

Choosing the right route

If you are suffering with a cold, cough, sore throat or have an injury which is not life-threatening but needs medical attention, think about which service is best for you.

One in four people who go to A&E have minor illnesses or injuries which could be dealt with more quickly at our Walk In Service (at North Colchester Healthcare Centre), situated only minutes from A&E in Colchester, or at Clacton Minor Injuries Unit (open 9am-9pm at Clacton Hospital, Tower Road, Clacton on Sea, CO15 1LH) or Harwich Minor Injuries Unit (open 9am-5pm at The Fryatt Hospital, Main Road, Harwich, CO12 4EX).

You can drop into any of these services without an appointment. When they are closed you can also contact your GP surgery for your GP out of hours service.

- If you go to A&E with a minor injury or illness, like a cough or sore throat, you will have to wait longer because the doctors at A&E have to prioritise seeing patients with the most life-threatening illnesses first.
- If you go to A&E with a life-threatening illness or injury, for example after an accident or if you are having chest pains or shortness of breath, you will be treated very quickly.

Our Walk In Service and Minor Injuries Units are designed to treat minor illnesses and injuries fast.

Choosing the right route really will save you time

If you are unsure which service is right for you, contact NHS Direct on 0845 4647 or visit www.choosetherightroute.co.uk

NHS CALL 24 HOURS ON
Direct 0845 4647

NHS
North East Essex

Choosing the right route will save you time

NHS
North East Essex

Got a chesty cough, sore throat or other minor illness? Choose a faster route!

FASTER ROUTE

A&E

Walk In Service

at North Colchester Healthcare Centre
Open 7am-10pm every day, close to A&E

Come here for:



Chesty coughs



Minor illness



Sore throats



Blood tests



Stings, bites and burns



Sprains

Accident & Emergency

Open 24 hours every day for all life-threatening illnesses or injuries:



Chest pain



Shortness of breath



Major injury



Blood loss

www.choosetherightroute.co.uk