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Coronavirus (COVID-19)

5 ways you can help your pharmacy

This is an **easy read** document from the Welsh Government



COVID-19 is a new illness. Lots of people call it Coronavirus.
It can affect your lungs and your breathing.



1. Do **not** visit a pharmacy if you or someone you live with has a temperature or a new cough.
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2. Order your prescriptions **7 days** before you need them to give the pharmacy time to help everyone.
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3. Put your phone number on your prescription.
 - The pharmacy will phone you when your prescription is ready to pick up.
 - Wait for the pharmacy to call you.
 - Do not call the pharmacy unless it is very urgent.
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4. If you are staying at home because you have a new cough or temperature:
 - get friends or family to pick up your prescriptions or
 - speak to your community pharmacy to see if they can help.



5. If you are not ill, offer to pick up prescriptions for any friends and family who are ill.



- You will need their name and address to be able to pick up their prescription.



The staff in our pharmacies are working very hard to help people get the medicine they need.

By following these 5 simple steps you can help them to do their job.



Thank you

The pictures in this summary are from Photosymbols:
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Coronafeirws (COVID-19)

5 ffordd gallwch chi helpu eich fferyllfa chi

Dyma ddogfen hawdd ei darllen oddi wrth Lywodraeth Cymru



Salwch newydd yw COVID-19. Mae llawer o bobl yn ei alw e'n goronafeirws. Mae e'n gallu effeithio ar eich ysgyfaint a'ch anadlu.



1. **Peidiwch** ag ymweld â fferyllfa os oes gwres neu beswch newydd arnoch chi neu ar rywun rydych chi'n byw gyda nhw.



2. Archebwch eich presgripsiynau chi **7 diwrnod** cyn i chi eu hangen nhw er mwyn rhoi amser i'r fferyllfa helpu pawb.



3. Rhowch rif eich ffôn chi ar eich presgripsiwn chi.

- Bydd y fferyllfa yn eich ffonio chi pan fydd eich presgripsiwn chi'n barod i'w godi.
- Arhoswch am y fferyllfa i'ch ffonio chi.
- Peidiwch â ffonio eich fferyllfa chi oni bod bod hi'n fater o frys.

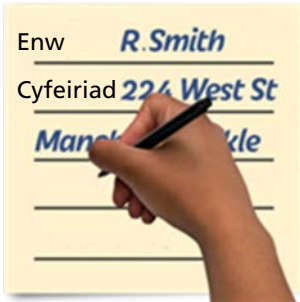


4. Os ydych chi'n aros gartref achos bod peswch newydd neu wres arnoch chi:

- gofynnwch i'ch ffrindiau neu'ch teulu chi godi eich presgripsiynau chi neu
- siaradwch â'ch fferyllfa gymunedol chi i weld os gallan nhw helpu.



5. Os nad ydych chi'n sâl, cynigiwch godi presgripsiynau ar gyfer ffrindiau neu aelod o'r teulu sy'n sâl.



- Byddwch chi angen eu henw a'u cyfeiriad nhw er mwyn cael codi eu presgripsiwn nhw.



Bydd y staff yn ein fferyllfeydd ni'n gweithio'n galed iawn i helpu pobl i gael y moddion maen nhw eu hangen.

Drwy ddilyn y 5 cam syml hwn, gallwch chi eu helpu nhw i wneud eu gwaith.



Diolch yn fawr.

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