

Ydych chi neu aelod o'ch teulu yn eimlo'n sâl?

Trowch at eich fferyllfydd neu Galw Iechyd Cymru am help cyn gynted â phosib

Are you or a family member feeling unwell?

Get help as early as possible from your local pharmacist or NHS Direct Wales



Hunan-ofal

Gofalu amdanoch eich hun.



Self-care

Taking care of yourself.

Triniwch eich hun ar gyfer peswch, dolur gwddf neu drwyn sy'n rhedeg. Cadwch ddigon o foddion annwyd a ffliw. Ewch i gael brechiad rhag y ffliw.

Treat yourself for coughs, sore throats or a runny nose. Stock up on cold and flu remedies. Get your flu vaccination.



Gwasanaethau Lleol y GIG

Gan gynnwys:

- Fferyllfydd
- Uned Mân Anafiadau
- Meddygfeydd
- Ymwelwyr iechyd
- Bydwragedd
- Deintyddion



Local NHS Services

Including:

- Pharmacies
- Minor Injuries Unit
- GPs
- Health visitors
- Midwives
- Dentists

Fferyllfydd

- Dolur rhydd
- Poen stumog
- Cur pen

Meddygfeydd neu Wasanaethau y Tu Allan i Oriau

- Chwydu parhaus
- Pigyn clust
- Peswch poenus
- Symptomau sydd ddim yn gwella

Pharmacies

- Diarrhoea
- Upset stomach
- Headache
- Runny nose

GPs or Out of Hours Services

- Persistent vomiting
- Ear pain
- Painful cough
- Symptoms that won't go away



Adran Achosion Brys

Ar gyfer salwch neu anaf difrifol.

Ffoniwch **999** ar gyfer cyflyrau sy'n peryglu bywyd ac sydd angen sylw meddygol ar frys.



A&E

For serious illness or injury.

Call **999** for life-threatening conditions that need immediate medical attention.

- Tagu
- Poen mawr yn y frest
- Llewyg difrifol
- Colli llawer o waed
- Anaf difrifol
- Amau strôc

- Choking
- Severe chest pain
- Blacking out
- Major blood loss
- Serious injury
- Suspected stroke

I ddod o hyd i'ch fferyllfydd agosaf neu'r gwasanaeth mwyaf addas:

Galw Iechyd Cymru

0845 46 47

www.nhsdirect.wales.nhs.uk

To find your nearest pharmacist or most appropriate service:

NHS Direct Wales

0845 46 47

www.nhsdirect.wales.nhs.uk



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WALES



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@ChooseWellWales