Mae firysau'r gaeaf yn dod yn ôl ...

Gan gynnwys firysau stumog a firysau anadlol fel y Ffliw a feirws syncytiol anadlol



Aros adref o'r ysgol neu o Ofal Plant

Os yw'ch plentyn:

- Yn teimlo'n rhy sâl i fynychu.
- Mae ganddo dymheredd uchel / twymyn (uwch na 38°C).
- Wedi chwydu neu gyda dolur rhydd.
- Yn teimlo'n sâl ac mae ganddo frech.

Siaradwch â'ch meddyg teulu os ydych chi'n poeni am iechyd eich plentyn.
Gall eich fferyllydd lleol roi cyngor ar fân anhwylderau.

Yn barod i fynd yn ôl

Os yw'ch plentyn:

- Yw eich plentyn wedi dilyn cyngor gan weithiwr gofal iechyd proffesiynol, os caiff ei roi.
- Nad oes ganddo dymheredd uchel/twymyn mwyach.
- Nad yw eich plentyn wedi chwydu neu wedi cael dolur rhydd ers 48 awr.

Does dim angen aros adref

Os yw'ch plentyn:

- Mai dim ond snifflau a symptomau ysgafn sydd gan eich plentyn (e.e. clust dost ysgafn, bola tost, pen tost, annwyd cyffredin).
- Nad oes gan eich plentyn dymheredd uchel/twymyn neu frech.
- Yw eich plentyn yn teimlo'n ddigon da i fynychu.

Gwybodaeth Bwysig

- Rhowch wybod i'r Ysgol/Meithrinfa pam fod eich plentyn bant o'r ysgol.
- Amddiffynnwch eraill - **'Ei Ddal, Ei Daflu, Ei Ddifa!'**
- Anogwch blant i ddal eu peswch a thaflu eu hancesi papur i ffwrdd.
- Anogwch blant i olchi eu dwylo'n rheolaidd.
- Os yn sâl, ceisiwch osgoi cysylltiad â phobl agored i niwed e.e. babanod ifanc, yr henoed, a phobl sydd ag imiwnedd gwan.
- **'Ffoniwch ymlaen llaw, Atal Lledaeniad'** - ffoniwch eich Meddyg Teulu neu'ch Gwasanaeth Tu Allan i Oriau cyn mynychu os oes gan eich plentyn frech neu dymheredd - rhowch wybod iddyn nhw am y frech.
- Bydd cael brechlyn rhag y ffliw yn helpu i amddiffyn eich plentyn rhag y ffliw.

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Winter viruses are coming back...

Including stomach viruses and respiratory viruses such as Flu and RSV



Stay off School or Childcare

If your child:

- Feels too unwell to attend.
- Has a high temperature/fever (above 38°C).
- Has vomiting or diarrhoea.
- Feels unwell and has a rash.

Speak to your GP if you are worried about your child's health.
Your local pharmacist can advise on minor ailments.

Ready to go back

If your child:

- Followed advice of a healthcare professional, if given.
- No longer has a high temperature/fever.
- Is 48 hours clear of vomiting and/or diarrhoea.

No need to stay home

If your child:

- Just has sniffles and mild symptoms (e.g. mild earache, tummy ache, headache, common cold).
- Does not have a high temperature/fever or rash.
- Feels well enough to attend.

IMPORTANT INFORMATION

- Let the School/Nursery know why your child is off.
- Protect others - **'Catch it, Bin it, Kill it!'**
- Encourage children to catch their coughs, and throw away used tissues.
- Encourage children to wash their hands regularly.
- If unwell, avoid contact with vulnerable people e.g.young babies, the elderly, and people who are immunocompromised.
- **'Call ahead, Stop the Spread'** - ring your GP or Out of Hours Service before attending if your child has a rash and temperature - let them know about the rash.
- Having a flu vaccine will help protect your child from flu.

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