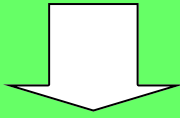


What's the right route for me?



North Hill Medical Group

01206 578070

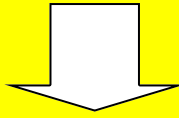
01206 241137

01206 262202

8.00 am—6.30 pm

Mon—Fri

**Outside of these hours your
call will need to contact
NHS 111**



North Colchester Healthcare Centre

Turner Road

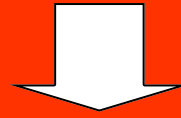
Colchester

CO4 5JR

01206 314015

7 am—10 pm

Every day



A&E

Colchester Hospital

University NHS Foundation

Trust

Turner Road

Colchester

CO4 5JL

24 Hours every day

Phone and Speak to our
SAME DAY SERVICE TEAM
for:

Go to the
WALK IN CENTRE
for:

Go straight to A&E or call
999
for:

Cuts, grazes, scratches

Minor illnesses and
minor infections, urine infec-
tions

Bites, minor burns, stings

Exacerbation of
existing illnesses

Skin rashes

Emergency
Contraception

Minor head injuries

Cuts and grazes, which do not
need stitching

Sprains and strains (which do
not need an X-ray)

Bites, stings and minor burns

Minor illness and minor infec-
tions

Stomach ache, vomiting and
diarrhoea

Urine infections

Chest Pains

Shortness of breath

Blood loss

Head injury or
Blacking out with loss of con-
sciousness

A major accident or
Major injury to limb or any
other part of your body

Anything you think may be
life threatening

NHS 111 or visit www.northern.nhs.uk/choose-the-right-route