

GWYBODAETH COVID-19

Cyngor i drigolion Llandeilo

Mae Cyngor Tref Llandeilo yn gofyn i drigolion y dref gadw llygad barcud ar gymdogion, yn wenwedig y rhai gwyddoch ei bod mewn iechyd gwael neu sydd â pherthnasau yn byw pellter i ffwrdd ac yn methu ymweld â nhw. Mae Llandeilo yn gymuned ofalgar felly gadewch i ni ddangos hynny. Mae gan Iechyd Cyhoeddus Cymru gyngor/canllawiau ar ei wefan ac mae'n cynnwys cyngor ar symptomau a phryd i hunanwahanu. Dylech ystyried hunanwahanu os gennych un o'r canlynol:-

- Tymheredd uchel
- Peswch sych newydd

Maent yn eich cynghori i beidio ag ymweld â'ch meddygfa leol oni bai bod hynny'n hollol angenrheidiol. Hefyd maent yn awgrymu na ddylech gysylltu â llinell ffôn GIG 111 oni bai:-

- Rydych yn teimlo na allwch chi ymdopi a'ch symptomau gartref
- Mae eich cyflwr yn gwaethygu
- Nid yw'ch symptomau'n gwella ar ol 7 diwrnod

Yn ardal Llandeilo mae nifer o sefydliadau bwyd lleol fel Y Gwili Café, Angel Inn, Mrs Browns, Y Hangout, Café 139 a'r Ginhaus yn cynnig gwasanaeth dosbarthu prydiau bwyd 'Take Away' ac yn siwr y bydd busnesau eraill hefyd yn helpu. Mae Cyngor Sir Gaerfyrddin yn gweithredu gwasanaeth trwy Les Lleisiant Delta 0300 3332222 a gall eich rhoi mewn cysylltiad â gwasanaethau eraill.

Mae yna grwp o gwirfoddolwyr wedi'w sefydlu, i helpu gyda siopa a casglu nwyddau, cerdded ci a.y.y.b

Ebost – llandeilocovid19@mail.com

Ffôn - 07395 949914

Facebook - Llandeilo Covid-19 Community Support Group

Felly gofawch amdanoch chi'ch hun a'ch cymdogion, osgoi crynoadau mawr ac rydym yn sicr o ddod trwy hyn.

Age Cymru 'check-in-and-chat' gwasanaeth ffon am ddim

i dros 70au ☎️ 08000 223 444

Eich Cyngorwyr Tref

COVID-19 INFORMATION



Advice to residents of Llandeilo

Llandeilo Town Council is asking all residents to keep a watchful eye on neighbors, especially those you may know are in poor health or have relatives living away, who might not be able to visit. Llandeilo is a caring community so let's show it.

Public Health Wales has advice/guidelines on its website, and it includes advice regarding the symptoms and when to self-isolate. You should consider self-isolating if you have one of the following:-

- High Temperature
- A New dry cough

They are advising you not to visit your local surgery unless strictly necessary. Also they are suggesting that you should not contact NHS 111 Telephone line unless:-

- You feel you cannot cope with your symptoms at home
- Your condition gets worse
- Your symptoms do not get better after 7 days

In the Llandeilo area, a number of local food establishments such as The Gwili Café, Angel Inn, Mrs Browns, Hangout, Café 139 and Ginhaus are offering a takeaway meal delivery service and other businesses may also help in any way they can. Carmarthenshire County Council operates a service via Lleisiant Delta Wellbeing 0300 3332222 and may put you in touch with other services.

A group of volunteers has been set up to provide support such as shopping and supplies, dog walking etc.

Email – llandeilocovid19@mail.com

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Please take care of yourselves and your neighbors. Avoid large gatherings and we are sure to come through this.

Age Cymru free check-in-and-chat telephone service for the over 70s in

Wales helpline ☎️ 08000 223 444

Your Town Councilors

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