

# Self isolation – you must stay at home

What you must do if you or a person you live with has, or thinks they have, coronavirus



This is an easy read version of **Public Health Wales: Stay at home guidance for people with confirmed or possible coronavirus (COVID-19) infection**

17 March 2020

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# What is self isolation?



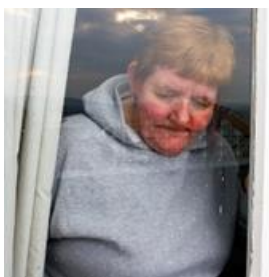
Staying at home is sometimes called **self isolation**. This means **not going out of your house**. You must also **stay away** from other people.



If you have coronavirus or think you have coronavirus you **must** stay at home.



If anyone you live with has coronavirus or thinks they have coronavirus you **must** stay at home even if you feel well.



Staying at home will help stop other people catching coronavirus.

# Should I stay at home?



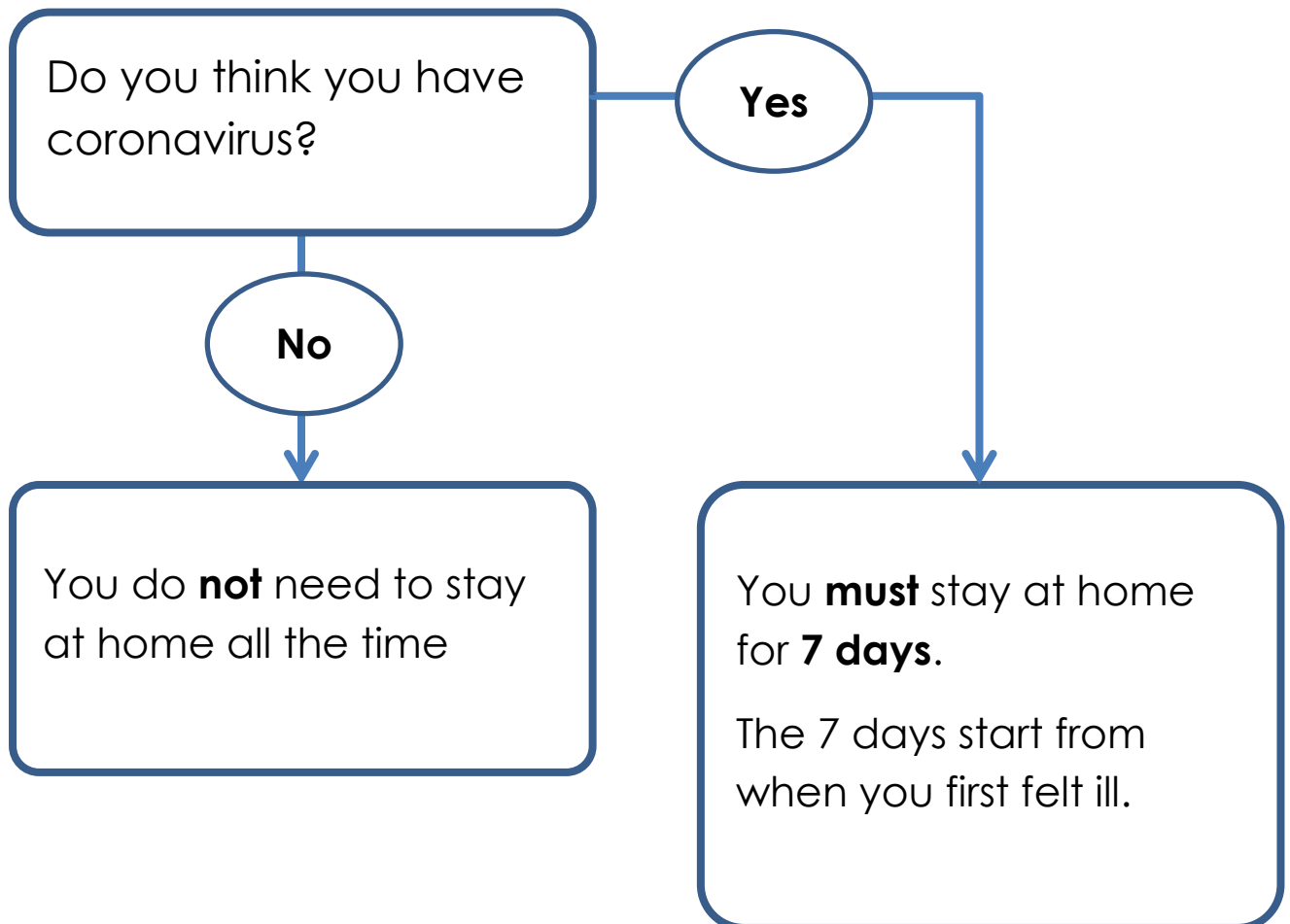
**I live alone**



This page is for you if live on your own.



If you live with other people go to **I live with other people** on page 5.

