

- Llywodraeth Cymru
- Darparu gwybodaeth am COVID-19 yn uol â channialwau
 - Cyngor syml i olchi eu dwyllo i leihau lledadenniad heintiau
 - Cyngor penodol yngylch pryd i gael help meddygol
 - Sut gall pobl hunanofal u
thryw y hyd o wrthfotigau
 - Cwrs naturiol heintiau hunangyfngol
 - Cynddu ymwybidiad a newid ymddygiad o ran hylendid, hunanofal a
am y canlynol:
- Nod y dafffen yw rhoi gwybodaeth, yn uol â chyfarwyddyd NICE 63,

Beth yw amcanion y dafffen Rheoli Eich Haint Cyffredin?

Gellir defnyddio'r dafffen Rheoli Eich Haint Cyffredin (hunanofal) fel addodd i'r cyhoedd a chymunedau i gynddu ymwybidiad a newid ymddygiad
mewn perthynas â defnydd o wrthfotigau drwy gynddu hyder a gwybodaeth
nugolion am sut i hunanofal am eu heintiau eu hunain a thryw y hyd leihau
defnydd amhriodol o wrthfotigau.

TARGET Taflein Rheoli Eich Haint Cyffredin (hunanofal) Canllaw Defnyddwr

Cadw Gwrt i'r gweithio



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.

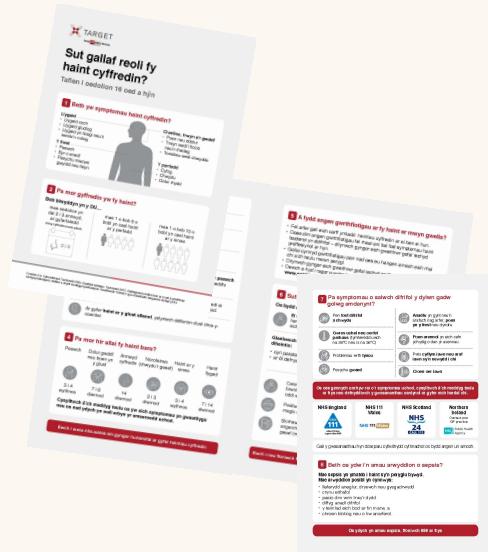
What are the aims of the Managing Your Common Infection leaflet?

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:-

- 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

Rydym yn hapsus i ddederbynni addoborth am sut rydych wedi defnyddio'r daflein hon arwyddiol sy'n salwch i gadw llwyd amdanuyt a ble i gael help ar fyrs. Ar hyd mae gan TARGET dafleini ar gyfer heintiau'r llwybr anadolol a'r hunanofal sy'n galluogi celfiion i roi symptomau hemiciliau cyffredin. Nod y ffordd gwreithwyr gofali iechyd proffesiynol yn gwylod pad a fath o haint sydd gan llwybr wrinol. Meulen rhai achosion, fel mewm fferylla gymanedol, efallai na. Ar hyd mae gan TARGET dafleini ar gyfer heintiau'r llwybr anadolol a'r ffudol sy'n galluogi celfiion i roi symptomau hemiciliau cyffredin. Nod y ffordd gwreithwyr gofali iechyd proffesiynol yn gwylod pad a fath o haint sydd gan llwybr wrinol. Meulen rhai achosion, fel mewm fferylla gymanedol, efallai na.

Pam creu'r daflein Rheoli Eich Haint Cyffredin?

- Gwylfau gymanedol
- Ystafelloedd aros meddygfeidd
- Ymgynghoriadau i'r rhannu gyda chleifion
- Fferylla gymanedol i addysgu cleifion am hunanofal ar gyfer heintiau cyffredin

Gelir defnyddio'r daflein mecen amrywieth o sefyllfaodd a lleoliadau, gan gydnwys y canlynol:

- 1. Beth yw symptomau haint cyffredin?
- 2. Pa mor gyffredin yw fy haint?
- 3. Sut gallaf i drin haint cyffredin?
- 4. Am ba hyd gallai fy haint bar?
- 5. A fydd angen gwrtifflotigau i wella fy haint?
- 6. Sut gallaf i atal fy haint rhag lledaenu?
- 7. Pa symptomau o salwch drifftol ddyliwn i gadw llwyd amdanuyt?
- 8. Beth os wyl ymamu arwyddiol sepsi?



Mae'r daflein yn dilyn camau ymddygiadol sy'n helpu'r darllenwyr i wneud pendrefnidiadau am sut i roi ei haint ei hun. Dyma'r camau ymddygiadol: