



Cass Health

Know Where to Go

Primary Care Provider

For routine and acute healthcare needs that are not emergencies, your first choice should always be to call your primary care provider's office.

Your primary care provider is here to help you with any medical question, concern, or acute illness and injury.

- Annual physicals and sports physicals
- Chronic conditions
- Follow-ups
- Illness
- Injuries
- Pregnancy confirmation & OB visits
- Screenings, vaccinations
- Well-child exams
- *PLUS any of the healthcare needs listed under Rapid Care*

Appointments are available five days a week, and we provide care in Atlantic, Anita, Griswold, and Massena. Call 712-243-2850 for an appointment.

Rapid Care

Rapid Care is the right place for minor injuries & illness when your primary care provider isn't available soon enough. All patients are seen on a first-come, first-served basis without appointments.

- Asthma attack (mild)
- Possible broken bone
- Burns (minor)
- Congestion or cough
- Earaches
- Eye or skin infections
- Insect bites or rashes
- Migraines
- Minor cuts & wounds
- Nausea, vomiting, diarrhea
- Seasonal allergies
- Sprains, strains, bruises
- Sinus issues
- Sore throat
- Urinary tract infections

Routine prescriptions and chronic conditions are not addressed in Rapid Care, because those items need to be discussed with your primary care provider. Rapid Care also does not administer or prescribe IV fluids or narcotics.

It's also important to know that if your condition worsens, or if the provider has immediate concerns about your health and safety, you may be transferred to the Emergency Department for care.

Emergency Department

Open 24/7. Always call 911 if someone has the signs and symptoms of a heart attack or stroke.

- Abdominal pain
- Asthma attack (first or severe) / breathing difficulty
- Electrical shock
- Coughing or vomiting blood
- Heart Attack Symptoms
Chest pain/discomfort, lightheadedness, nausea, vomiting, jaw/neck/back pain, discomfort or pain in arm or shoulder, shortness of breath
- Infants under 3 months old with fever
- Headache (first/worst ever)
- Mental health or suicidal crisis
- Poison ingestion
- Severe diarrhea or dehydration
- Shock
- Trauma
Broken bones, severe pain, serious head injury, uncontrolled bleeding or amputation
- Stroke Symptoms
Balance issue, vision change, face drooping, arm or leg weakness, speech difficulty

Stroke and Heart Attack Warning Signs

Stroke (BEFAST)

- Balance issue
- Eyes – change in vision
- Face drooping or uneven
- Arm or leg weakness
- Speech difficulty
- Time to call 911

Heart Attack

- Pain/discomfort in chest
- Lightheadedness, nausea, or vomiting
- Jaw, neck, or back pain
- Discomfort or pain in arm or shoulder
- Shortness of breath

