



Profi ar gyfer COVID-19

Os oes arnoch angen cael eich derbyn i'r ysbyty, gofynnir i chi hunan ynysu cyn y derbynriad a/neu gael prawf COVID-19 hyd yn oed os nad ydych yn dangos unrhyw arwyddion neu symptomau o haint. Rydym yn gwneud hyn gan fod yr haint COVID-19 ar rai pobl heb symptomau, ac rydym angen gwybod statws bob claf yn ein hysbytai fel y gall ein timau ofalu amdanoch yn ofalus. Efallai y cewch hefyd brawf cyn cael eich trosglwyddo/rhyddhau, yn enwedig os ydych yn mynd i Gartref Gofal, Ysbyty Cymuned neu os oes arnoch angen gofal pellach yn eich cartref eich hun.

Testing for COVID-19

If you need to be admitted to hospital, you will be asked to self-isolate before admission and/or be tested for COVID-19 even if you are not experiencing any signs or symptoms of infection. We do this because some people may have COVID-19 infection without symptoms, and we want to know the status of every patient in our hospitals so our teams can safely care for you. You may also be tested before being transferred/discharged, especially if you are going to a Care Home, Community Hospital or if you need any further care in your own home.



Hylendid dwylo

Tra byddwch yn yr ysbyty, cymerwch amser i olchi eich dwylo'n rheolaidd, yn enwedig cyn bwyta ac yfed, ar ôl defnyddio'r toiled, tynnu unrhyw fasg wyneb (efallai y gofynnir i chi wisgo un) a phan fyddwch yn dod i mewn ac allan o ward neu adran. Os ydych yn teimlo bod eich dwylo'n fudur, gallwch olchi eich dwylo wrth y sinciau golchi dwylo sydd ar gael gan ddefnyddio d r a sebon neu os yw eich dwylo'n weledol lân, gallwch ddefnyddio'r gel alcohol a ddarperir wrth eich gwely.

Gellir defnyddio weips hylendid dwylo hefyd pe dymunir. Os oes arnoch angen cymorth gyda hylendid dwylo, rhowch wybod i un o'r staff a byddant yn eich helpu chi. Os ydych yn sylwi nad yw aelod o staff wedi golchi ei ddwylo cyn dod atoch chi, mae'n iawn i chi ofyn iddynt wneud.

Hand hygiene

While you are in hospital, please take time to clean your hands regularly, especially before eating and drinking, after using the toilet, removing any face mask (you may be asked to wear) and when entering and exiting the ward or department. If you feel your hands are dirty, you can wash your hands at the hand washing sinks available using soap and water or if your hands are visibly clean you can use the alcohol rub provided at your bed space.

Hand hygiene wipes may also be used if you wish. If you need assistance with hand hygiene please let one of the staff know and they will help you. If you notice that a member of staff has not cleaned their hands before attending to you, it is okay to ask them to do so.



Caffi, siopau a gwasanaeth troli

Er eich diogelwch chi, efallai bydd y gwasanaethau hyn wedi'u hatal dros dro. Gofynnwch i aelod o staff am y wybodaeth ddiweddaraf.

Cafes, shops and trolley service

For your safety, these services might be temporarily suspended. Please ask a member of staff for the latest information.



Dyfeisiau Symudol

Bydd gofyn i chi gadw eich dyfeisiau symudol wrth eich gwely a'u glanhau'n rheolaidd. Ni ddylech rannu'r rhain ag eraill. Os byddwch yn gallu defnyddio dyfais symudol sy'n berchen i'r ysbyty, hoffem eich sicrhau ei fod yn cael ei ddiheintio ar ôl bob defnydd a'i gadw'n ddiogel.

Mobile devices

You will be expected to keep your mobile devices in your own bed space and clean them regularly. You should not share these with others. Where you are able to use a mobile device belonging to the hospital, please be assured it is decontaminated after each use and stored safely.



Cyngor a newidiadau newydd

Mae'r sefyllfa COVID-19 yn newid o hyd, fel y mae'r arweiniad rydym yn ei roi. Bydd y tîm o staff sy'n gofalu amdanoch chi yn rhoi gwybod i chi am unrhyw newidiadau all ddigwydd yn ystod eich arhosiad.

New advice and changes

The COVID-19 situation is ever changing, as is the guidance we give. The team of staff looking after you will keep you updated on any changes that may occur during your stay.



Tîm Atal a Rheoli Heintiau

Mae gan bob un o'n gwasanaethau fynediad at dîm arbenigol ar Atal a Rheoli Haint. Mae ein staff yn wybodus ac fe allant roi cyngor i chi ar atal haint. Fodd bynnag os byddwch yn dymuno siarad ag aelod o'r tîm atal a rheoli haint, gofynnwch i aelod o staff.

