

# What's the right route for me?

**NHS**

*North East Essex*

## FASTER ROUTE

## A&E

### Walk In Service

At North Colchester Healthcare Centre

- Minor illness including colds, coughs, chest infections and sore throats
- Cuts and grazes which do not need stitching
- Sprains and strains (which do not need x-ray)
- Bites, stings and minor burns
- Blood tests
- Minor head injuries (if consciousness has not been lost)
- Minor infections (including eyes)
- Smoking cessation
- Contraceptive advice
- Stomach ache, vomiting and diarrhoea
- Urinary tract infections

### A&E/call 999

- Chest pains
- Shortness of breath
- Blood loss
- Blacking out
- Stroke
- Major injury to a limb or any other part of your body
- A major accident
- Anything you think might be life-threatening

North Colchester Healthcare Centre,  
Turner Road, Colchester,  
CO4 5JR  
7am-10pm every day

Colchester General  
Hospital, Turner Road,  
Colchester, CO4 5JL  
24 hours every day

### You can also get treatment faster by:

- calling NHS Direct for advice – 0845 4647
- visiting [www.choosetherightroute.co.uk](http://www.choosetherightroute.co.uk) to find out which service is best for you
- dropping into Clacton Minor Injuries Unit or Harwich Minor Injuries Unit
- using your GP's out of hours service by ringing your surgery