

Special March 2020 Info Burst

Updated Welsh Ambulance Service News

Coronavirus- Up to date advice:

Isolate your household

Stay at home

If you or anyone in your household has a high temperature or a new and continuous cough-even if it's mild:

- ✓ **Everyone in your household must stay at home** for 14 days and keep away from others.

- X **DO NOT** go to the GP, Pharmacy, or hospital.

- ✓ **Go to www.nhsdirect.wales.nhs.uk** to check your symptoms and follow the specialist medical advice. Only call 111 if your symptoms worsen.

- ✓ **Protect** older people and those with existing health conditions by avoiding contact.



StayAtHome poster
ENG 160320 (003).pc



StayAtHome poster
WEL 160320 (003).pc

Self-Isolation:

Current Government guidance on self-isolation is provided by Gov.uk Website

Coronavirus Symptom Checker:

A new online [symptom checker](#) for Coronavirus has been added to our NHS Direct Wales website.

Social Distancing:

Current Government guidance on Social Distancing and for vulnerable people can be found on the [Gov.uk website](#)

Information about Coronavirus is available in [British Sign Language](#) on the NHS Direct Wales Website

Easy Read Version for the Learning Disability Community:
Public Health Wales has an easy read version of all the important Information for the Learning Disability Community throughout Wales. For further information please visit phw.nhs.wales/Coronavirus












COVID-19 Easy
Read V3 Welsh.pdf



COVID-19 Easy
Read V4.pdf

General Advice:

How can you stop coronaviruses spreading?

<p>If you need to cough or sneeze</p> <ul style="list-style-type: none"> Catch it with a tissue Bin it Kill it by washing your hands with soap and water or hand sanitiser	<p>You should wash hands with soap & water or hand sanitiser</p> <ul style="list-style-type: none"> After breaks & sports activities Before cooking & eating SCHOOL ETC. On arrival at any childcare or educational setting After using the toilet Before leaving home	
<p> Try not to touch your eyes, nose, and mouth with unwashed hands</p>	<p> Do not share items that come into contact with your mouth such as cups & bottles</p>	<p> If unwell do not share items such as bedding, dishes, pencils & towels</p>

Look after your Wellbeing:

The [Gov.UK Website](#) “COVID-19: Guidance for households with possible coronavirus infection” states:

“Staying at home for a prolonged period can be difficult, frustrating and lonely for some people and that you or other household members may feel low. It can be particularly challenging if you don’t have much space or access to a garden.

It’s important to remember to take care of your mind as well as your body and to get support if you need it. Stay in touch with family and friends over the phone or on

social media. There are also sources of support and information that can help, such as the [Every Mind Matters website](#)”

CORONAVIRUS- PROTECT YOURSELF OTHERS AND THE NHS

Looking forward:

Any further updates regarding Coronavirus advice will be circulated via our Special Info Bursts as needed.

Contact us:

Patient Experience & Community Involvement Team

Telephone: 01792 311773

Email: Peci.team@wales.nhs.uk

Visit the Get Involved page on our website www.ambulance.nhs.uk

Twitter: [@WelshAmbPIH](https://twitter.com/WelshAmbPIH)

Hyrddiad Gwybodaeth Arbennig Mis Mawrth 2020

Newyddion Gwasanaeth Ambiwlans Cymru wedi'i ddiweddarau

Coronafeirws- Cyngor yn gyfredol:

Ynysu'ch cartref

Arhoswch gartref

Os ydych chi neu unrhywun yn eich cartref â thymheredd uchel neu peswch newydd sydd yn parhaus – hyd yn oed os yn ysgafn:

- ✓ **Mae rhaid i bawb yn eich cartref aros yn eich cartref** am 14 ddiwrnod a chadw draw o bobl eraill.
- X PEIDIWCH** â mynd at y meddyg, fferyllfa, neu'r ysbyty.
- ✓ **Ewch i <https://www.nhsdirect.wales.nhs.uk/default.aspx?locale=cy>** i wirio eich symptomau ac i ddilyn y cyngor meddygol arbennig. Dim ond alw 111 os ydy'ch symptomau yn gwaethygu.
- ✓ **Amddiffyn** pobl hŷn ac y rhai sydd gyda chyflyrau iechyd presennol trwy osgoi cyswllt.



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Hunan-Ynysu:

Arweiniad cyfredol gan y Llywodraeth ar hunan-ynysu a ddarparwyd gan [Gov.uk Website](https://www.gov.uk)

Gwiriwr Symptomau Coronafeirws:

Mae [gwiriwr symptomau](#) ar lein newydd am Coronafeirws wedi cael ei ychwanegu i wefan Galw Iechyd Cymru GIG.

Pellhau Cymdeithasol:

Arweiniad cyfredol gan y Llywodraeth ar Pellhau Cymdeithasol ac i bobl fregus i'w gweld ar [Gov.uk website](https://www.gov.uk)

Mae gwybodaeth am coronafeirws ar gael yn [iaith arwyddion Prydain](#) ar wefan Galw Iechyd Cymru

Fersiwn Hawdd Ei Ddarllen am y Gymuned Anabledd Dysgu:

Mae gan Iechyd Cyhoeddus Cymru fersiwn hawdd ei ddarllen o'r wybodaeth bwysig i gyd am y gymuned anabledd dysgu ledled Cymru. Am ragor o wybodaeth ewch i phw.nhs.wales/Coronavirus



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Cyngor Cyffredinol:


How can you stop coronaviruses spreading?


If you need to cough or sneeze


-  **Catch it with a tissue**
-  **Bin it**
-  **Kill it**
by washing your hands with soap and water or hand sanitiser

You should wash hands with soap & water or hand sanitiser

-  **After breaks & sports activities**
-  **Before cooking & eating**
-  **SCHOOL ETC.**
On arrival at any childcare or educational setting
-  **After using the toilet**
-  **Before leaving home**

 **Try not to touch your eyes, nose, and mouth with unwashed hands**

 **Do not share items that come into contact with your mouth such as cups & bottles**

 **If unwell do not share items such as bedding, dishes, pencils & towels**

Gofalwch am eich lles:

Mae'r [Gov.UK Website](https://www.gov.uk) "COVID-19: Arweiniad i gartrefi gyda haint Coronafeirws posib" yn nodi:

“Mae aros gartref am gyfnod hir yn anodd, yn rhwystredig a gallu bod yn unig am rhai pobl, ac efallai byddwch chi neu aelodau o'ch cartref yn teimlo'n isel. Mae'n gallu bod yn arbennig o heriol os nad ydych chi'n cael llawer o le neu fynediad i ardd.

Mae'n bwysig i gofio i gymryd gofal o'ch meddwl yn ogystal â'ch corff ac i gael cymorth os oes angen. Cadw cyswllt gyda'ch teulu a ffrindiau dros y ffôn neu ar gyfryngau cymdeithasol. Mae yna ffynonellau o gymorth a gwybodaeth sydd yn gallu eich helpu fel y [Every Mind Matters website](#)”

CORONAFEIRWS- AMDDIFFYN EICH HUN A'R GIG

Edrych ymlaen:

Unrhyw ddiweddariadau rhagor ynglŷn â chyngor Coronafeirws yn cael ei gylchredeg trwy ein Byrstiau Gwybodaeth arbennig fel mae'n angen

Chysylltwch â ni:

Tîm Profiad y Claf a Chynnwys y Gymuned

Ffôn: 01792 311773

E-bost: Peci.team@wales.nhs.uk

Ymweld â'r tudalen cymryd rhan ar ein gwefan

www.ambiwylans.wales.nhs.uk

Trydar: **@WelshAmbPIH**