call 911 or seek emergency care immediately.**

*The Emergency Room is designed to treat serious or life-threatening conditions that require immediate medical attention.*

- Chest Pain
- Head Injuries
- Stroke Symptoms
- Severe Burns
- Severe Allergic Reaction
- Seizures
- Severe Bleeding
- Sudden Confusion
- Major Injuries
- Severe Abdominal Pain
- Difficulty Breathing
- Or any condition that could be life-threatening or worsen quickly
- Severe Burns
- Falls With Injury

## When to Visit The ER



**Samantha Rogers, APRN**

**Doug Wulf, APRN**

**Jordan Kohtz, APRN**

**Diane Jackson, APRN**

The KCHS Emergency Department team works together to provide **efficient, high-quality care** for a wide range of medical concerns.

Our providers, nurses and support staff are trained to respond quickly, communicate clearly and focus on the needs of every patient who walks through our doors.

Patients at KCHS benefit from experienced emergency care **close to home**, often with **minimal to no wait times**.

Our team is equipped to evaluate, stabilize and treat many conditions locally while coordinating additional care when needed.

In moments that can feel stressful or uncertain, our team is ready to provide **expert emergency care** close to home, **24 hours a day**.

## When to Visit The Clinic

*The clinic is a good option for non-life-threatening illnesses, minor injuries and ongoing health concerns that still need prompt attention.*

- Cold, Flu or COVID-Like Symptoms
- Earaches or Sore Throats
- Sinus Infections
- Minor Cuts, Sprains, Strains
- Rashes or Skin Irritations
- Urinary Tract Infections
- Mild Abdominal Pain or Nausea
- Headaches Minus Severe Symptoms
- Non-Life Threatening Symptoms
- Sinus Infections
- Mild Fevers
- Minor Back Pain
- Minor Joint Pain
- Ongoing Concerns
- Follow-Up Care

**DON'T WAIT IN AN EMERGENCY! CALL 911 FOR SERIOUS SYMPTOMS LIKE CHEST PAIN, DIFFICULTY BREATHING, STROKE SYMPTOMS OR MAJOR INJURIES!**

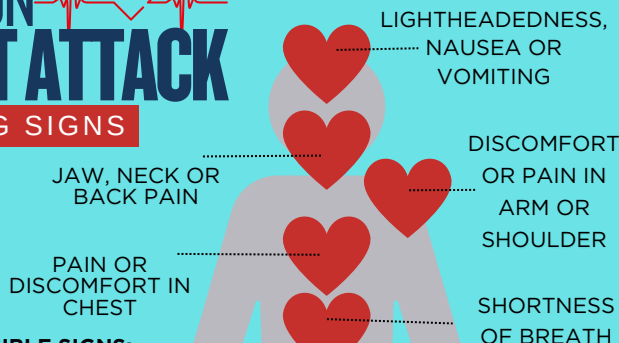
INFO ON ALLERGIES, PAST SURGERIES AND MEDICAL CONDITIONS CAN HELP YOUR CARE TEAM RESPOND MORE QUICKLY AND EFFECTIVELY.

A CURRENT LIST OF MEDICATIONS, INCLUDING DOSAGES AND SUPPLEMENTS, TO HELP PROVIDERS MAKE THE SAFEST TREATMENT DECISIONS.

REMEMBER TO BRING YOUR ID AND INSURANCE CARD!

## COMMON HEART ATTACK

### WARNING SIGNS



**OTHER POSSIBLE SIGNS:**  
COLD SWEAT, RAPID OR IRREGULAR HEARTBEAT, UNUSUAL TIREDNESS

### LEARN THE STROKE WARNING SIGNS

# B.E.F.A.S.T.

- Balance Loss
- Eye (Vision) Changes
- Face Drooping
- Arm Weakness
- Speech Difficulty
- Time to Call 911