

## Social distancing

What everyone must do to stay away from other people to stop the spread of coronavirus



This is an easy read version of **Public Health Wales: Guidance on social distancing for everyone in Wales and protecting older people and vulnerable adults**

17 March 2020

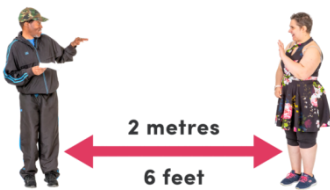
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# What is social distancing?

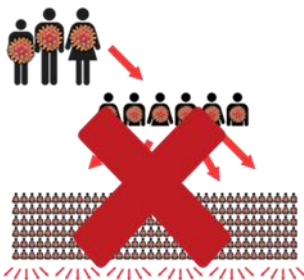


**Social distancing** means not getting too close to other people. It is a way to help stop coronavirus spreading from person to person.



You should keep **2 metres away from people** when outside your house. This is around 3 steps apart.

# Why is social distancing important?



Social distancing can help stop the coronavirus spreading from person to person.



This is especially important for people who are likely to get very ill if they catch coronavirus.

# People who are more likely to get very ill



The people who are more likely to get very ill from coronavirus are:

- People who are aged 70 or older.



- People who are pregnant.



- Adults who normally get a free flu jab because they:

- Have breathing problems like asthma or bronchitis.
- Have heart or kidney problems.
- Have liver or spleen problems.
- Have a learning disability.
- Have problems with the brain or nervous system like Parkinson's disease, multiple sclerosis, cerebral palsy or motor neurone disease.
- Have diabetes.
- Have problems with the **immune system**. This is when the body finds it more difficult to fight illnesses.
- Are very overweight.



Some people are even more likely to be very ill if they catch coronavirus. These are people with very serious and complicated health problems like:

- People who have had a transplant and are taking medicines that stop their immune system working properly.
- People who are getting treatment for cancer.
- People who have blood or bone marrow cancer like leukaemia.
- People with very serious breathing problems like cystic fibrosis. Or asthma that is so bad they often have to stay in hospital or take steroids.
- People with very serious diseases like kidney disease.



If you have any of the problems in the list above, a health worker like a GP or nurse will contact you soon.



They will tell you what else you need to do to keep yourself and others safe.

# What does everyone need to do?



- Do **not** go near anyone who has a high temperature or a cough.



- Do **not** go on public transport like buses or trains unless you have to.



- Work from home if you can.



- Do **not** go to busy places.

Places like concerts, football matches, pubs, clubs, restaurants, cinemas and theatres should now all be **closed**.



- Do **not** meet up with friends and family. Instead you can phone them or send them messages on social media.



- If you need to contact your doctor you should phone or email them.

## What about people who come to my house?



At the moment people should **not** come to your house unless you **need** them to.



If you get support from health or social care organisations this support will carry on as normal. You can also still get support from family or friends if you **need** it.



Talk to the people who support you about how they can help you while following the social distancing rules.



If you need support but do not have anyone who can help, you should phone your local council to ask for help.

## How can I look after myself while I am following the social distancing rules?



You might find social distancing boring or upsetting.

It is important to look after your health and well-being. It might help if you:



- Exercise at home.
- Do things you enjoy like reading, listening to music or watching TV.



- Open your windows to let in fresh air.
- Go for a walk outside. Remember to stay 3 normal walking steps away from other people.



- Eat healthy meals and drink water.
- Try not to smoke, drink alcohol or take drugs.



- Contact family and friends by phone and social media. It might help to talk about how you are feeling.



If you are worried and do not have anyone to talk to, you can call a helpline:

<https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>



## Cadw pellter cymdeithasol

Beth mae'n rhaid i bawb ei wneud i gadw i ffwrdd oddi wrth bobl eraill i atal lledaenu coronafeirws



Dyma fersiwn hawdd ei ddeall o **Iechyd Cyhoeddus Cymru: Canllaw ar gadw pellter cymdeithasol i bawb yng Nghymru ac amddiffyn pobl hŷn ac oedolion hygllwyf**

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# Beth ydy cadw pellter cymdeithasol?

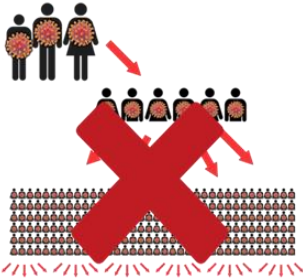


Mae **cadw pellter cymdeithasol** yn meddwl peidio â mynd yn rhy agos at bobl eraill. Mae'n ffordd o helpu i stopio coronafeirws rhag mynd o berson i berson.



Fe ddylech chi gadw **2 fetr i ffwrdd oddi wrth bobl** pan rydych chi tu allan i'ch tŷ chi. Mae hyn tua 3 cam ar wahân.

# Pam bod cadw pellter cymdeithasol mor bwysig?



Mae cadw pellter cymdeithasol yn gallu helpu i stopio'r coronafeirws rhag mynd o berson i berson.



Mae hyn yn arbennig o bwysig i bobl sydd yn debygol o fynd yn sâl iawn os ydyn nhw'n dal coronafeirws.

