

ADVICE FOR EVERYONE



**STAY AT HOME**

KEEP IT TO YOURSELF

What is Norovirus?

You've probably heard of the 'winter vomiting bug' – that's what people call norovirus, just because it's more common in winter. You can catch it at any time of year though. It spreads very easily, and it can affect anyone of any age, **causing vomiting and diarrhoea.**

Mae'n debyg eich bod wedi clywed am 'fyg chwydu'r gaeaf' – dyna'r hyn mae pobl yn ei alw'n norofeirws, dim ond am ei fod yn fwy cyffredin yn y gaeaf. Ond gallwch ei ddal ar unrhyw adeg o'r flwyddyn. Mae'n lledaenu'n hawdd iawn, a gall effeithio ar unrhyw un o unrhyw oed, gan achosi **chwydu a dolur rhydd.**

Beth ydi norofeirws?

CADWCH O I CH'CH HUN



**ARHOSWCH GARTREF**

CYNGOR I BAWB

## Other symptoms include:

- mild fever
- headaches
- stomach cramps
- aching limbs.

Norovirus is unpleasant, but not usually dangerous. There's no cure for it – you just have to let it run its course and avoid contact with other people until you feel better. That usually takes just a few days.

## How to avoid catching norovirus

There's no 100% effective way to avoid norovirus. But there are some things you can do to reduce your chances of catching it.

### Keep your hands clean.

Wash them frequently with soap and water, particularly after going to the toilet, and before eating or preparing food.

### Avoid raw, unwashed food.

Rinse fruit and vegetables well before eating them.

### Don't share towels, flannels or toothbrushes.

If someone in your home has norovirus, you could catch it from something they've used.

### Keep household surfaces clean.

Anywhere you prepare food, and your bathroom, should be kept as clean as possible using bleach-based cleaners.

## What to do if you catch norovirus

### Keep it to yourself.

Staying at home and keeping your hands clean can help avoid spreading norovirus to others. You can still be infectious up to 48 hours after your symptoms go, so it's best to avoid seeing other people during that time. It's especially important to avoid visiting anyone in a hospital or care home, as norovirus is more serious for people who are already ill.

## Mae symptomau eraill yn cynwys:

- twymyn ysgafn
- cur pen
- crampiau yn y stumog
- poenau yn y breichiau a'r coesau.

Mae norofeirws yn annymaniol, ond nid yn beryglus fel rheol. Does yna ddim gwellhad iddo – mae'n rhaid i chi adael iddo redeg ei gwrs ac osgoi cysylltiad â phobl eraill nes y byddwch yn teimlo'n well. Bydd hynny'n cymryd dim ond ychydig ddyddiau fel rheol.

## Sut i osgoi dal y norofeirws

Does yna'r un ffordd sydd 100% yn effeithiol i osgoi'r norofeirws. Ond y mae yna rai pethau y gallwch eu gwneud i leihau eich siawns o'i ddal.

### Gofalwch bod eich dwyllo'n lân

Golchwch nhw'n aml â dŵr a sebon, yn enwedig ar ôl bod yn y toiled, a chyn bwyta neu baratoi bwyd.

### Dylid osgoi bwyd amrwd, heb ei olchi

Rinsewch ffrwythau a llysiau'n drylwyr cyn eu bwyta.

### Peidiwch â rhannu tywelli, cadachau gwlanen neu frwshys dannedd

Os oes rhywun â norofeirws yn eich cartref, gallech ei ddal oddi wrth rywbeth y maen nhw wedi ei ddefnyddio.

### Cadwch arwynebau'r cartref yn lân

Dylid cadw unrhyw le y byddwch yn paratoi bwyd, a'ch ystatell ymolchi, cyn laned ag dydd bosib gan ddefnyddio glanhawyr sy'n seiliedig ar gannudd.

## Beth i'w wneud os byddwch yn dal y norofeirws

### Cadwch o i chi'ch hun

Gallaros gartref a chadw eich dwyllo'n lân helpu i osgoi lledaenu norofeirws i eraill. Gallwch ddal i fod yn heintus hyd at 48 awr wedi i'ch symptomau fynd, felly mae'n well osgoi gweld pobl eraill yn ystod yr amser hwnnw. Mae'n arbennig o bwysig osgoi ymweld ag unrhyw un sydd mewn ysbty neu gartref gofal, gan fod norofeirws yn fwy diffriol i bobl sy'n sal yn barod.

## Os ydych chi'n gofalu am rywun sydd â norovirus...

**Yrwydych chi'n gofalu am rywun sydd â norovirus...**

Dwr sydd orau. Bydd dŵr yn rhoi'n ôl y dŵr y bydd eich corff yn ei gollu drwy chwydu a dolur rhydd. Dylid osgoi alcohol. Mae'n bosib y bydd angen i chi ddechrau ag ychydig bach yn aml a chynyddu hynny ac yfed cymaint ag y gallwch ei ddioddef.

**Bwtwch fwyd sy'n hawdd ei dreulio**

Mae hynny'n golygu pethau fel cawl, reis, pasta a bara. Dylai babanod barhau â'u bwyd arferol.

Mae norovirus yn tyrhoedlog fel rheol a bydd y rhan fwyaf o bobl yn cael adferiad llawn o fewn diwrnod i dri diwrnod. Ond gall pobl hyn neu blant ifanc iawn ddioddef cymhlethdodau weithiau, a'r amlat o'r rhain yw dadhyrddiad, ac mae'n bosib y bydd angen triniaeth ysbity.

