

# Shopping

Many people will need support with picking up groceries or other essential items from the shops during this time.

Here are a few basic precautions for handling shopping;

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 food / goods 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. Check any packaging is sealed and the temperature of product on delivery e.g. If it's meant to be frozen, is it still frozen?
6. Recommend that recipients wash shopping wherever possible and wash their hands after touching it.
7. Remember to wash hands before and after deliveries for at least 20 seconds.
8. When out and about keep a bottle of alcohol hand sanitiser to hand.
9. 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.
10. Public transport should be avoided where possible. In cases where taking public transport is unavoidable, disinfect the items before being delivered
11. 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.
12. Disinfect any surface that will be touched by the person you're delivering to.

If you're not able to go out to the shops for the person who needs supporting you can help them access this support through local organisations. You can use the contact information below.

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For information on how to safely pay for goods see: **Paying for goods and services**

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](mailto: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/](http://www.citizensadvice.org.uk/wales/)

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# Siopa

Bydd nifer o bobl angen cefnogaeth gyda chasglu siopa neu eitemau hanfodol eraill o'r siopau yn ystod y cyfnod hwn.

Dyma rai rhagofalon sylfaenol ynglŷn â thrin siopa;

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 fwyd / nwyddau y tu allan ar yr hiniog.
4. Cyfathrebwch gyda'r unigolyn sy'n ynysu i ddweud eich bod wedi danfon y nwyddau drwy anfon neges neu godi'r ffôn. Ceisiwch gadarnhad bod yr unigolyn wedi'u cael cyn i chi adael.
5. Gwiriwch fod unrhyw becynnau wedi'u selio a gwiriwch dymheredd y cynhyrchion pan gânt eu danfon e.e. Os yw'r bwydydd i fod wedi'u rhewi, a ydynt yn dal wedi'u rhewi?
6. Argymhellwch fod derbynwyr yn golchi'r siopa lle bynnag sy'n bosibl a golchi eu dwylo ar ôl eu cyffwrdd.
7. Cofiwch olchi eich dwylo cyn ac ar ôl danfon am o leiaf 20 eiliad.
8. Pan fyddwch yn mynd o un lle i'r llall, cadwch botel o hylif diheintio alcohol wrth law.
9. 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.
10. 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.
11. 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.
12. Diheintiwch unrhyw arwyneb a fydd yn cael ei gyffwrdd gan yr unigolyn yr ydych yn danfon iddo.

Os na allwch fynd i'r siopau i'r unigolyn sydd mewn angen cefnogaeth, gallwch ei gynorthwyo i gael mynediad at y gefnogaeth hon drwy sefydliadau lleol:

Am wybodaeth ynglŷn â sut i dalu am eich nwyddau yn ddiogel, gweler: [Link Talu am nwyddau a gwasanaethau](#)

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](mailto: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/](http://www.citizensadvice.org.uk/wales/)