

Looking after someone's pet

If you need to walk the pet of the person you're helping, please follow the guidance below:

- You can exercise more than once a day, so can carry out the walk separately to your exercise, however, you should stay in your local area. This means any exercise should start and end at home and not involve going a significant distance from home.
- You should wash your hands before and after handling the pet.
- You should try to walk the pet on a lead at all times and avoid direct contact with other people and animals.
- You should safely hand over a pet at the front door or hallway and avoid contact with the pet's owner.
- If you're walking a pet from a household that is showing symptoms of the virus, you should make sure that the pet does not mix with animals from other households.

If you're not able to walk the pet yourself, organisations such as the Cinnamon Trust may be able to help: 01736 757 900

<https://cinnamon.org.uk/>

Gofalu am anifail anwes rhywun

Os oes angen i chi fynd ag anifail anwes yr unigolyn yr ydych yn ei gefnogi am dro, dilynwch y canllawiau isod:

- Cewch wneud ymarfer corff fwy nag un waith y diwrnod, felly gallwch fynd am dro ar wahân i wneud eich ymarfer corff eich hun. Fodd bynnag, dylech aros yn eich ardal leol. Mae hyn yn golygu y dylai unrhyw ymarfer corff ddechrau a gorffen yn eich cartref a pheidio â chynnwys teithio pellter sylweddol oddi wrth eich cartref.
- Dylech olchi eich dwylo cyn ac ar ôl cyffwrdd yn yr anifail anwes.
- Dylech geisio mynd â'r anifail anwes am dro ar dennyn bob amser ac osgoi cyswllt uniongyrchol â phobl ac anifeiliaid eraill.
- Dylech ddychwelyd yr anifail anwes yn ddiogel wrth y drws ffrynt neu gyntedd ac osgoi cyswllt â pherchennog yr anifail anwes.
- Os ydych yn mynd ag anifail anwes am dro sydd o gartref sy'n dangos symptomau'r feirws, dylech sicrhau nad yw'r anifail anwes yn cysylltu ag anifeiliaid o aelwydydd eraill.

Os nad ydych yn gallu mynd â'r anifail anwes am dro eich hun, gall sefydliadau megis yr Ymddiriedolaeth Cinnamon helpu: 01736 757 900

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