

Blaenau Gwent Community Network - Coronavirus

Dear neighbour / Annwyl gymydog,

In the light of the latest health advice to self isolate for 14 days if you have new symptoms of a cough or fever, we are setting up a Blaenau Gwent Community Network of people to look out for others. If you need help contact me on the number below and I'll do all I can.

Yng ngwyneb y cyngor i hunan-ynysu am 14 diwrnod os oes peswch neu dymheredd uchel yn datblygu gyda chi, rydym yn sefydlu rhwydwaith o bobl yng Blaenau Gwent i ofalu am bobl eraill. Os ydych eisiau help cysylltwch â mi a fe wna i fy ngorau.

I can help with / Rwy'n gallu helpu gyda:

- Getting you shopping / Nôl eich siopa
- Postage / Posting
- Urgent supplies (eg medical) / Nwyddau brys (ee meddygol)
- Take the dog for a walk / Mynd a'r ci am dro
- A chat on the phone / Sgwrs dros y ffôn
- I am on Facebook – add me as a friend! / Dw i ar Facebook , ychwanegwch fi fel ffrind!

My Name is /Fy Enw Yw

I live at / Rwy'n byw yn

My Phone number is / Fy rhif ffôn yw

My E-mail is / Fy E-bost yw

Able to volunteer? / Gallu gwirfoddoli?

If you are not infected and not a member of one of the at-risk groups (over 70, underlying health conditions, weak immune system, pregnant) then you can volunteer too – sign up by visiting www.plaidbg.wales/coronavirus/ .

Os nad ydych wedi'ch heintio a ddim mewn grŵp sydd dan risg (dros 70, problemau iechyd eisoes, system imiwnedd wan, beichiog) yna gallwch chi wirfoddoli hefyd – ewch i www.plaidbg.cymru/coronavirus/.

Safety / Diogelwch

Coronavirus is very contagious. Please take every effort to ensure you are not spreading it. Avoid physical contact (2 metres distance), wash your hands regularly. Items should be left on your doorstep. If you feel that you need medical attention, ring the NHS on 111.

Mae coronafeirws yn heintus iawn. Ceisiwch sicrhau nad ydych yn ei roi i eraill drwy beidio dod yn agos at eraill (cadw dwy fetr i ffwrdd), golchi'ch dylo yn rheolaidd a sicrhau bod nwyddau'n cael eu gadael ar eich stepen ddrws. Os ydych yn teimlo eich bod angen sylw meddygol, ffoniwch yr NHS ar 111.

Need more help? / Angen help ychwanegol?

If you have a situation that requires additional help, please email your regional AM Delyth.jewell@assembly.wales / Os ydych mewn sefyllfa sydd angen help ychwanegol, os gwelwch yn dda cysylltwch â'ch Aelod Cynulliad rhanbarthol Delyth.jewell@cynulliad.cymru