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## Ymweld â chyfleusterau gofal iechyd yn ystod tymor y fflw

**Mae'r fflw yn gallu bod yn ddifrifol** i rai pobl, yn enwedig merched beichiog, pobl hŷn, plant a phobl â chyflyrau iechyd tymor hir. Mae risg yn awr iddo ledaenu yn y gymuned.

**Osgowch ymweld â phobl** sy'n wynebu risg o ddatblygu cymhlethdodau os byddant yn dal y fflw.

**Plŷs peidiwch ag ymweld** ag ysbyty neu gartref gofal os oes gennych chi symptomau tebyg i'r fflw.

**Plŷs peidiwch ag ymweld** ag ysbyty neu gartref gofal lle mae achosion o'r fflw yn cael eu hamau neu wedi'u cadarnhau, oni bai fod eich ymweliad yn **hanfodol**.

**Os ydych chi mewn perygl** oherwydd eich bod yn feichiog, yn 65 oed neu'n hŷn neu'n blentyn, neu os oes gennych chi gyflwr iechyd tymor hir, mae'n well peidio ag ymweld â chyfleuster gofal iechyd tra mae achosion o'r fflw yn bod.

**Cofiwch olchi eich dwylo** wrth fynd i mewn i'r ward neu'r cartref gofal ac eto wrth adael. Mae hyn yn hynod bwysig yn ystod tymor y fflw.

**Efallai y gofynnir i chi wisgo ffedog, menig a masg meddygol** wrth ymweld. Byddwch yn cael un o'r rhain (a bydd rhywun wedi trafod hyn gyda chi cyn eich ymweliad).

**Tynnwch unrhyw ffedog, menig a masg meddygol pan rydych yn barod i adael** a'u rhoi yn y bag gwastraff sydd ar gael. Wedyn cofiwch olchi eich dwylo.

**Peidiwch â lledaenu'r fflw.** Gallwch chi helpu i leihau'r siawns o ledaenu'r fflw i eraill drwy ddefnyddio hances bapur wrth disian, rhoi'r hances yn y bin yn syth ac wedyn golchi eich dwylo. **Ei ddal, ei daflu, ei ddifa.**

**Cael brechiad.** Y ffordd unigol orau o warchod rhag dal neu ledaenu'r fflw yw cael brechiad y fflw bob blwyddyn. Os ydych chi mewn grŵp risg ar gyfer y fflw neu os nad ydych wedi cael brechiad eto y gaeaf yma, siaradwch gyda'ch meddygfa neu eich fferyllfa gymunedol am gael brechiad y fflw nawr.

**Gwnewch y peth iawn.** Os ydych chi mewn grŵp risg, neu'n ofalwr neu'n weithiwr gofal iechyd neu gymdeithasol rheng flaen (rhywun sy'n cael llawer o gyswllt â'r cyhoedd), holwch am gael brechiad y fflw cyn gynted â phosib i'ch gwarchod eich hun a'r rhai yn eich gofal.

**Os oes gennych chi unrhyw gwestiynau neu os ydych eisiau mwy o wybodaeth, siaradwch â'ch meddyg neu eich nyrs, ewch i [nhsdirect.wales.nhs.uk](https://nhsdirect.wales.nhs.uk) neu ffoniwch Galw Iechyd Cymru ar 0845 46 47 (neu 111 os yw ar gael yn eich ardal chi).**



## Visiting healthcare facilities during the flu season

**Flu can be serious** for some people, especially pregnant women, older people, children and those with long-term health conditions. **There** is now a risk of it spreading in the community.

**Avoid visiting people** who are at risk of developing complications if they catch flu.

**Please do not visit** a hospital or a care home if you have flu-like symptoms.

**Please do not visit** a hospital or a care home where cases of flu are suspected or confirmed, unless your visit is **essential**.

**If you are at risk** because you are pregnant, aged 65 or over or a child, or if you have a long-term health condition, it is best not to visit a healthcare facility while flu is around.

**Please remember to clean your hands** when you go into the ward or care home and again when leaving. This is extra important in the flu season.

**You may be asked to wear an apron, gloves and a surgical mask** while visiting. You will be provided with these (and someone will have discussed this with you before your visit).

**Remove any apron, gloves and a surgical mask when you are ready to leave** and put it in the waste bag provided in that area. Then remember to clean your hands.

**Don't spread flu.** You can help reduce the chances of spreading flu to others by catching your sneezes in a tissue, putting that tissue straight in the bin and then washing your hands. **Catch it, bin it, kill it.**

**Get vaccinated.** The single best way to protect against catching or spreading flu is to have a flu vaccination each year. If you are in a risk group for flu and have not yet had a vaccination this winter, speak to your GP surgery or community pharmacy about getting your flu vaccine now

**Do the right thing.** If you are in a risk group, or you are a carer or frontline health or social care worker (someone who has a lot of contact with the public), find out about getting your flu vaccine as soon as possible to protect yourself and those you care for.

**If you have any questions or want more information, talk to your doctor or nurse, visit [nhsdirect.wales.nhs.uk](https://nhs.uk) or call NHS Direct Wales on 0845 46 47 (or 111 if available in your area).**