

**Lleihau'r Risg o Haint
yn yr Ysbyty:
Beth y Gallwch ei
Wneud i Helpu**



Gwybodaeth i Ymwelwyr



Visitor Information



**Reducing the Risk of
Infection in Hospital:
What you can do to Help**

Visitor Information: Reducing the Risk of Infection in Hospital: What you can do to help

If I am visiting the hospital, what can I do to prevent the spread of infections to others, and to protect myself?

- Think about keeping your relatives or friends safe before you visit someone in hospital. If you or someone you live with has a cold, diarrhoea or vomiting, or if you feel unwell, please stay away until you are feeling better.
- Wash and dry your hands with soap and water before you visit the ward and particularly after going to the toilet. Always use the alcohol hand gel provided at the ward door and at the bedside of the person you are visiting.
- You should not bring food into the hospital, or eat at the bedside of the person you are visiting, without asking staff for advice. Patients may have some food or drinks restricted that you are not aware of.
- Please only bring in essential items your relative will need at the bedside to allow good access for cleaning.
- Please co-operate with staff if you are asked to leave the ward when areas are being cleaned, because it is important that we keep the ward clean.
- Please do not sit on patients' beds and do not bring too many visitors at once. Avoid bringing very young children and babies onto the ward.
- Never touch dressings or drips attached to the patient or equipment around the bedside. If you do so accidentally, wash your hands immediately.
- Do not use patients' toilets, please ask the ward staff to direct you to the nearest public toilets.
- If you are visiting other patients on different wards, please use the alcohol hand gel when leaving the ward and before entering the next ward.
- If the person you are visiting is in a single room with an isolation sign on the door, please speak to the Nurse looking after the person or the Nurse-in-Charge of the ward before you enter the room, so you can be provided with appropriate advice regarding what precautions are necessary. Wash your hands with soap and water before leaving an isolation room.
- If you think any areas are not as clean as they should be, let the Ward Manager/Nurse-in-Charge know.
- If you think a healthcare worker has forgotten to clean their hands, please remind them about this.

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Mae Ymddiriedolaeth GIG Iechyd Cymru'n cydnabod cefnogaeth Tîm Atal a Rheoli Heintau Bwrdd Iechyd Ffrysgol Betsi Cadwaladr gyda chymhychu'r datfen hon i'w defnyddio yng Nghymru.

- Os byddwch yn meddwl fod gweithiwr gofal iechyd wedi anghofio glanhau eu dwylo, dylech eu hatgoffa o hyn.
- Os byddwch yn meddwl nad yw rhai ardaloedd mor ian ag y dylent fod, rhowch wybod i Reolwr y Ward/Nyrs-a-Gofal.
- Os yw'r person rydych chi'n ymweld â nhw mewn ystafell sengl gydag arwydd arwahaniad ar y drws, siaradwch â'r Nyrs sy'n gofalu am y person neu'r Nyrs-a-Gofal am y ward cyn i chi fynd i mewn i'r ystafell, er mwyn rhoi'r cynngor priodol i chi ynglŷn â pha rago falon sy'n ofynnol. Golchwch eich dwylo â sebon a dŵr cyn gadael yr ystafell arwahanu.
- Os byddwch yn ymweld â chleffion eraill ar wardiau gwahanol, defnyddiwch y gel dwylo alcohol wrth adael y ward a chyn mynd i mewn i'r ward nesaf.
- Peidiwch â defnyddio toiledau'r cleffion, gofynnwch i staff y ward eich cyfeirio at y toiledau cyhoeddus agosaf.
- Peidiwch â chyffwrdd â gorchuddion neu ddrïau sydd ynghlwm â'r claf neu gyfarpar o gwmpas y gwely. Os gwnewch chi hynny'n ddamweiniol, golchwch eich dwylo ar unwaith.
- Peidiwch ag eistedd ar weilyau cleffion a pheidiwch â dod â gommod o ymwelwyr ar y tro. Dylech osgoi dod â phiant ifanc iawn a babanod i'r ward.
- Dylid cydweithredu â'r staff os gofynnir i chi adael y ward pan fydd ardaloedd yn cael eu glanhau, gan ei bod yn bod yn bwysig i ni gadw'r ward yn ian.
- Dewch â dim ond eitemau hanfodol y bydd angen gan eich perthynas wrth eu gwely er mwyn caniatáu mynediad rhwydd wrth lanhau.
- Ni ddylech ddod â bwyd i mewn i ysbty, na bwyta wrth wely'r person rydych chi'n ymweld â nhw, heb ofyn i'r staff am gyngor.
- Golchwch a sychwch eich dwylo â dŵr a sebon cyn i chi ymweld â'r ward ac yn enwedig ar ôl bod yn y toiled. Defnyddiwch y gel alcohol a ddarperir yn nwrws y ward ac wrth wely'r person rydych chi'n ymweld â nhw, bob tro.
- Meddyliwch am gadw eich perthnasau neu ffrindiau'n saf ffynion i chi ymweld â rhywun yn yr ysbty. Os oes genych chi neu rywun rydych chi'n byw â nhw amwyd, dolur rhydd neu'n chwyddu, neu so ydych chi'n teimlo'n sâl, cadwch draw, os gwelwch yn dda, nes y byddwch yn teimlo'n well.

Gwybodaeth i Ymwelwyr: Lleihau'r Risg o Haint mewn Ysbty:
Yr hyn a allwch chi ei wneud i helpu
Os byddat yn ymweld â'r ysbty, beth allat i ei wneud i atal
lledaeniad heintiau i eraill, ac i'w diogelu fy hun?