



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Hywel Dda
University Health Board



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, ewch i [hduhb.nhs.wales/healthcare/services-and-teams/primary-care/](https://www.hduhb.nhs.wales/healthcare/services-and-teams/primary-care/) i gael gwybodaeth leol. I gael cyngor cyffredinol ffoniwch 111. Mewn argyfwng deialwch 999.

Symptomau COVID-19

Os byddwch 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 ydych yn ddigon da i wneud hynny, a gwneud apwyntiad am brawf trwy [gov.wales/apply-coronavirus-test](https://www.gov.wales/apply-coronavirus-test) neu ffoniwch 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 [biphdd.gig.cymru/gofal-iechyd/gwybodaeth-i-twrystiaid-ac-ymwelwyr/](https://www.biphdd.gig.cymru/gofal-iechyd/gwybodaeth-i-twrystiaid-ac-ymwelwyr/)

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 visit [hduhb.nhs.wales/healthcare/services-and-teams/primary-care/](https://www.hduhb.nhs.wales/healthcare/services-and-teams/primary-care/) for local information. For general advice call 111. For emergencies dial 999.

COVID-19 symptoms

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](https://www.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/](https://www.hduhb.nhs.wales/healthcare/tourist-and-visitor-information/)