### Y pethau pwysicaf i'w cofio yw:

- Gofalu na fyddan nhw'n dihydradu. Rhowch ddigon i'w yfed iddyn nhw.
- Os ydyn nhw'n oedranus neu'n agored i niwed, rhowch hydoddiant dihydradu i ddyn nhw (gellir cael y rhain gan eich fferyllydd).
- Os oes ganddyn nhw symptomau am fwy na thri diwrnod, neu os ydych chi'n poeni am ddihydradu, mynnwch gynghor gan Galw Iechyd Cymru ar 0845 46 47

Fe allai ysbity a chartrff gofalu atal ymweld dros dro a/neu gau rhai gwelyau ac atal rhai trosglwyddadau cleffion os bydd norovirus o gwmpas. Mae hynny i atal y feirws rhag lledaenu – yn enwedig i bobl sy'n wael neu'n oedranus, gan y gall norovirus fod yn fwy difrifol iddyn nhw.

Os ydych i fod i fynd i ysbity eich hun am unrhyw reswm, yn cynnwys fei ymweld, cofiwch ddechrau wrth eich doctor neu nys ar y ward/yn yr adran rydych chi'n ymweld â hi os oes rhywun yn eich teulu â norovirus.

## Peidiwch ag ymweld â'r ysbity os oes gennych unrhyw symptomau o norovirus – cysylltwch â'r ysbity'n gyntaf i gael cynghor

### Drink plenty of liquid.

Water is best. This will replace the water your body loses from vomiting and diarrhoea. Avoid alcohol. You may need to start with frequent small amounts and build up, drink as much as you can tolerate.

### Eat food that's easy to digest.

That means things like soup, rice, pasta and bread. Babies should continue with their normal feeds.

## If you're looking after someone with norovirus...

Norovirus is usually short-lived and most people make a full recovery within one to three days. However elderly people or very young children can sometimes suffer complications, the most frequent of which is dehydration, which may require hospital treatment.

### The main things to remember are:

- Make sure they don't become dehydrated. Give them plenty to drink.
- If they're elderly or vulnerable, give them rehydration solutions (you can get these from your chemist).
- If they have symptoms for more than three days, or you're worried about dehydration, get advice from NHS Direct Wales on 0845 46 47

Hospitals and care homes may temporarily suspend visiting and/or close some beds and restrict some transfers of patients if norovirus is about. This is to stop the virus spreading – especially to ill or elderly people, as norovirus can be more serious for them.

If you are due to attend hospital yourself for any reason, including as a visitor, please remember to tell your doctor or nurse or the ward/department you are visiting if someone in your family has norovirus.

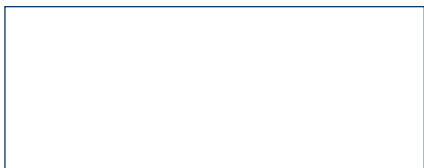
**Please do not visit the hospital if you have any symptoms of norovirus – contact the hospital first for advice**

## Further information

If you are in hospital or another care setting, in the first instance speak to the staff caring for you/ the person you are visiting. They can contact the local Infection Prevention and Control Team or Health Protection Team for expert support.

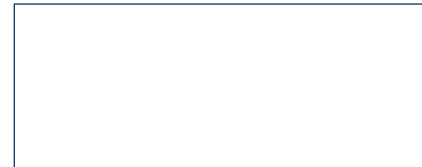
Please follow the advice contained within this leaflet. By doing so you can be reassured that you are doing all you can to help prevent yourself getting or spreading norovirus. Again, if you have any concerns, then please talk to a healthcare professional. They will be able to answer your queries

This leaflet is based, in part, on materials from NHS Scotland and Public Health Wales acknowledges gratefully their permission to adapt it.



Internet: [www.publichealthwales.org](http://www.publichealthwales.org)  
Intranet: [www.publichealthwales.wales.nhs.uk](http://www.publichealthwales.wales.nhs.uk)

Rhyngrwyd: [www.itechydycyhoedduscyrmu.wales.nhs.uk](http://www.itechydycyhoedduscyrmu.wales.nhs.uk)  
Mewrwyd: [www.publichealthwales.wales.nhs.uk](http://www.publichealthwales.wales.nhs.uk)



Os ydych chi mewn ysbty neu safle gofal arall, siaradwch yn gyntaf â'r staff sy'n gofalu amdanoch chi/ly person rydych chi'n ymweld â nhw. Fe allan nhw gysylltu â'r Tm Atal a Rheoli Heintiau lleol neu'r Tm Diogelu Iechyd i gael cymorth arbenigol. Dilyswch y cynngor sydd yn y datlen hon. Drwy wneud hynny gallwch fod yn sicr eich bod yn gwneud popeth a allwch chi i helpu i'ch atal eich hun rhag cael y norofeiws neu ei ledænu. Eto, os oes gennych unrhyw bryderon, siaradwch â gweithiwr gofal iechyd proffesiynol. Fe fyddan nhw'n gallu ateb eich ymholiadau. Mae'r datlen hon yn seiliedig, yn rhannol, ar ddeunydd gan GIG yr Alban ac mae Iechyd Cyhoeddus Cymru'n cydnabod yn ddiolchgar eu caniatâd i'w addasu.

## Gwybodaeth bellach