

If you develop coronavirus symptoms

- You should only support someone if you're feeling well and don't have any symptoms of coronavirus (a high temperature, a new and persistent cough or loss of taste or smell).
- Let the person you're supporting know as soon as possible that you're not able to support them for at least two weeks.
- Contact the other 'Friend' that supports that person.

If you're concerned about your symptoms, follow information on NHS 111 (formerly NHS Direct Wales)

<https://111.wales.nhs.uk/SelfAssessments/symptomcheckers/COVID19.aspx>

Os ydych yn datblygu symptomau'r Coronafeirws

- Dylech gefnogi rhywun dim ond os ydych yn teimlo'n dda ac nid ydych yn dioddef o unrhyw symptomau'r coronafeirws (tymheredd uchel, peswch newydd a pharhaus neu wedi colli'ch synnwyr blasu neu arogl).
- Rhowch wybod cyn gynted â phosibl i'r unigolyn yr ydych yn ei gefnogi nad ydych yn gallu ei gefnogi am bythefnos o leiaf.
- Cysylltwch â'r 'Cyfaill' arall sy'n cefnogi'r unigolyn hwnnw

Os ydych yn pryderu am eich symptomau, dilynwch y wybodaeth ar 111 y GIG (Galw Iechyd Cymru gynt)

[https://111.wales.nhs.uk/coronavirus\(2019ncov\)/](https://111.wales.nhs.uk/coronavirus(2019ncov)/)