Infection Prevention and Control (IPC) team

All of our services have access to a specialist IPC team. Our staff are knowledgeable and can give you infection prevention advice. If however you wish to speak to one of the IPC team, please ask a member of staff.

Byddwn yn eich cadw mor ddiogel â phosibl yn ein hadeiladau gofal iechyd. Yr oll rydym yn ei ofyn yw eich bod yn ein helpu drwy ddilyn y cyngor, arweiniad a gwybodaeth a roddir i chi gan ein staff.

We will keep you as safe as possible in our healthcare premises, all we ask is that you help us by following the advice, guidance and information you are given by our staff.

Atal a lleihau COVID-19 yn ein hysbytai

Preventing and minimising COVID-19 in our hospitals



Cyfarpar Amddiffyn Personol (PPE)

Bydd staff sy'n gofalu amdanoch yn gwisgo menig, ffedog a masg (gan orchuddio eu trwyn a'u ceg). Mewn rhai amgylchiadau, gall hyn gynnwys fisur a g n gyda llewys hir. Os nad yw aelod o staff sy'n gofalu amdanoch yn gwisgo cyfarpar o'r fath, mae'n iawn i chi ofyn iddynt.

Bydd adegau y gofynnir i chi wisgo masg i orchuddio eich ceg a'ch trwyn. Darperir y rhain ar ba bynnag ward neu adran rydych arni. Mae croeso i chi ofyn am fasn ffres os yw eich masg yn fudur, yn llaith neu wedi'i ddifrodi mewn unrhyw ffordd. A fydddech cystal â gwaredu eich masg yn ddiogel mewn bin gwastraff a ddarperir neu gofynnwch i aelod o staff ei waredu os nad oes modd i chi wneud. Cofiwch olchi eich dwylo ar ôl tynnu eich masg.



Arfer Peswch

Gellir lleihau lledaeniad COVID-19 drwy hyllendid resbiradol da:

- Ei ddal, ei daflu, ei ddifa - dylid defnyddio hances bapur tafladwy i orchuddio'r trwyn a'r geg wrth disian, pesychu, sychu a chwythu eich trwyn. A fydddech cystal â gwaredu unrhyw hances bapur a ddefnyddiwyd yn brydlon yn y bin gwastraff agosaf
- Golchwch eich dwylo ar ôl pesychu neu disian
- Osgowch roi eich dwylo wrth eich llygaid, ceg a thrwyn

Os oes arnoch angen cymorth gydag unrhyw un o'r mesurau hyn, gofynnwch i aelod o staff.

Personal Protective Equipment (PPE)

Staff looking after you will be wearing gloves, apron and a mask (covering their nose and mouth). In some situations this may include a visor and a long sleeved gown. If a member of staff caring for you is not wearing such equipment, it is okay to ask them.

There will be times that you will be asked to wear a mask covering your mouth and nose. These are provided on whichever ward or department you are on. Please ask for a fresh mask if your mask becomes dirty, moist or damaged in any way. Please dispose of your mask safely in waste bins provided or ask a member of staff to dispose of it if you are unable to. Always remember to clean your hands after removing your mask.

Cough Etiquette

The spread of COVID-19 can be minimised through good respiratory hygiene:

- Catch it, bin it, kill it – disposable, single use tissues should be used to cover the nose and mouth when sneezing, coughing, wiping and blowing your nose. Please dispose of any used tissues promptly in the nearest waste bin
- Please wash your hands after coughing or sneezing
- Avoid putting your hands near your eyes, mouth and nose

If you need assistance with any of these measures, please ask a member of staff.



Diogelu ein hamgylcheddau gofal iechyd

Mae ein staff domestig a staff nyrso'n gweithio'n galed i gadw'r ward neu'r adran rydych ynddo yn lân ac yn daclus. Gallwch helpu drwy ddod â nwyddau hanfodol yn unig gyda chi i'r ysbyty a'u cadw wrth eich gwely yn daclus. Mae'n anodd iawn cadw manau wrth ochr y gwely sy'n flêr yn lân a heb lwch.

Peidiwch â dod ag unrhyw beth diangen i'r ysbyty, gan gynnwys cylchgronau, bwyd ayb. Gall y rhain lochesu germau a gallant gael eu symud o amgylch y ward neu'r adran yn hawdd. Os nad ydych yn si r, gofynnwch i aelod o staff. Mae weip glanhau ar gael i chi eu defnyddio i lanhau o amgylch eich gwely rhwng glanhau domestig. Defnyddiwch y rhain i gadw'r bwrdd wrth eich gwely, locer, rheiliau'r gwely, breichiau'r gadair a manau eraill sy'n cael eu cyffwrdd yn rheolaidd yn lân.

