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Bwrdd Iechyd Prifysgol
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Healthcare on holiday



We wish you a happy and healthy stay while you're on holiday in the region but if you need to access healthcare, please refer to this short guide to accessing our services.

Your safety is important to us

Please note all of our GP practices, dentists, pharmacists and optometrists will be adhering to social distancing measures and will be using personal protective equipment in line with national guidelines.

COVID-19 symptoms

For COVID-19 related advice, please call **111**. If you develop symptoms (a new continuous cough, high temperature, or a loss or change in sense of smell or taste) you, and anyone travelling with you, **must return home** as quickly as possible if well enough to do so, and book a test via gov.wales/apply-coronavirus-test or call **119**. You must not use public transport. If you are too unwell to return home straight away, and require a test locally, please go to hduhb.nhs.wales/healthcare/tourist-and-visitor-information/

Urgent care

Always call **999** for emergencies or visit your nearest A&E. For minor injuries you can attend a minor injuries unit.

Paediatric care

If your child becomes ill, please dial **999** if it is an emergency. If it is not urgent but you need

support, contact **111** who will know where your local services are. Please note not all our hospitals have a full range of paediatric services.

General Practice care

Urgent care: You should call a local practice covering the address where you are staying. Please do not visit the surgery in person; practices have strict measures in place. If the practice thinks you need face-to-face treatment, the practice will tell you what you need to do. Practices are not able to offer non-essential care. **Non-urgent care:** Contact your own surgery to receive advice over phone or online.

Pharmacy care

If you need repeat medication, you should contact the GP practice you are registered with to get a prescription. An emergency supply of medication may be provided, without a prescription, if specific criteria is met. Please phone ahead before visiting the pharmacy. You may be asked to wait outside.

Dental and eye care

If you have an urgent dental or eye problem which cannot wait until you get home, please call **111** to access an emergency appointment. Please note if you have bleeding that won't stop following an extraction, severe facial swelling or swelling that is making it difficult to breathe, you need to go to A&E.

For a full range of FAQs, and for contact details of local healthcare services, please visit:
hduhb.nhs.wales/healthcare/services-and-teams/primary-care/
For general advice call **111**

Together we'll keep Wales safe



KEEP WALES SAFE





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Gofal Iechyd tra ar wyliau

Rydym yn dymuno arhosiad hapus ac iach i chi tra'ch bod ar wyliau yn yr ardal ond os oes angen i chi gael mynediad at ofal iechyd, cyfeiriwch at y canllaw byr hwn ar gyrchu ein gwasanaethau.

Mae eich diogelwch yn bwysig i ni

Sylwch y bydd ein holl feddygyfeydd, deintyddion, fferyllwyr ac optometryddion yn cadw at fesurau pellhau cymdeithasol ac yn defnyddio offer amddiffynnol personol yn unol â chanllawiau cenedlaethol.

Symptomau COVID-19

I gael cyngor sy'n gysylltiedig â COVID-19, ffoniwch 111. Os ydych chi'n datblygu symptomau (peswch parhaus newydd, tymheredd uchel, neu golled neu newid mewn ymdeimlad o arogl neu flas) **rhaid** i chi, ac unrhyw un sy'n teithio gyda chi, **ddychwelyd adref** cyn gynted â phosibl os ydydych yn ddigon da i wneud hynny, a gwneud apwyntiad am brawf trwy **gov.wales/apply-coronavirus-test** neu ffonio 119. Rhaid i chi beidio â defnyddio trafnidiaeth gyhoeddus. Os ydych chi'n rhy sâl i ddychwelyd adref ar unwaith, a bod angen prawf yn lleol, ewch i **biphdd.gig.cymru/gofal-iechyd/gwybodaeth-i-twristiaid-ac-ymwelwyr/**

Gofal Brys

Ffoniwch 999 am argyfyngau neu ymwelwch â'ch uned damweiniau ac achosion brys. Ar gyfer mân anafiadau gallwch fynychu uned mân anafiadau.

Gofal Pediatreg

Os bydd eich plentyn yn mynd yn sâl,

I gael ystod lawn o Gwestiynau Cyffredin, ac i gael manylion cyswllt gwasanaethau gofal iechyd lleol, ewch i hduhb.nhs.wales/healthcare/services-and-teams/primary-care/
Am gyngor cyffredinol ffoniwch 111

Diogelu Cymru gyda'n gilydd

ffoniwch 999 os yw'n argyfwng. Os nad yw'n fater brys ond mae angen cefnogaeth arnoch chi, cysylltwch â 111 a fydd yn gwybod ble mae'ch gwasanaethau lleol. Sylwch nad oes gan bob un o'n hysbytai ystod lawn o wasanaethau pediatreg.

Gofal Meddygaeth Teulu

Gofal brys: Dylech ffonio meddygfa leol sy'n cwmpasu'r cyfeiriad lle'r ydych chi'n aros. Peidiwch ag ymweld â'r feddygfa yn bersonol; mae gan feddygyfeydd fesurau llym ar waith. Os yw'r practis o'r farn bod angen triniaeth wyneb yn wyneb arnoch chi, bydd y practis yn dweud wrthyb beth sydd angen i chi ei wneud. Nid yw meddygyfeydd yn gallu cynnig gofal nad yw'n hanfodol. **Gofal nad yw'n frys:** Cysylltwch â'ch meddygfa eich hun i dderbyn cyngor dros y ffôn neu ar-lein.

Gofal Fferyllol

Os oes angen meddyginiaeth ailadroddus arnoch, dylech gysylltu â'r practis meddyg teulu yr ydych wedi cofrestru ag ef i gael presgripsiwn. Gellir darparu cyflenwad brys o feddyginiaeth, heb bresgripsiwn, os bodlonir meini prawf penodol. Ffoniwch ymlaen llaw cyn ymweld â'r fferyllfa. Efallai y gofynnir i chi aros y tu allan.

Gofal Deintyddol a Llygaid

Os oes gennych broblem deintyddol neu lygaid brys na all aros nes i chi gyrraedd adref, ffoniwch 111 i gael mynediad at apwyntiad brys. Sylwch os oes gennych waedu nad yw wedi stopio yn dilyn echdynnu, chwyddo difrifol yn yr wyneb neu chwyddo sy'n ei gwneud hi'n anodd anadlu, mae angen i chi fynd i'r adran damweiniau ac achosion brys.



DIOGELU CYMRU