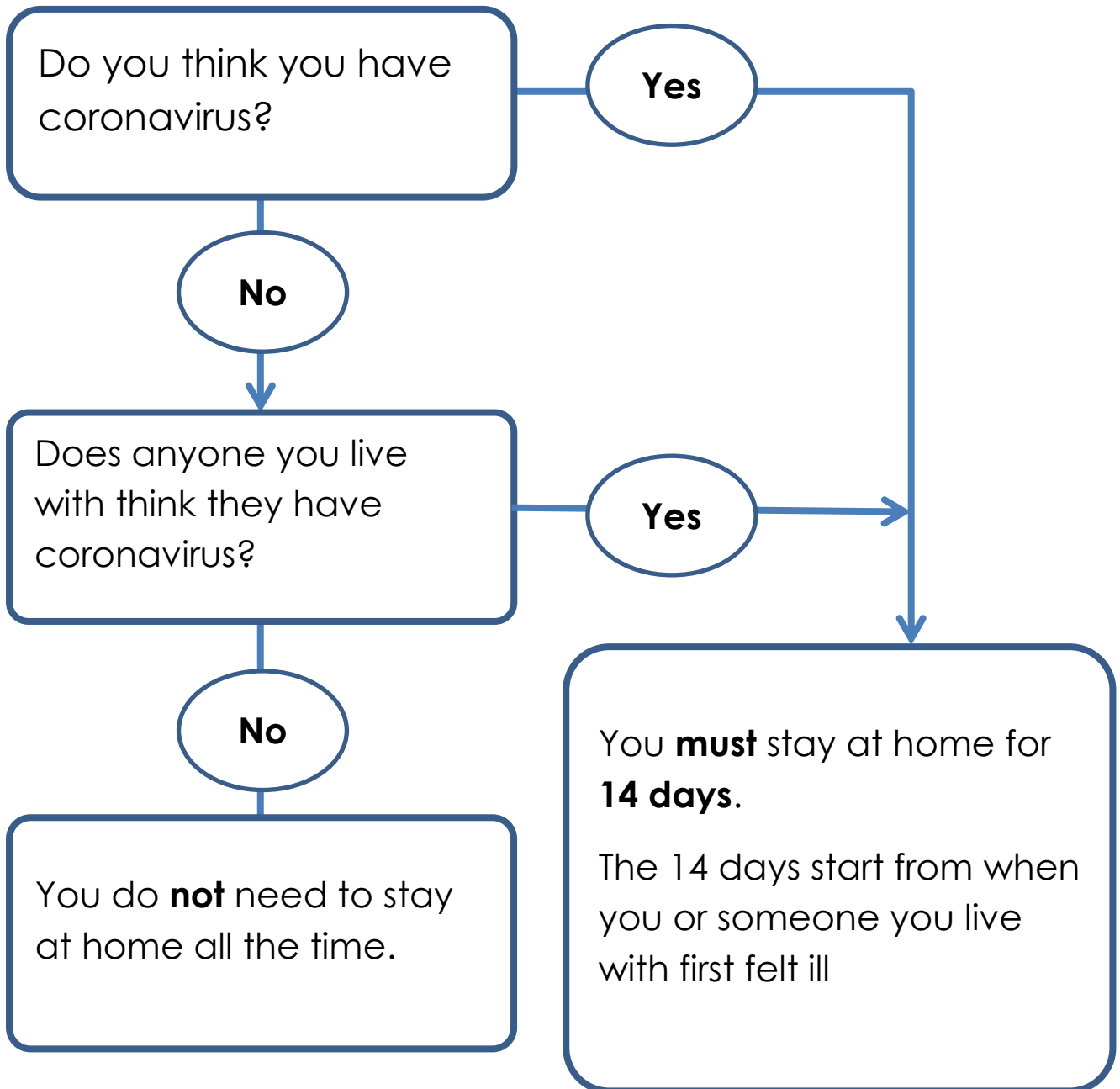




## I live with other people



This page is for you if you live with other people.





If you get coronavirus within the 14 days of staying at home, you still need to stay at home for **7 days** from when you first felt ill.

This might mean you have to stay at home for longer than 14 days in total.

## What should I do if I am staying at home?



You and everyone you live with **must** stay at home.



Do **not** go to work or public areas. Bars, clubs, restaurants and leisure places are now closed.



Do **not** use buses, trains or taxis.



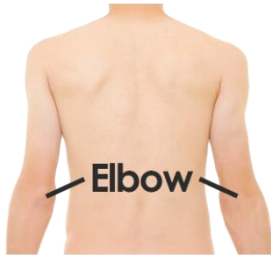
If you need food from the shops or medicine:

- ask a friend, family member or support worker to help
- order food or medicine online or on the phone.

## Coughs and sneezes



Cover your mouth and nose with a tissue when you cough or sneeze.



If you do not have a tissue, sneeze into the inside of your elbow.



Throw the tissue away as soon as you have used it. Then wash your hands with soap and water.

## Cleaning while I am staying at home



Clean anything that people touch a lot like door handles, handrails, remote controls and table tops.

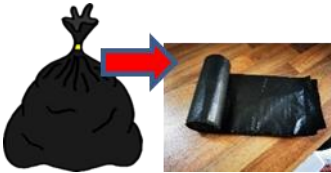
You must be careful when throwing away things like tissues and wipes:



- Put used tissues and wipes in a plastic rubbish bag.



- Tie the bag up.



- Put the bag inside another bag.



- Leave the bag somewhere for at least **3 days**.



- Then put the bag out with your rubbish collection.



You can get rid of your other rubbish and recycling as you normally do.

### **Cleaning your clothes**



If you have a washing machine you can wash your clothes as normal.



If you normally take your clothes somewhere else to wash them:



- Keep your dirty clothes where you normally keep them.



- Wait for **3 days** after you stop staying at home.



- Take you clothes to where you normally wash them.

## Facemasks



You do **not** need to wear a facemask.

# Staying happy while you are staying at home



If you have to stay at home you may feel sad, lonely or frustrated.



Try to do things that will make you feel happier.



Here are some ideas to help keep you happy if you have to stay at home.



Talk to family and friends on the phone or on social media.



Stay busy doing things you enjoy like cooking, reading or watching TV.



Do some exercise indoors or in your garden if you can.

## What if I need care or support in my home?



If you or someone you live with gets care or support in your home then this will still continue.



Ask care and support workers to wash their hands as soon as they come into your home.

## What can I do to help get myself better?



Drink plenty of water



Take paracetamol if you have a temperature or if you are in pain.



Read the instructions on the paracetamol packet **before** you take them.



If you do not understand the instructions ask someone for help.

