Beth mae angen ichi ei wneud os ydych yn mynd yn sâl â COVID-19 pan fyddwch chi yma

Os ydych yn datblygu symptomau COVID-19 pan fyddwch chi yma, peidiwch â cheisio cuddio eich symptomau. Mae'n bwysig gweithredu'n gyflym i'ch helpu eich hun ac i ddiogelu eraill. Chi sy'n gyfrifol am gadw'n ddiogel a sicrhau bod eraill yn ddiogel.

Dyma symptomau COVID-19:

- Peswch cyson newydd.
- Tymheredd uchel.
- Wedi colli neu wedi sylwi ar newid yn eich synnwyr arogl neu flas.

Os ydych yn teimlo'n sâl ac yn profi unrhyw symptomau COVID-19:

- Rhaid ichi ac unrhyw un sy'n teithio gyda chi fynd adref mor fuan â phosibl, os ydych yn ddigon iach i wneud hynny. Rhaid mynd adref y ffordd fwyaf uniongyrchol ac ni ddylech ddefnyddio trafnidiaeth gyhoeddus.
- Dilynwch y canllawiau ar hunanynysu (**llyw.cymru/coronafeirws**) a threfnu prawf, yn ddelfrydol mewn lleoliad cyfleus yn agos i'ch cartref.
- Os na allwch ddychwelyd adre'n ddiogel dylech archebu prawf o'ch llety.

Peidiwch ag anwybyddu eich symptomau. Hunanynysu a chael prawf yn gyflym yw'r ffordd orau o gadw'n ddiogel a diogelu eraill.

Os oes angen cyngor meddygol, ffoniwch eich meddyg teulu arferol (gartref) neu **ffoniwch 111.**

Os yw'n troi'n argyfwng meddygol, **ffoniwch 999.**

Sut mae trefnu prawf?

Ar-lein: **www.nhs.uk/coronavirus**

Ffôn: **119 rhwng 7am ac 11pm.**

Dylai pobl sydd ag anawsterau clywed neu siarad ffonio: **18001 119.**

I gael rhagor o wybodaeth ewch i: **llyw.cymru/coronafeirws**

What you need to do if you fall ill with COVID-19 whilst visiting

If you develop COVID-19 symptoms during your visit, do not ignore or try to hide your symptoms. It's important to act quickly to help yourself and protect those around you. It is your responsibility to stay safe and keep others safe.

COVID-19 symptoms are:

- A new, continuous cough.
- High temperature.
- A loss or change in sense of smell or taste.

If you feel unwell and experience any COVID-19 symptoms:

- You, and anyone travelling with you, must return home as quickly as possible, if well enough to do so. You must return home the most direct way and should not use public transport.
- Follow the self-isolation guidance (**gov.wales/coronavirus**) and arrange for a test, preferably at a convenient location close to your home.
- If you can't return home safely, order a test from your accommodation.

Do not ignore your symptoms. Self-isolating and getting tested quickly is the best way for you to stay safe and protect others.

If you need medical advice, please contact your regular (home) GP or **call 111.**

In the event of a medical emergency, **call 999.**

How do I book a test?

Online: **www.nhs.uk/coronavirus**

Call: **119 between 7am and 11pm.**

People with hearing or speech difficulties can call: **18001 119.**

For more information go to: **gov.wales/coronavirus**

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DIOGELU CYMRU KEEP WALES SAFE

Llywodraeth Cymru Welsh Government

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