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Public Health Wales

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6ed Ionawr 2011
Annwyl Riant / Gwarcheidwad

Fel y byddwch eisoes yn gwybod o bosibl, mae ffliw tymhorol yn lledaenu yn y gymuned ar hyn o bryd. Mae sawl math o ffliw tymhorol gan gynnwys A (H1N1 neu Ffliw Moch) a B.

Mae symptomau ffliw yn cynnwys:-

- Peswch
- Dolur Gwddf
- Cur pen
- Poen yn y cyhyrau
- Blinder

Mae'r rhan fwyaf o bobl yn gwella ar ôl cael ffliw heb broblemau. Fodd bynnag, o bryd i'w gilydd gall salwch difrifol godi yn arbennig ymhlith rhai grwpiau sy'n agored i niwed.
Efallai y bydd merched beichiog a'r rheini â chlefyd cronig eisoes wedi'u hamddiffyn gan yr imiwneiddiad ffliw, os na neu os oes gennych unrhyw ymholiadau eraill, cysylltwch â'ch meddyg teulu ac ewch â'r llythyr hwn gyda chi.

Os oes gennych bryderon am iechyd eich plentyn neu unrhyw aelod o'r teulu, sicrhewch eich bod yn ceisio cyngor eich meddyg teulu.

Er mwyn atal y salwch hwn rhag lledaenu ymhellach **ni ddylai** rhieni anfon eu plant i'r ysgol os bydd symptomau ganddynt, a dylent eu cadw i ffwrdd o'r ysgol hyd nes eu bod wedi gwella.
Dylai unigolion sydd â symptomau gael eu heithrio o gymryd rhan mewn unrhyw ddigwyddiadau eraill yn yr ysgol gan gynnwys chwaraeon, cyngherddau a pherfformiadau eraill.

Er mwyn atal yr haint rhag lledaenu, dylech annog yr arferion rheoli heintiau sylfaenol hyn yn eich cartref:

- Golchi dwylo'n rheolaidd â dŵr a sebon i atal y feirws rhag lledaenu o'r dwylo i'r wyneb neu i bobl eraill.
- Gorchuddio eich trwyn a'ch ceg wrth besychu neu disian, gan ddefnyddio hances bapur pan fo hynny'n bosibl.
- Cael gwared ar hancesi bapur brwnt yn gyflym ac yn ofalus.
- Golchi arwynebau caled (e.e. dolenni drysau) yn aml gan ddefnyddio cynnyrch glanhau arferol.

Os bydd angen unrhyw gyngor meddygol arnoch, cysylltwch â'ch meddyg teulu, neu cysylltwch â'r Tîm Amddiffyn Iechyd ar 029 20402478 i gael cyngor pellach ar Iechyd Cyhoeddus.

Yn gywir

Marion Lyons

Dr Marion Lyons
Prif Ymgynghorydd mewn Rheoli Clefydau Trosglwyddadwy

Her Iechyd Cymru Health
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5th January 2011
Dear Parent/ Guardian

As you may already be aware there is seasonal influenza (flu) circulating in the community at present. There are several strains of seasonal flu including A(H1n1 or Swine Flu) and B.

The symptoms of influenza include:-

- Cough
- Sore Throat
- Headache
- Muscle aches and pains
- Fatigue

The majority of individuals recover following influenza with no problems, however, occasionally severe illness may occur especially in some vulnerable groups.
Pregnant women and those with chronic disease may already be protected by influenza immunisation, if not or if you have any other queries please contact your family doctor and take this letter with you.

Frontline healthcare professionals who have not already been immunised should contact their occupational health department.

If you are concerned regarding the health of your child or any family member, please ensure that you seek the advice of your family doctor.
In order to prevent further spread of this illness parents **should not** send their children to school if symptomatic, and keep them away until recovered.
Symptomatic individuals should also be excluded from school attendance for any other events including sports, concerts, and other performances.

To prevent spread of the infection, please encourage these basic infection control practices within your household:

- Washing hands frequently with soap and water to reduce the spread of the virus from hands to face or to other people.
- Covering your nose and mouth when coughing or sneezing, using a tissue when possible.
- Disposing of dirty tissues promptly and carefully.
- Cleaning hard surfaces (e.g. door handles) frequently using a normal cleaning product.

If you require any medical advice please contact your family doctor, or for further Public Health advice please contact the Health Protection Team 02920 402478.

Yours sincerely

Marion Lyons

Dr Marion Lyons
Lead Consultant in Communicable Disease Control

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