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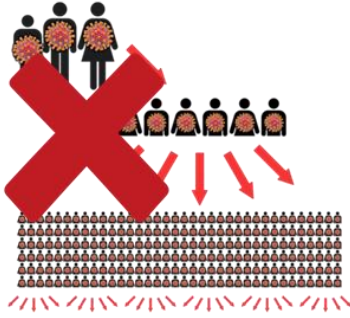
You must stay at home

What everyone must do to stop the spread of coronavirus from 24 March 2020. With changes from 11 May 2020



This is an easy read version of **Welsh Government: Full guidance on staying at home and away from others, 24 March 2020 and 11 May 2020**

11 May 2020



The Government has made new rules to help stop the spread of coronavirus. From 24 March 2020 you must stay at home.

You can **only** go out for these reasons:



- To go shopping to get things you really need like food or medicine.



- To do exercise twice a day, like a walk or run. You can do this alone or with people you live with



- If you need to go to the doctor.



- If you need to help or care for someone else.



- If you need to go to work because you have a job that **cannot** be done from home like working in a supermarket or in a hospital.

When you are out



- You should **only** go out **alone** or with **1** other person. This must be someone you live with.



- If you have a disability, autism or problems with your mental health you can go out with more than 1 person if you need to.

They must be people you live with or people who give you care and support.



- If you have a disability, autism or problems with your mental health you can also go out more than twice a day if you need to.



- You **cannot** go out and meet with family or friends. The Government has stopped any meetings of more than 2 people.

What places are closed?

The Government has now closed:



- Some shops like clothes shops that do **not** sell food, medicine or other important things
- Places like beauty salons or hairdressers
- Libraries and leisure centres
- Playgrounds
- Bars, restaurants and hotels
- Campsites and caravan parks.

What places are open?



- Supermarkets and food shops
- Chemists
- Vets
- Bicycle shops
- Garden centres.

What is being stopped?

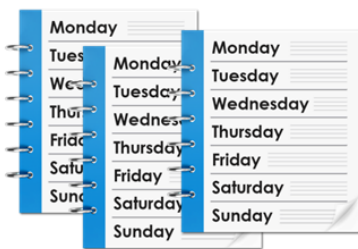
The Government has now stopped:



- Social events like concerts or parties
- Weddings
- Baptisms or christenings
- Church services.



Everyone has to follow these rules. The police will check if people are following the rules or not.



The Government has said these rules are for 3 weeks. But they may last longer.

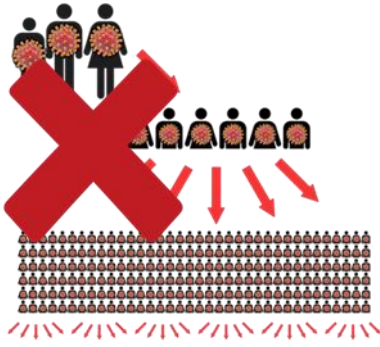
Rhaid i chi aros gartref

Beth mae'n rhaid i bawb wneud i stopio coronafeirws rhag lledaenu. O 24 Mawrth 2020. Gyda newidiadau o 11 Mai 2020



Fersiwn hawdd ei ddarllen yw hwn o ddogfen
Llywodraeth Cymru: **Canllawiau llawn aros adref ac aros i
ffwrdd wrth eraill, 24 Mawrth 2020 a 11 Mai 2020**

11 Mai 2020



Mae'r Llywodraeth wedi gwneud rheolau newydd er mwyn helpu stopio coronafeirws rhag lledaenu. O 24 Mawrth 2020 rhaid i chi aros gartref.

Dim ond am y rhesymau hyn rydych chi'n gallu mynd allan:



- Mynd i siopa i gael pethau rydych chi angen yn wir fel bwyd neu foddion.



- I ymarfer ddwywaith y dydd, fel cerdded neu redeg. Rydych chi'n gallu gwneud hyn ar eich pen eich hun neu gydag **1** person rydych chi'n byw gyda nhw.



- Os ydych chi angen mynd at y meddyg.



- Os ydych chi angen helpu neu ofalu am rywun arall.



- Os ydych chi angen mynd i'r gwaith achos bod swydd gyda chi **dydych chi ddim** yn gallu ei gwneud oddi cartref fel gweithio mewn archfarchnad neu ysbyty.

Pryd rydych chi allan



- **Dim ond** ar eich pen eich hun neu gydag **1** person rydych chi'n gallu mynd allan. Rhaid iddyn nhw fod yn berson rydych chi'n byw gyda nhw.



- Os oes gennych chi anabledd, awtistiaeth neu broblemau gydag iechyd meddwl rydych chi'n gallu mynd allan gyda mwy nag 1 person os oes angen.

Rhaid iddyn nhw fod yn bobl rydych chi'n byw gyda nhw neu bobl sydd yn rhoi gofal a chefnogaeth i chi.



- Os oes gennych chi anabledd, awtistiaeth neu broblemau gyfag iechyd meddwl rydych chi hefyd yn gallu mynd allan mw yna dwywaith y diwrnod os oes angen.



- **Dydych chi ddim** yn gallu mynd allan a chwrdd â'ch teulu neu'ch ffrindiau chi. Mae'r Llywodraeth wedi stopio unrhyw gyfarfod gyda mwy na 2 berson.

Pa lleoedd sydd ar gau?

Mae'r Llywodraeth bellach wedi cau:



- Rhai siopau fel siopau dillad sydd **ddim** yn gwerthu bwyd, moddion neu bethau pwysig eraill
- Lleoedd salonau harddwch neu salonau trin gwallt
- Llyfrgelloedd
- Canolfannau hamdden
- Lleoedd chwarae
- Barrau, bwytai a gwestai
- Gwersyllfeydd a pharciau carafanau.

Pa lleoedd sydd ar agor?



- Archfarchnadoedd a siopau bwyd
- Fferyllfeydd
- Milfeddygon
- Siopau beiciau
- Canolfannau garddio

Beth sydd yn cael ei stopio?

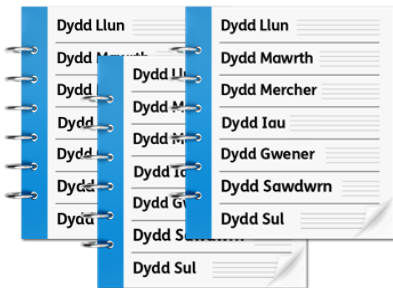
Mae'r Llywodraeth bellach wedi stopio:



- Digwyddiadau cymdeithasol fel cyngherddau neu bartion
- Priodasau
- Bedyddiadau
- Gwasanaethau eglwysi.



Mae'n rhaid i **bawb** ddilyn y rheolau hyn. Bydd yr heddlu yn edrych a yw pobl yn dilyn y rheolau neu beidio.



Mae'r Llywodraeth wedi dweud bydd y rheolau mewn grym am 3 wythnos. Ond efallai byddan nhw'n parhau'n hirach.