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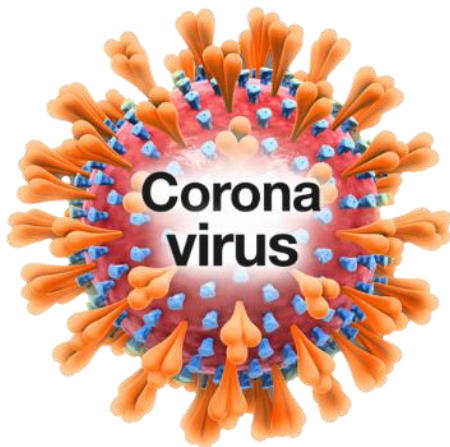
Iechyd Cyhoeddus
Cymru
Public Health
Wales



Coronavirus (COVID-19)

Easy read information about **Looking after your feelings and your body**

April 2020



COVID-19 is a new illness.

Lots of people call it **coronavirus**.

It can affect your lungs and your breathing.



Coronavirus can spread from person to person.

There are lots of things that we can do to stop it spreading.



To stop coronavirus spreading we all have to **change** how we spend our time and how we do things.

A lot of things have changed because of coronavirus.



When things change
it can affect our **feelings**.

Sometimes it can make us
worried and anxious.



This is OK.

There are lots of things
that you can do to help.



To stay well we must look after
our feelings and our body.

This information is about some of
the things we can do to look after
our feelings and our bodies
and feel better.

Look after your body



Eat healthy food.



Drink enough water.



Exercise at home.



Don't smoke.



Don't drink too much alcohol.

Look after your feelings



If you feel worried or anxious try to think about good things that make you happy.



Talk to someone you trust about the things that make you worried.



Carry on doing things that you enjoy doing in your home.

Think about new hobbies that you can start.



You can try **Mindfulness**.

Mindfulness can help people feel less worried and anxious.

Ask someone to help you find something that could be good for you.

Talk about your mental health



If you feel worried or anxious, and you want to talk to someone in private **these people** can help.



Mencap support people with a learning disability, their families and carers.

02074540454

www.mencap.org.uk



If you are autistic and you want more help, you can call the

Autism Helpline on

0808 800 4104

Or go to

www.autism.org.uk/cymru



If you are very worried, and you want to talk to someone in private, you can call **Samaritans** for free on **116 123**

Think about your new routine



Make a plan of the things you want to do in the day.



Make sure you get enough sleep.



Don't look at your mobile or tablet or play video games **just before you go to bed.**

This can make you more awake when you need to sleep.



Don't drink too much coffee and tea.

They can keep you awake when you need to sleep.

Other things that can help



Keep in touch with people.

Talk to friends and family on the phone or online.



Lots of groups are meeting online or by phone.



You can ask your families or carers to help you find out how to join in.



Help other people.

Helping other people can make them feel better and make you feel better too.



Just calling someone for a chat can be a big help.



Do things that you enjoy doing in your home.

Think about things you enjoy that you can do at home.



This could be something like

reading,
listening to music
drawing and painting.
Jigsaws.



Find time to relax.

Yoga and breathing exercises can help.



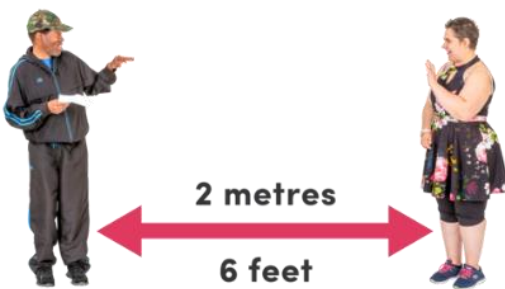
You can find breathing exercises and other things that may help you relax at Mind Cymru.

www.mind.org.uk



Enjoy nature.

If you can, exercise outside
1 or 2 times every day.



Remember, if you go outside

stay at least
3 steps,

or **2 metres**
away from other people.



If you have a garden,
spend time in it.



If you don't have a garden,
try growing a plant indoors,
on your windowsill.



Don't be worried by the news.

Only look at the news
1 or 2 times a day.



Get the facts.

Not all news you hear about
coronavirus is true.

Look for information that you
can trust.

You can find information
that you can trust from



Public Health Wales and



NHS 111 Wales website.

If you look after someone



If you look after someone,
it is important to have a plan
about what you might do
if you are unwell.



If you have children,
it is important to have a plan
about what you might do
if you are unwell.



It's important that your children
have a routine
and fun things to do too.



Remember to ask for help if you
need it.

Talk to your family,
your support workers,
or social worker if you have one.

Getting things you need



Make a plan about how you can get the things you need.

Try to buy healthy food and things that you really need.



If you have support from other people, ask them to help you.



Only go to the shops when you need to.

If you can, get food delivered to your home.

Medication



If you usually take medication, keep taking it.



Phone your pharmacy or your GP if you have questions about your medication.



You can phone your pharmacy to ask them to deliver your medication.



If it is not possible for someone to help you to get your medication, contact your local council.



