



GIG
CYMRU
NHS
WALES

Iechyd Cyhoeddus
Cymru
Public Health
Wales



Ymweld â chyfleusterau gofal iechyd yn ystod tymor y fflw

Mae'r fflw yn gallu bod yn ddifrifol i rai pobl, yn enwedig merched beichiog, pobl hŷn, plant a phobl â chyflyrau iechyd tymor hir. Mae risg yn awr iddo ledaenu yn y gymuned.

Osgowch ymweld â phobl sy'n wynebu risg o ddatblygu cymhlethdodau os byddant yn dal y fflw.

Plŷs peidiwch ag ymweld ag ysbyty neu gartref gofal os oes gennych chi symptomau tebyg i'r fflw.

Plŷs peidiwch ag ymweld ag ysbyty neu gartref gofal lle mae achosion o'r fflw yn cael eu hamau neu wedi'u cadarnhau, oni bai fod eich ymweliad yn **hanfodol**.

Os ydych chi mewn perygl oherwydd eich bod yn feichiog, yn 65 oed neu'n hŷn neu'n blentyn, neu os oes gennych chi gyflwr iechyd tymor hir, mae'n well peidio ag ymweld â chyfleuster gofal iechyd tra mae achosion o'r fflw yn bod.

Cofiwch olchi eich dwylo wrth fynd i mewn i'r ward neu'r cartref gofal ac eto wrth adael. Mae hyn yn hynod bwysig yn ystod tymor y fflw.

Efallai y gofynnir i chi wisgo ffedog, menig a masg meddygol wrth ymweld. Byddwch yn cael un o'r rhain (a bydd rhywun wedi trafod hyn gyda chi cyn eich ymweliad).

Tynnwch unrhyw ffedog, menig a masg meddygol pan rydych yn barod i adael a'u rhoi yn y bag gwastraff sydd ar gael. Wedyn cofiwch olchi eich dwylo.

Peidiwch â lledaenu'r fflw. Gallwch chi helpu i leihau'r siawns o ledaenu'r fflw i eraill drwy ddefnyddio hances bapur wrth disian, rhoi'r hances yn y bin yn syth ac wedyn golchi eich dwylo. **Ei ddal, ei daflu, ei ddifa.**

Cael brechiad. Y ffordd unigol orau o warchod rhag dal neu ledaenu'r fflw yw cael brechiad y fflw bob blwyddyn. Os ydych chi mewn grŵp risg ar gyfer y fflw neu os nad ydych wedi cael brechiad eto y gaeaf yma, siaradwch gyda'ch meddygfa neu eich fferyllfa gymunedol am gael brechiad y fflw nawr.

Gwnewch y peth iawn. Os ydych chi mewn grŵp risg, neu'n ofalwr neu'n weithiwr gofal iechyd neu gymdeithasol rheng flaen (rhywun sy'n cael llawer o gyswllt â'r cyhoedd), holwch am gael brechiad y fflw cyn gynted â phosib i'ch gwarchod eich hun a'r rhai yn eich gofal.

Os oes gennych chi unrhyw gwestiynau neu os ydych eisiau mwy o wybodaeth, siaradwch â'ch meddyg neu eich nyrs, ewch i nhsdirect.wales.nhs.uk neu ffoniwch Galw Iechyd Cymru ar 0845 46 47 (neu 111 os yw ar gael yn eich ardal chi).



Visiting healthcare facilities during the flu season

Flu can be serious for some people, especially pregnant women, older people, children and those with long-term health conditions. **There** is now a risk of it spreading in the community.

Avoid visiting people who are at risk of developing complications if they catch flu.

Please do not visit a hospital or a care home if you have flu-like symptoms.

Please do not visit a hospital or a care home where cases of flu are suspected or confirmed, unless your visit is **essential**.

If you are at risk because you are pregnant, aged 65 or over or a child, or if you have a long-term health condition, it is best not to visit a healthcare facility while flu is around.

Please remember to clean your hands when you go into the ward or care home and again when leaving. This is extra important in the flu season.

You may be asked to wear an apron, gloves and a surgical mask while visiting. You will be provided with these (and someone will have discussed this with you before your visit).

Remove any apron, gloves and a surgical mask when you are ready to leave and put it in the waste bag provided in that area. Then remember to clean your hands.

Don't spread flu. You can help reduce the chances of spreading flu to others by catching your sneezes in a tissue, putting that tissue straight in the bin and then washing your hands. **Catch it, bin it, kill it.**

Get vaccinated. The single best way to protect against catching or spreading flu is to have a flu vaccination each year. If you are in a risk group for flu and have not yet had a vaccination this winter, speak to your GP surgery or community pharmacy about getting your flu vaccine now

Do the right thing. If you are in a risk group, or you are a carer or frontline health or social care worker (someone who has a lot of contact with the public), find out about getting your flu vaccine as soon as possible to protect yourself and those you care for.

If you have any questions or want more information, talk to your doctor or nurse, visit [nhsdirect.wales.nhs.uk](https://nhs.uk) or call NHS Direct Wales on 0845 46 47 (or 111 if available in your area).