## What should I do if I do not get better or I feel worse?



If you are worried that you are **not** getting better you can go online and use the **coronavirus symptom checker**:

<https://www.nhsdirect.wales.nhs.uk/SelfAssessments/symptomcheckers/?ScName=CoronaVirusCOVID19&SCTId=175>



If you cannot go online you can phone **111**.



If it is an emergency phone **999** and tell them that you or someone you live with has coronavirus and is very ill.

# Hunanyngysu – rhaid i chi aros gartref

Beth mae'n rhaid i chi ei wneud os oes gennych chi neu berson sydd yn byw gyda chi goronafeirws, neu os ydych chi yn meddwl bod ganddyn nhw neu chi goronafeirws



Dyma fersiwn hawdd ei ddeall o **Iechyd Cyhoeddus Cymru: Canllaw aros gartref i bobl sydd gyda haint coronafeirws (COVID-1) posibl neu wedi ei gadarnhau**

17 Mawrth 2020

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# Beth ydy hunanynysu?



Weithiau mae aros gartref yn cael ei alw yn **hunanynysu**. Mae hyn yn meddwl peidio mynd allan o'ch tŷ chi. Rhaid i chi hefyd aros i ffwrdd oddi wrth bobl eraill.



Os oes gennych chi goronafeirws neu os ydych chi'n meddwl bod gennych chi goronafeirws **rhaid** i chi aros gartref.



Os oes gan rywun sydd yn byw gyda chi goronafeirws neu os ydyn nhw'n meddwl bod ganddyn nhw goronafeirws **rhaid** i chi aros gartref hyd yn oed os ydych chi yn teimlo'n iach.



Fe fydd aros gartref yn helpu i stopio pobl eraill rhag dal coronafeirws.