If you need to see your GP,
phone them first.

Only go to the GP
if they tell you to.

If you have regular
appointments with your GP,
the GP might say
to stay at home and that they
will talk to you on the phone.



If you have any other
health appointment,
phone them first.



If you have a
health **emergency**
phone 999

Only phone 999
if someone is
very unwell
or if life is in danger.

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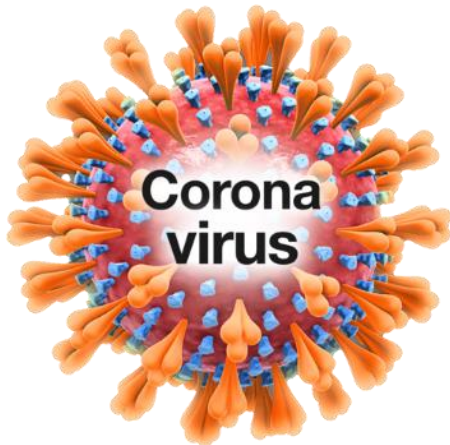
Iechyd Cyhoeddus
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Coronafeirws (COVID-19)

Gwybodaeth hawdd ei ddarllen ar
**Edrych ar ôl eich teimladau
a'ch corff**

Ebrill 2020



Mae **COVID-19** yn salwch newydd.

Mae llawer o bobl yn ei alw **coronafeirws**.

Gall effeithio eich ysgyfaint a'ch anadlu.



Gall Coronafeirws lledaenu o berson i berson.

Mae yna lawer o bethau gallwn wneud ei atal rhag lledaenu.



I atal Coronafeirws rhag lledaenu, mae rhaid i ni i gyd **newid** sut rydyn ni'n gwario ein hamser a sut rydyn ni'n wneud pethau.

Mae llawer o bethau wedi newid oherwydd coronafeirws.



Pan mae pethau'n newid gall effeithio ar ein **teimladau**.

Weithiau gall hyn wneud ni i **boeni ac yn bryderus**.



Mae hyn yn iawn.

Mae yna lawer o bethau y gallech chi i wneud i helpu.



I gadw'n iach mae'n rhaid i ni edrych ar ôl ein teimladau a'n corff.

Mae'r wybodaeth hon yn ymwneud â rhai o'r pethau y gallwn ei wneud i edrych ar ôl ein teimladau a'n corff i deimlo'n well.

Edrych ar ôl eich corff



Bwyta bwyd iach.



Yfed digon o ddŵr.



Gwneud ymarfer corff yn eich cartref.



Peidiwch ag ysmegu.



Peidiwch ag yfed gormod o alcohol.

Edrych ar ôl eich teimladau



Os ydych chi'n poeni ac yn teimlo'n bryderus, meddyliwch am bethau da sydd yn gwneud chi'n hapus.



Siaradwch i rywun rydych chi'n ymddiried ynddo am y pethau sydd yn wneud i chi phoeni.



Daliwch ati i wneud pethau rydych chi'n mwynhau eu gwneud yn eich cartref.

Meddyliwch am hobiau newydd y gallwch chi ddechrau.



Gallwch roi cynnig ar **Ymwybyddiaeth Ofalgar.**

Gall ymwybyddiaeth ofalgar helpu pobl i deimlo'n llai pryderus.

Gofynnwch i rywun eich helpu chi i ddod o hyd i rywbeth a allai fod yn da i chi.

Siaradwch am eich iechyd meddwl



Os ydych chi'n teimlo'n bryderus, a rydych chi eisiau siarad â rhywun yn breifat **gall y pobl hyn helpu.**



Mae **Mencap** yn cefnogi pobl gyda anabledd dysgu, eu teuluoedd a'u gofalwyr.

02074540454

www.mencap.org.uk



Os ydych chi'n awtistig ac rydych chi eisiau mwy o help, gallwch chi ffonio'r

Llinell Gymorth Awtistiaeth ar

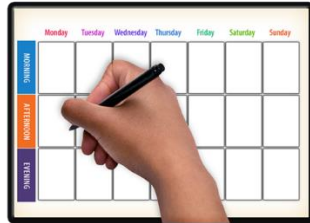
0808 800 4104 neu mynd i

www.autism.org.uk/cymru

SAMARITANS

Os ydych chi'n bryderus iawn, ac rydych chi eisiau siarad â rhywun yn breifat, gallwch chi ffonio y **Samariaid** am ddim ar **116 123**

Meddwl am eich trefn newydd



Lluniwch gynllun o'r pethau rydych chi eisiau eu wneud yn y dydd.



Gwnewch yn siŵr eich bod chi'n cael digon o gwsg.



Peidiwch ag edrych ar eich ffôn symudol neu tabled neu chwarae gemau fideo **cyn mynd i gwelu.**

Gall hyn wneud chi yn fwy effro pan rydych chi angen cysgu.



Peidiwch ag yfed gormod o goffi a thê.

Gall hyn cadw chi'n effro pan rydych chi angen cysgu.

Pethau eraill all helpu



Cadw mewn cysylltiad gyda phobl.

