

Gellir defnyddio'r daflen Rheoli Eich Haint Cyffredin (hunanofal) fel adnodd i'r cyhoedd a chymunedau i gynyddu ymwybyddiaeth a newid ymddygiad mewn perthynas â defnydd o wrthfioigau drwy gynyddu hyder a gwybodaeth unigolion am sut i hunanofalu am eu heintiau eu hunain a thrwy hyn leihau defnydd amhriodol o wrthfioigau.

TARGET Taflen Rheoli eich haint cyffredin (hunanofal) Canllaw Defnyddiwr



- Nod y daflen yw rhoi gwybodaeth, yn unol â chyfarwyddyd NICE 63, am y canlynol:
- Cynyddu ymwybyddiaeth a newid ymddygiad o ran hylendid, hunanofal a thrwy hyn y defnydd o wrthfioigau
 - Cwrs naturiol heintiau hunangyfnyngol
 - Sut gall pobl hunanofalu
 - Cynngor penodol ynghylch pryd i gael help meddygol
 - Cynngor syml i olchi eu dwylo i leihau lledaeniad heintiau
 - Darparu gwybodaeth am COVID-19 yn unol â chanllawiau Llywodraeth Cymru

Beth yw amcanion y daflen Rheoli Eich Haint Cyffredin?



TARGET Managing your common infection (self-care) leaflet User Guide

The Managing Your Common Infection (self-care) leaflet can be used as a tool for the public and communities to increase awareness and change behaviour around antibiotic use by increasing individuals' confidence and knowledge on how to self-care for their own infections and subsequently reducing inappropriate antibiotic use.

What are the aims of the Managing Your Common Infection leaflet?

The leaflet aims to give information, in line with NICE 63 guidance on:

- Increase awareness and change behaviour around hygiene, self-care and subsequently antibiotic use
- The natural course of self-limiting infections
- How people can self-care
- Explicit advice when to seek medical help
- Simple advice to wash their hands to reduce the spread of infection

The leaflet follows behavioural steps which help the reader to make decisions on how to manage their own infection. The behavioural steps are:

1. What are the symptoms of a common infection?
2. How common is my infection?
3. How can I treat a common infection?
4. How long could my infection last?
5. Will my infection need antibiotics to get better?
6. How can I stop my infection from spreading?
7. What symptoms of serious illness should I look out for?
8. What if I suspect signs of sepsis?



When to use the Managing Your Common Infection leaflet?

The leaflet can be used in a variety of situations and settings including in:-

- Community pharmacy to educate patients about self-care for common infections
- Consultations to share with patients
- GP surgery waiting rooms
- Community groups

Why create the Managing Your Common Infection leaflet?

TARGET currently have leaflets for respiratory tract and urinary tract infections. In some cases, such as in community pharmacy, healthcare professionals may not know what type of infection a patient has, and therefore this leaflet can provide general advice covering common infections in general. This leaflet aims to empower patients to manage symptoms of common infections through simple self-care actions and provide safety netting information including serious signs of illness to look out for and where to seek urgent help.

We are happy to receive feedback about how you have used this leaflet and any constructive comments on how it can be improved. Please contact the TARGET team via email at TARGETantibiotics@ukhsa.gov.uk

Mae'r daflen yn dilyn camau ymddygiadol sy'n helpu'r darlennydd i wneud penderfyniadau am sut i reoli ei haint ei hun. Dyma'r camau ymddygiadol:

1. Beth yw symptomau haint cyffredin?
2. Pa mor gyffredin yw fy haint?
3. Sut gallaf i drin haint cyffredin?
4. Am ba hyd gallaf fy haint bara?
5. A fydd angen gwrthfiotigau i wella fy haint?
6. Sut gallaf i atal fy haint rhag lledaenu?
7. Pa symptomau o salwch difrifol ddylwn i gadw llygad amdanynt?
8. Beth os wyf yn amau arwyddion sepsis?



Pryd i ddefnyddio'r daflen Rheoli Eich Haint Cyffredin?

Gellir defnyddio'r daflen mewn amrywiaeth o seyllffaoedd a lleoliadau, gan gynnwys y canlynol:

- Fferylfa gymunedol i addysgu cleffion am humanofal ar gyfer heintiau cyffredin
- Ymgynghoriadau i'w rhannu gyda chleffion
- Ystafelloedd aros meddygyddol
- Grwpiau cymunedol

Pam creu'r daflen Rheoli Eich Haint Cyffredin?

Ar hyn o bryd mae gan TARGET daflenni ar gyfer heintiau'r llwybr anadliol a'r llwybr wrinol. Mewn rhai achosion, fel mewn fferylfa gymunedol, efallai na fydd gweithwyr gofal iechyd proffesiynol yn gwybod pa fath o haint sydd gan glaf, ac felly gall y daflen hon roi cynngor cyffredinol ar heintiau cyffredin. Nod y daflen hon yw galluogi cleffion i reoli symptomau heintiau cyffredin drwy gamau humanofal syml a darparu gwybodaeth am rwydï diogelwch gan gynnwys arwyddion difrifol o salwch i gadw llygad amdanynt a ble i gael help ar frys. Rydym yn hapus i dderbyn adborth am sut rydych wedi defnyddio'r daflen hon ac unrhyw sylwadau adeiladol ar sut gellir ei gwella. Cysylltwch â thîm TARGET ar e-bost ar TARGETantibiotics@ukhsa.gov.uk