

South Hornchurch Walk in Centre For minor illness and minor injuries

Monday to Friday 10:00-14:00 and 15:00-19:00 Saturday and Sunday 10:00-14:00

What we can treat

- Minor illness
- Strains & sprains
- Bites & stings
- Cuts & grazes
- Minor head injures
- Stomach upset
- Ear, throat & chest infection
- Minor scalds & burns
- Skin rashes
- Eve infections
- Cough, cold & flu like symptoms
- Unwell children
- Blood test Monday to Friday

What we can't treat

- Major illness
- Major injury
- Severe chest pain
- Severe breathing difficulties
- Severe allergic reactions
- Pregnancy related problems
- Overdoses
- Mental health conditions (including anxiety)
- Objects in or scratch to the eyes
- Broken bones (please attend Harold Wood Polyclinic)

South Hornchurch Health Centre 106 Southend Road Rainham Essex RM13 7XJ

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