Siarad gyda ffrindiau a theulu ar y ffôn neu ar lein.



Mae llawer o grwpiau yn cwrdd ar lein neu trwy ffôn.



Gallwch chi ofyn i eich teuluoedd a'ch gofalwyr i helpu chi darganfod sut i ymuno.



Helpu pobl eraill.

Gall helpu pobl eraill wneud iddyn nhw teimlo'n gwell ac yn wneud i chi teimlo'n gwell hefyd.



Gall galw rhywun am sgwrs fod yn help mawr.



Gwnewch pethau rydych chi'n mwynhau gwneud yn eich cartref.

Meddwl am pethau rydych chi'n mwynhau gallech chi wneud yn eich cartref.



Gall hyn fod rhywbeth fel

darllen,
gwrando i gerddoriaeth
arlunio a peintio.
gwneud jig-so.



Dewch o hyd i amser i ymlacio

Gall ioga ac ymarferion
anadlu heplu.



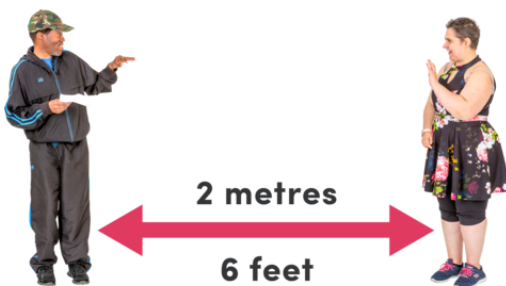
Gallwch chi ddod o hyd i
ymarferion anadlu a phethau arall
sydd gallu heplu chi ymlacio yn

www.mind.org.uk



Mwynhau natur

Os y gallwch chi wneud ymarfer corff y tu allan 1 neu 2 gwaith bob dydd.



Cofiwch, os ydych chi'n mynd tu allan

cadw **o leiaf 3 cam,**

neu **2 medr i ffwrdd o phobl eraill.**



Os gennych chi gardd, gwariwch amser ynddi.



Os nad oes gennych chi gardd, ceisiwch dyfu planhigyn ar eich silff ffenestr.



Peidiwch a phoeni am y newyddion

Dim ond edrych ar y newyddion 1 neu 2 gwaith y ddydd.



Cael y ffeithiau.

Nid yw popeth rydych chi'n clywed ar y newyddion am coronafeirws yn wir.

Edrychwch am wybodaeth gallech chi ymddiried ynddo.

Gallech chi ddod o hyd i gwybodaeth y gallech chi ymddiried



o lechd Cyhoeddus Cymru



a GIG Galw Iechyd Cymru a gwefanau 111 Cymru.

Os ydych chi'n edrych ar ôl rhywun



Os ydych chi'n edrych ar ôl rhywun, mae'n bwysig cael cynllun o beth allech chi wneud os ydych chi'n sâl.



Os oes gennych blant, mae'n bwysig cael cynllun o beth allech chi wneud os ydych chi'n sâl.



Mae'n bwysig bod eich blant yn cael trefn a phethau hwyl i'w gwneud.



Cofiwch i ofyn am help os oes ei angen arnoch.

Siaradwch â'ch teulu, eich gweithwyr cymorth neu weithiwr cymdeithasol os oes gennych chi un.

Cael y phethau sydd eu hangen arnoch chi



Lluniwch gynllun am sut y gallwch chi gael y pethau rydych chi eu hangen.

Ceisiwch brynnu bwyd iachus a phethau sydd eu hangen arnoch chi.



Os ydych chi'n cael cefnogaeth o bobl eraill, gofynnwch iddyn nhw i'ch helpu.



Dim ond mynd i'r siopau pan fydd angen.

Os gallwch chi, cael eich bwyd danfonwyd i'ch cartref.

Meddyginiaeth



Os ydych chi fel arfer yn cymryd meddyginiaeth, daliwch ati.



Ffoniwch eich fferyllfa neu eich meddyg os oes gennych chi cwestiynau am eich meddyginiaeth.



Gallwch chi ffono eich fferyllfa i ofyn iddyn nhw i ddosbarthu'ch meddyginiaeth.



Os nad yw'n bosibl i rhywun i'ch helpu chi cael eich meddyginiaeth, cysylltwch â'ch cyngor leol.



Os oes angen i chi weld eich feddyg, **ffoniwch yn gyntaf.**

Dim ond mynd i'ch feddyg, os dywedant wrthydych.

Os ydych chi'n cael apwyntiadau yn gyson gyda'ch meddyg, gallai'r meddyg dweud wrthoch chi i aros gartref a siarad gyda chi dros y ffôn.



Os ydych chi'n cael unrhyw apwyntiad iechyd arall, ffoniwch nhw yn gyntaf.



Os oes gennych chi **argyfwng iechyd** ffoniwch 999.

Dim ond ffonio 999 os mae rhywun yn sâl iawn. neu os yw bywyd mewn perygl.

Gwneir y ddogfen hon
mewn phartneriaeth rhwng



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