

Picking up prescriptions

- You can pick up a prescription on behalf of someone else. The prescription can be either electronic or a paper prescription.
- Plan ahead where possible to find out when the next prescription is due. If it can be ordered at least seven days beforehand this will help the pharmacist deal with urgent requests and queries.
- You may need to take ID with you and you will need to know the name and address of the person you're collecting for.

For further information <https://www.nhs.uk/common-health-questions/caring-carers-and-long-term-conditions/can-i-pick-up-a-prescription-for-someone-else/>

Here are a few basic precautions for handling prescriptions;

1. Follow social distancing protocol and don't take unnecessary risks.
2. Don't go into the house of the person you're supporting.
3. Leave the medicine outside on the doorstep.
4. Communicate to the person in isolation that you have delivered via message or phone call. Get confirmation that the person has received it before you leave.
5. Remember to wash hands before and after deliveries for at least 20 seconds.

6. When out and about keep a bottle of alcohol hand sanitiser to hand.
7. Cover your mouth and nose with a tissue when coughing and sneezing. If you don't have a tissue, cough and sneeze into the crook of your arm.
8. Public transport should be avoided where possible. In cases where taking public transport is unavoidable, ensure to disinfect the items before delivering.
9. Take care when handling any items which may be given to people who may have compromised immune systems. The virus can live on inanimate surfaces for up to 24 hours.
10. Disinfect any surface that will be touched by the person you're delivering to.

If the person you're supporting needs further help and is aged 50 or over they can contact Age Cymru Advice on **08000 223 444**, available 9:30am to 4:30pm, Monday to Friday, or email advice@agecymru.org.uk

If the person you're supporting needs further help and is aged under 50, they can call Citizens Advice on **03444 77 20 20**, available 9am to 5pm, Monday to Friday, or visit www.citizensadvice.org.uk/wales/

Casglu presgripsiynau

- Gallwch gasglu presgripsiwn ar ran rhywun arall. Gall y presgripsiwn fod yn naill ai presgripsiwn electronig neu bapur.
 - Cynlluniwch ymlaen llaw lle bynnag sy'n bosibl i gael gwybod pa bryd y bydd angen y presgripsiwn nesaf. Os gellir ei archebu saith diwrnod ymlaen llaw, bydd hyn yn cynorthwyo'r fferylllydd i ymdrin â cheisiadau ac ymholiadau brys.
 - Mae'n bosibl y bydd angen i chi fynd â phrawf adnabod gyda chi a bydd angen i chi fod yn ymwybodol o enw a chyfeiriad yr unigolyn yr ydych chi'n casglu ei bresgripsiwn iddo.
5. Cofiwch olchi eich dwylo cyn ac ar ôl danfon am o leiaf 20 eiliad.
 6. Pan fyddwch yn mynd o un lle i'r llall, cadwch botel o hylif diheintio alcohol wrth law.
 7. Gorchuddiwch eich ceg a thrwyn gyda hances wrth besychu neu disian. Os nad oes gennych hances, anelwch at blyg eich penelin wrth besychu neu disian.
 8. Dylid osgoi trafndiaeth gyhoeddus lle bynnag bo hynny'n bosibl. Mewn achosion lle nad yw'n bosibl osgoi trafndiaeth gyhoeddus, dylech ddiheintio'r eitemau cyn eu danfon.
 9. Byddwch yn ofalus wrth drin unrhyw eitemau sy'n cael eu rhoi i bobl a all fod â systemau imiwnedd sydd dan fygythiad. Gall y feirws fyw ar arwynebau difywyd am hyd at 24 awr.
 10. Diheintiwch unrhyw arwyneb a fydd yn cael ei gyffwrdd gan yr unigolyn yr ydych yn danfon iddo.

Am ragor o wybodaeth <https://www.nhs.uk/common-health-questions/caring-carers-and-long-term-conditions/can-i-pick-up-a-prescription-for-someone-else/>

Dyma rai rhagofalon sylfaenol ynglŷn â thrin presgripsiynau;

1. Dilynwch y protocol ymbellhau'n gymdeithasol a pheidiwch â chymryd risgiau diangen
2. Peidiwch â mynd i dŷ'r unigolyn yr ydych yn ei gefnogi
3. Gadewch y feddyginiaeth y tu allan ar yr hiniog.
4. Cyfathrebwch gyda'r unigolyn sy'n ynysu i ddweud eich bod wedi danfon y presgripsiwn drwy anfon neges neu godi'r ffôn. Ceisiwch gadarnhad bod yr unigolyn wedi'i gael cyn i chi adael.

Os yw'r unigolyn yr ydych chi'n ei gefnogi angen rhagor o gymorth ac yn 50 oed neu'n hŷn, gall gysylltu ag Age Cymru Advice ar **08000 223 444**, ar gael rhwng 9:30am a 4:30pm, ddydd Llun i ddydd Gwener, neu e-bost advice@agecymru.org.uk

Os yw'r unigolyn yr ydych chi'n ei gefnogi angen rhagor o gymorth a dan 50 oed, gall gysylltu â Cyngor ar Bopeth ar **03444 77 20 20**, ar gael rhwng 9am a 5pm, ddydd Llun i ddydd Gwener, neu fynd i www.citizensadvice.org.uk/wales/