# Ddylwn i aros gartref?



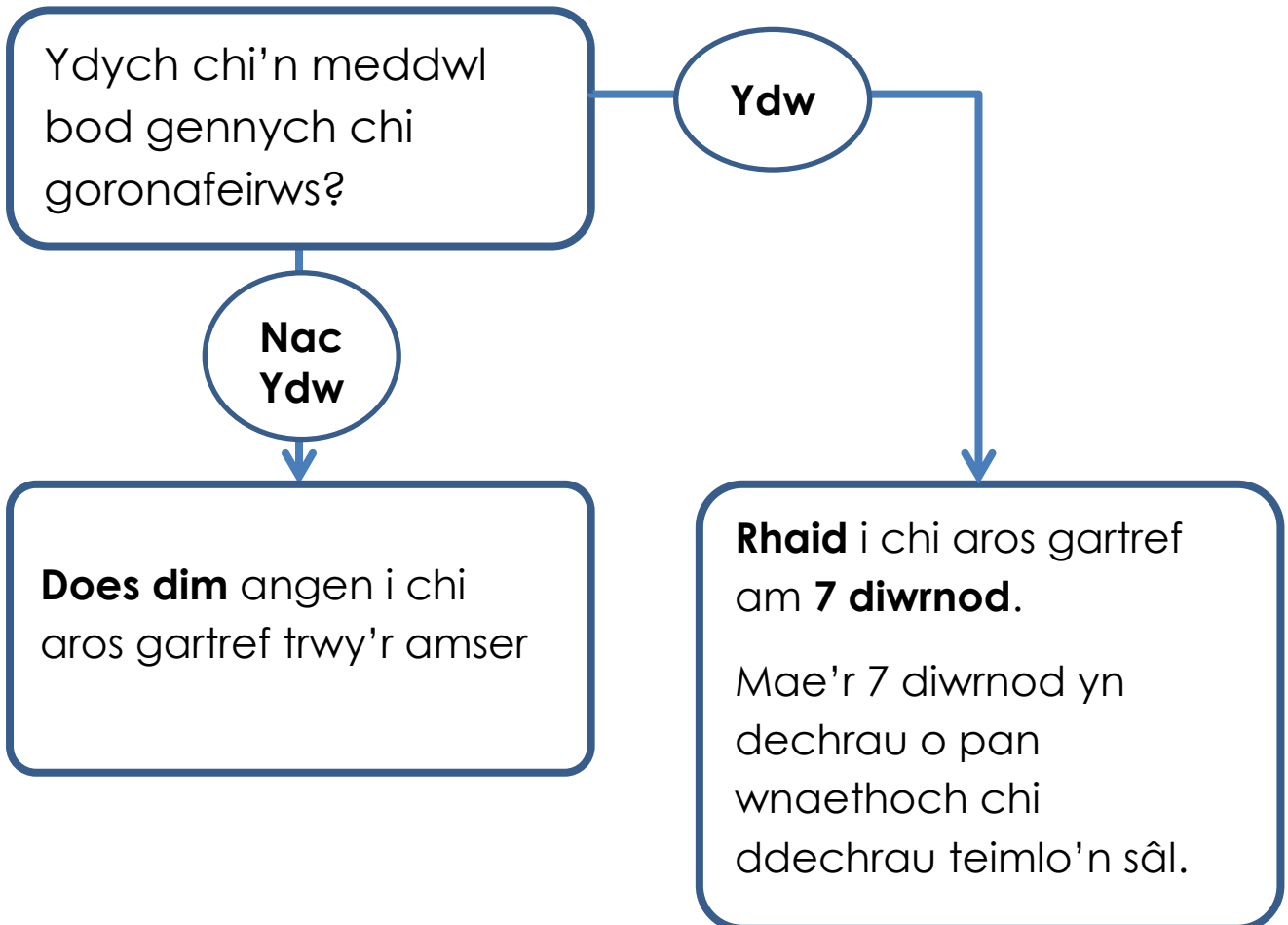
**Rydw i'n byw ar fy mhen fy hun**



Mae'r dudalen hon i chi os ydych chi yn byw ar eich pen eich hun.



Os ydych chi yn byw gyda phobl eraill ewch i **Rydw i'n byw gyda phobl eraill** ar dudalen 5.