# Pobl sydd yn fwyaf tebygol o fynd yn sâl iawn



Y bobl sydd yn fwyaf tebygol o fynd yn sâl iawn o goronafeirws ydy:

- Pobl sydd yn 70 oed a drosodd.
- Pobl sydd yn feichiog.
- Oedolion sydd fel arfer yn cael pigiad ffliw am ddim oherwydd bod ganddyn nhw:
  - Broblemau anadlu fel asthma neu froncitis.
  - Problemau calon neu aren.
  - Problemau afu neu dduwg.
  - Anabledd dysgu.
  - Problemau gyda'r ymennydd neu'r system nerfol fel clefyd Parkinson, sglerosis ymledol, parlys yr ymennydd neu glefyd niwronau motor.
  - Diabetes.
  - Problemau gyda'r **system imiwneidd**. Mae hyn yn meddwl pan mae'r corff yn cael mwy o drafferth i ymladd yn erbyn salwch.
  - Gordewdra.



Mae rhai pobl hyd yn oed yn fwy tebygol o fod yn sâl iawn os ydyn nhw'n dal coronafeirws. Dyma'r bobl gyda phroblemau iechyd difrifol a chymhleth fel:

- Pobl sydd wedi cael trawsblaniad ac sydd yn cymryd meddyginiaeth sydd yn stopio eu system imiwnedd rhag gweithio yn iawn.
- Pobl sydd yn cael triniaeth ar gyfer canser.
- Pobl gyda chanser y gwaed neu mâr yr esgyrn fel lewcemia.
- Pobl gyda phroblemau anadlu difrifol iawn fel ffeibrosis systig. Neu asthma sydd mor ddrwg fel bod rhaid iddyn nhw aros yn yr ysbyty yn aml neu yn cymryd steroidau.
- Pobl gyda chlefydau difrifol fel clefyd yr arenau.



Os oes gennych chi unrhyw un o'r problemau yn y rhestr yma, fe fydd gweithiwr iechyd fel meddyg teulu neu nyrs yn cysylltu â chi yn fuan.



Fe fyddan nhw'n dweud wrthy ch chi beth arall sydd angen i chi ei wneud i gadw eich hun ac eraill yn ddiogel.

# Beth mae angen i bawb ei wneud?



- **Peidiwch** â mynd yn agos at unrhyw un gyda thymheredd uchel neu beswch.



- **Peidiwch** â mynd ar drafnidiaeth cyhoeddus fel bysus neu drenau os nad oes rhaid i chi.



- Gweithiwch oddi cartref os ydych yn gallu.



- **Peidiwch** â mynd i leoedd prysur.

Fe ddylai lleoedd fel cyngherddau, gemau pêl droed, tafarndai, clybiau, bwytai, sinemau a theatrau fod wedi **cau** nawr.



- **Peidiwch** â chyfarfod â ffrindiau a'r teulu. Gallwch chi eu ffonio nhw neu anfon neges atyn nhw ar y cyfryngau cymdeithasol.



- Os oes angen i chi gysylltu â'ch meddyg fe ddylech chi ffonio neu anfon e-bost atyn nhw

# Beth am bobl sydd yn dod i fy nhŷ?



Ar hyn o bryd ddylai pobl **ddim** dod i'ch tŷ chi os nad ydych chi **angen** iddyn nhw ddod.



Os ydych chi'n cael cefnogaeth gan gyrrff iechyd neu ofal cymdeithasol fe fydd y gefnogaeth yma yn para fel arfer. Rydych chi hefyd yn gallu cael cefnogaeth gan deulu neu ffrindiau os ydych ei **angen**.



Siaradwch â'r bobl sydd yn eich cefnogi chi am sut maen nhw'n gallu helpu tra'n dilyn y rheolau cadw pellter cymdeithasol.



Os ydych chi angen cefnogaeth ond heb neb sydd yn gallu helpu, fe ddylech chi ffonio eich cyngor lleol i ofyn am help.

## Sut ydw i'n gallu edrych ar ôl fy hun tra'n dilyn y rheolau cadw pellter cymdeithasol?



Efallai y byddwch chi'n gweld cadw pellter cymdeithasol yn ddiflas ac yn gwneud i chi deimlo'n ypset.

Mae'n bwysig edrych ar ôl eich iechyd a'ch llesiant chi. Efallai y bydd pethau fel hyn yn eich helpu chi:



- Ymarfer gartref
- Gwneud pethau rydych chi'n eu mwynhau fel darllen, gwrando ar gerddoriaeth neu wylio teledu.



- Agor y ffenestri i gael awyr iach.
- Mynd am dro tu allan. Cofiwch gadw 3 cam cerdded normal oddi wrth bobl eraill.



- Bwyta prydau bwyd iach ac yfed dŵr.
- Ceisiwch beidio ag ysmegu, yfed alcohol na chymryd cyffuriau.



- Cysylltu â'ch teulu a'ch ffrindiau ar y ffôn a chyfryngau cymdeithasol. Mae'n gallu helpu i siarad am sut rydych chi'n teimlo.



Os ydych chi'n poeni ac os nad oes gennych chi neb i siarad â nhw gallwch chi ffonio llinell gymorth:

<https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>