Mae toiledau a chyfleusterau cymuned eraill megis cawod neu ystafell ymolchi ac ystafelloedd aros yn cael eu glanhau'n rheolaidd drwy gydol y dydd ac maent yn cael ei gwirio'n rheolaidd. Os ydych yn sylwi nad yw unrhyw un o'r manau hyn i weld yn lân, rhowch wybod i aelod o staff ar unwaith.



Gadael y ward

Pan fyddwch yn yr ysbyty, rydym yn cynghori'n gryf ac yn disgwyl na fyddwch yn gadael y ward am unrhyw reswm heblaw bod eich meddyg, nyr neu aelod arall o staff yn trefnu unrhyw brofion neu archwiliadau. Os yw gadael y ward yn gwbl angenrheidiol, dilynwch y systemau un ffordd a'r rheolau ymbellhau cymdeithasol bob amser. Bydd gofyn i chi hefyd wisgo masg sy'n gorchuddio eich trwyn a'ch ceg. Cofiwch ddefnyddio'r gel alcohol a ddarperir wrth i chi adael y ward ac wrth ddod yn ôl i mewn i'r ward.

Protecting our healthcare environments

Our domestic and nursing staff work very hard to keep the ward or department you are in clean and tidy. You can help by bringing only essential items into hospital to keep your bed space free from clutter. It is very difficult to keep a cluttered bed space clean and dust free.

Please do not bring anything unnecessary into hospital including magazines, food items etc. These may harbour germs and can move easily around the ward or department. If you are not sure, please ask a member of staff. Cleaning wipes are available for you to use to wipe around your bed space in between domestic cleaning. Use these to keep your bed table, locker, bed rails, the arms of your chair and other frequently touched areas clean.

Toilets and other communal facilities such as shower rooms or bathrooms and waiting rooms are cleaned regularly throughout the day and are also checked regularly in between. If you notice any of these areas not to appear clean, please inform a member of staff immediately.

Leaving your ward area

We strongly advise and expect that whilst you are in hospital that you do not leave the ward for any reason other than to have any tests or investigations arranged by your doctor, nurse or other staff member. If leaving your area is absolutely necessary, please follow the one way systems and social distancing rules at all times. You will also be required to wear a mask covering your nose and mouth. Always remember to use the alcohol rub provided when leaving and re-entering the ward.



Ymbellhau cymdeithasol

Yn unol ag arweiniad Llywodraeth Cymru, mae'n rhaid i gleifion, ymwelwyr a staff gadw pellter cymdeithasol bob amser ble bo'n bosibl. Fodd bynnag, nid yw'n bosibl i staff gadw'r pellter hwn oddi wrth gleifion wrth ddarparu gofal neu driniaeth, ond bydd yr aelod o staff yn gwisgo'r PPE cywir a ddisgrifiwyd yn gynharach i'ch diogelu chi a nhw ei hunain a chydweithwyr rhag haint.

Rydym wedi gwneud yn si r bod pellter addas rhwng y gwelyau ar bob ward i alluogi ymbellhau cymdeithasol; fodd bynnag, efallai y bydd yn ofynnol weithiau i symud cadeiriau a byrddau o amgylch i sicrhau y gallwch ymbellhau'n gymdeithasol wrth eistedd wrth ochr eich gwely. Os ydych ar unrhyw adeg yn teimlo bod ymbellhau cymdeithasol yn anodd, siaradwch ag aelod o staff.



Ymwelwyr

Gwiriwch ag aelod o staff a ydym yn caniatáu ymweliadau arferol ai peidio. Os bydd arnoch angen i rywun ddod ag eitemau i chi (neu eu casglu), bydd rhaid eu gadael gydag aelod o staff ym mynedfa'r ysbyty drwy drefniant ymlaen llaw.

Mae rhai eithriadau i ganiatáu ymwelwyr er enghraifft, rhieni plant, cleifion a allai fod ar ddiwedd eu hoes a phartneriaid geni. Bydd eich tîm gofal iechyd yn egluro'r arweiniad ynghylch yr amgylchiadau hyn i chi a'ch ymwelydd

Social distancing

In line with Welsh Government guidance, patients, visitors and staff must keep a safe distance at all times wherever possible. It is not possible however for staff to keep this distance from patients when providing care or treatment, but the member of staff will be wearing the correct PPE as described earlier to protect you and themselves and colleagues from infection.

We have made sure that there is a suitable distance between the bed spaces in each ward to enable social distancing; however, it may sometimes be necessary to move chairs and tables around to make sure you can social distance when sitting out of bed. If at any time you feel social distancing to be difficult please speak to a member of staff.

Visitors

Please check with a member of staff as to whether we are allowing normal visiting or not. If you need items brought in (or collected), these will need to be left with a member of staff at the hospital entrance by prior arrangement.

There are some exceptional circumstances for visitors for example parents of children, those patients who may be at the end of their life and birthing partners. The guidance regarding these circumstances will be explained to you and your visitor by your healthcare team.