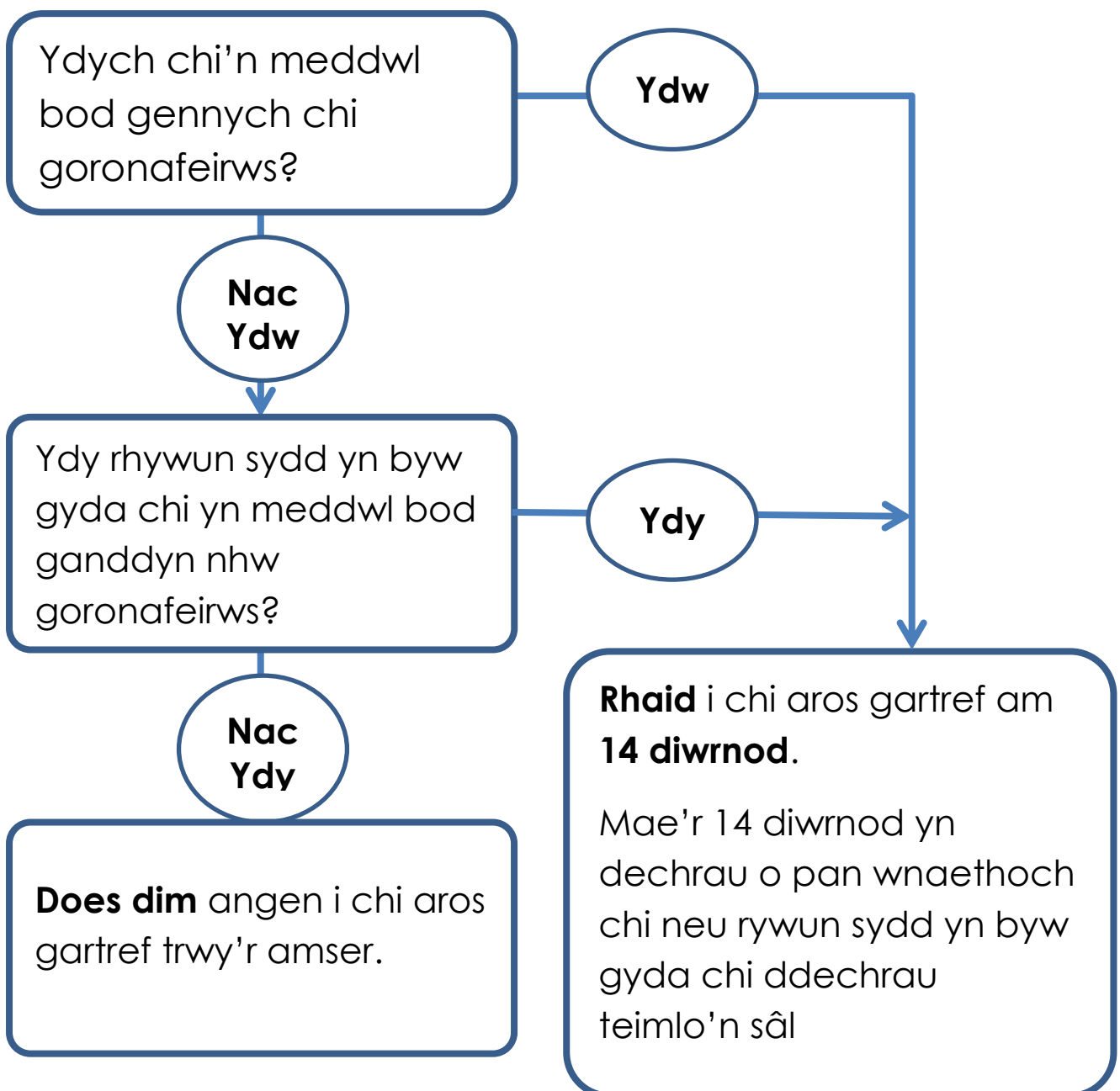






## Rydw i'n byw gyda phobl eraill

Mae'r dudalen yma i chi os ydych chi'n byw gyda phobl eraill.





Os ydych chi'n cael coronafeirws o fewn yr 14 diwrnod o aros gartref, mae angen i chi barhau i aros gartref am **7 diwrnod** o pan wnaethoch chi ddechrau teimlo'n sâl.

Efallai bod hyn yn meddwl bod rhaid i chi aros gartref am hirach na 14 diwrnod i gyd.

## Beth ddylwn i ei wneud os ydw i'n aros gartref?



**Rhaid** i chi a phawb sydd yn byw gyda chi aros gartref.



**Peidiwch** â mynd i'r gwaith nac i leoedd cyhoeddus. Mae bariau, clybiau, bwytai a lleoedd hamdden wedi cau nawr.



**Peidiwch** â defnyddio bysus, trenau neu dacsis.



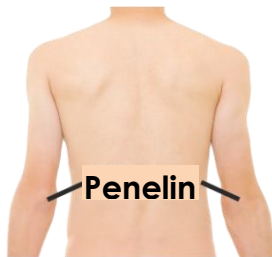
Os ydych chi angen bwyd o'r siopau neu feddyginiaeth:

- gofynnwch i ffrind, aelod o'r teulu neu weithiwr cefnogi helpu
- archebwch fwyd neu feddyginiaeth ar-lein neu ar y ffôn.

## Peswch a thisian



Cuddiwch eich ceg a'ch trwyn chi gyda hances bapur pan rydych chi'n pesychu neu yn tisian.



Os nad oes gennych chi hances bapur, defnyddiwch y tu mewn i'ch penelin i disian.



