

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/tourist-and-visitor-information for local information. For general advice call **111**. For emergencies dial **999**.

COVID-19 Symptoms

For COVID-19 related advice, please call **111**. If you develop any of the classic three symptoms (new cough, temperature, loss/change of smell/taste) or flu-like symptoms (aches, pains, persistent headache, tiredness, runny/blocked nose, sore throat, breathlessness), you and anyone travelling with you, must return home as soon as possible 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, you can book a test locally via the above contact (using your holiday accommodation postcode).

When booking your test - if you have flu-like symptoms rather than the classic three, choose "None of these symptoms" and then one of the following options:

- My local council or health protection team has asked me to get a test, even though I do not have symptoms or
- You are part of a government pilot project or
- A GP or other healthcare professional has asked me to get a test.

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 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 urgent eye care advice, please contact your nearest optometrist.

For a full range of FAQs, and for contact details of local healthcare services please visit: hduhb.nhs.wales/healthcare/tourist-and-visitor-information

Together we'll 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, ewch biphdd.gig.cymru/gofal-iechyd/gwybodaeth-i-twristiaid-ac-ymwelwyr i gael gwybodaeth leol. I gael cyngor cyffredinol, ffoniwch **111**. Ar gyfer argyfyngau deialwch **999**.

Symptomau COVID-19

I gael cyngor yn gysylltiedig â COVID-19, ffoniwch **111**. Os byddwch chi'n datblygu unrhyw un o'r tri cyffredin (peswch newydd, tymheredd, colli / newid arogl / blas) neu symptomau tebyg i ffliw (poenau, cur pen parhaus, blinder, trwyn yn rhedeg neu wedi blocio, dolur gwddf, diffyg anadl), rhaid i chi ac unrhyw un sy'n teithio gyda chi, ddychwelyd adref cyn gynted â phosibl ac archebu prawf trwy llyw.cymru/cael-prawf-coronafeirws-covid-19 neu ffonio **119**. Rhaid i chi beidio â defnyddio trafniadaeth gyhoeddus. Os ydych chi'n rhy sâl i ddychwelyd adref ar unwaith, gallwch archebu prawf yn lleol trwy'r cyswllt uchod (gan ddefnyddio cod post eich llely gwyliau).

Wrth archebu eich prawf - os oes gennych symptomau tebyg i ffliw yn hytrach na'r tri cyffredin, dewiswch "Dim un o'r symptomau hyn" ac yna un o'r opsiynau canlynol:

- Mae fy nghyngor lleol neu dîm amddiffyn iechyd wedi gofyn imi gael prawf, er nad oes gen i symptomau neu
- Rydych chi'n rhan o brosiect pilot o llywodraeth neu
- Mae meddyg teulu neu weithiwr gofal iechyd proffesiynol arall wedi gofyn imi gael prawf.

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, 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 feddygfydd fesurau llym ar waith. Os yw'r practis o'r farn bod angen triniaeth wyneb yn wyneb arnoch chi, bydd y practis yn dweud wrthych beth sydd angen i chi ei wneud. Nid yw meddygfydd 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 ddeintyddol brys na all aros nes i chi gyrraedd adref, ffoniwch **111** i gael 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 Ddamweiniau ac Achosion Brys. I gael cyngor gofal llygaid ar frys, cysylltwch â'ch optometrydd agosaf.

I gael ystod lawn o Gwestiynau Cyffredin, ac i gael manylion cyswllt gwasanaethau gofal iechyd lleol, ewch i biphdd.gig.cymru/gofal-iechyd/gwybodaeth-i-twristiaid-ac-ymwelwyr

Diogelu Cymru gyda'n gilydd



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