



How to access healthcare while visiting Essex

The local NHS and Visit Essex welcome you to this part of the county and wish you a very enjoyable stay here.

If you feel ill while on holiday or on a day trip here and need emergency or urgent treatment, please follow the guidance below to help you get the right care quickly.

NHS 111 can help if you have an urgent medical problem and you're not sure what to do:

- Go to 111.nhs.uk (for people aged 5 and over only)
- Call 111
- NHS 111 is available 24 hours a day, 7 days a week
- If you're deaf and want to use the phone service, you can use the NHS 111 British Sign Language service: [NHS 111 \(BSL\) interpreter service](#) or call 18001 111 on a textphone

Local pharmacists can help with a number of minor ailments such as:

- Coughs, colds, sore throats, eye infections, hay fever, tummy troubles, aches and pains, constipation, diarrhoea, bites and stings, sunburn, blisters and minor cuts and grazes
- You can find your nearest pharmacy on this website: <https://www.nhs.uk/service-search/find-a-pharmacy/>
- If you do not have internet access please ask your accommodation provider where the nearest pharmacy is

Call 999 in a medical emergency when someone's life is at risk. The coastguard can also be called via 999 if someone is in difficulty in the sea.

Remember to use sun cream and stay hydrated in hot weather.

Keep any prescription medication you might need with you.

For the latest local COVID-19 information please visit www.sneevaccine.org.uk