Taflwch yr hances bapur cyn gynted â'ch bod wedi ei defnyddio. Yna golchwch eich dwylo gyda sebon a dŵr.

## Glanhau tra rydw i'n aros gartref



Glanhewch unrhyw beth mae pobl yn ei gyffwrdd lawer o weithiau fel dolenni drws, rheiliau llaw, rheolydd pell a byrddau.

Rhaid i chi fod yn ofalus wrth daflu pethau i ffwrdd fel hancesi papur a chlytiau:



- Rhowch hancesi papur a chlytiau wedi'u defnyddio mewn bag sbwriel plastig.



- Clymwch y bag.



- Rhowch y bag y tu mewn i fag arall.



- Gadewch y bag yn rhywle am o leiaf **3 diwrnod**.



- Yna rhowch y bag allan gyda'ch casgliad sbwriel chi.



Rydych chi'n gallu cael gwared ar eich sbwriel arall a'ch ailgylchu chi fel rydych chi'n arfer gwneud.

### **Glanhau eich dillad chi**



Os oes gennych chi beiriant golchi rydych chi yn gallu golchi eich dillad chi fel arfer.

Os ydych chi fel arfer yn mynd i rywle arall i olchi eich dillad:



- Cadwch eich dillad budr lle rydych chi fel arfer yn eu cadw.



- Arhoswch am **3 diwrnod** ar ôl i chi stopio aros gartref.



- Ewch â'ch dillad chi i le rydych chi fel arfer yn eu golchi.

**Mwgwd wyneb**



**Does dim** angen i chi wisgo mwgwd wyneb

# Cadw'n hapus tra rydych chi'n aros gartref



Os oes rhaid i chi aros gartref efallai y byddwch chi'n teimlo'n drist, yn unig neu yn rhwystredig.



Ceisiwch wneud pethau fydd yn gwneud i chi deimlo yn fwy hapus.



Dyma rai syniadau i'ch helpu chi i gadw'n hapus os oes rhaid i chi aros gartref.



Siaradwch â'ch teulu a'ch ffrindiau chi ar y ffôn neu ar y cyfryngau cymdeithasol.



Cadwch yn brysur yn gwneud pethau rydych chi'n eu mwynhau fel coginio, darllen neu wyllo teledu.



Gwnewch ymarferion yn y tŷ neu yn eich gardd chi os ydych chi'n gallu.

# Beth os ydw i angen gofal neu gefnogaeth yn fy nghartref?



Os ydych chi neu rywun sydd yn byw gyda chi yn cael gofal neu gefnogaeth yn y cartref yna fe fydd hyn yn parhau.



Gofynnwch i'r gweithwyr gofal a chefnogi golchi eu dwylo cyn gynted ag y maen nhw'n dod i'ch cartref chi.

# Beth ydw i'n gallu ei wneud i helpu fy hun i wella?



Yfed digon o ddŵr.



Cymryd paracetamol os oes gennych chi dymheredd neu os ydych chi mewn poen.



Darllen beth mae'n ddweud ar y paced paracetamol **cyn** eu cymryd nhw.



Os nad ydych chi'n deall beth mae'n ddweud gofynnwch i rywun am help.

## Beth ddylwn i ei wneud os nad ydw i'n teimlo'n well neu os ydw i'n teimlo'n waeth?



Os ydych chi'n poeni **nad** ydych chi'n teimlo'n well rydych chi'n gallu mynd ar-lein a defnyddio **chwilio am symptomau coronafeirws**:

<https://www.nhsdirect.wales.nhs.uk/SelfAssessments/symptomcheckers/?ScName=CoronaVirusCOVID19&SCTId=175>



Os ydych chi'n methu mynd ar-lein rydych chi'n gallu ffonio **111**.



Os ydy e'n argyfwng ffoniwch **999** a dweud wrthyn nhw bod gennych chi neu rywun sydd yn byw gyda chi goronafeirws ac yn sâl iawn.