

Aneurin Bevan University Health Board

Information about your appointment

COVID-19 Symptoms

Important

If you have Covid-19 symptoms, however mild, **do not attend your appointment.**

You should isolate at home and book a Coronavirus (covid-19) test immediately.

Contact us to discuss alternative arrangements, using the details provided in your appointment letter.

On occasions your clinician will determine your appointment should proceed as intended. In such circumstances, relevant precautionary measures will be taken

Please note, you will be screened for symptoms upon arrival to your clinic.

List of current COVID-19 symptoms:

- A new continuous cough
- A high temperature of 37.8 °C or greater
- Anosmia (loss of or change to sense of smell or taste)



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Planning your appointment

Appointments are for patients only, most patients should attend alone.

We recognise that some patients may need physical or critical emotional support, and this should be limited to one person only.

Please let us know in advance using the contact details in your appointment letter.

Visiting our hospitals

Please arrive on time.

Do not go to the clinic reception any more than 5 minutes before your appointment time. This will help us to maintain social distancing in waiting areas and avoid large numbers arriving at one time.

You may be asked to wait elsewhere prior to being called.

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Coronavirus (COVID-19)

Keeping you safe

- Please stay 2 metres apart from other people at all times
- Hospital staff will be wearing PPE to keep you and them safe
- Follow the signs and / or the directions given by our staff
- Seating in waiting areas is limited, please follow the signs to allow safe social distancing for everyone
- Only one person or household allowed in toilets at a time
- We have regular cleaning in operation



Finding your appointment

We have isolated COVID-19 areas of the hospital and some entrances are now closed.

Please follow the signs to help you find your way around. Some of our sites have a one way system in place.

Be kind and respectful to other patients and our staff, and help keep everyone safe.

Food and drink

Restaurants on our sites are currently only open to staff, we encourage patients to bring their own food and drink to their appointment.

We have vending machines throughout our hospitals, and also have 'Feast Point' available at the Royal Gwent Hospital, Nevill Hall Hospital and Ysbyty Ystrad Fawr. These provide meals and snacks that can be microwaved at the vending machine.



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Gwybodaeth am eich apwyntiad

Symptomau COVID-19

Pwysig

Os oes gennych unrhyw un o'r symptomau a restrir isod, ni waeth pa mor ysgafn, peidiwch â mynd i'ch apwyntiad.

Dylech ynysu gartref ac archebu prawf coronafeirws ar unwaith.

Cysylltwch â ni i drafod trefniadau amgen, gan ddefnyddio'r manylion a ddarperir yn eich llythyr apwyntiad.

Ar adegau, bydd eich clinigydd yn penderfynu y dylai eich apwyntiad fynd rhagddo yn ôl y bwriad.

Sylwch y cewch eich sgrinio am symptomau wrth gyrraedd eich clinig.

Rhestr o symptomau COVID-19 cyfredol:

- Peswch parhaus newydd
- Tymheredd uchel o 37.8 °C neu fwy
- Anosmia (colli'r synnwyr ar gleuo neu flasau neu newid yn y rhain)



Cynllunio eich apwyntiad

Dim ond ar gyfer cleifion y mae apwyntiadau. Disgwylir i'r rhan fwyaf o gleifion fynd ar eu pennau eu hunain.

Rydym yn cydnabod y gall fod angen cymorth corfforol neu emosiynol allweddol ar rai cleifion, a rhaid cyfyngu hyn i un person yn unig.

Rhowch wybod i ni ymlaen llaw gan ddefnyddio'r manylion cyswllt yn eich llythyr apwyntiad.

Ymweld â'n hysbytai

Cyrhaeddwch yn brydlon.

Peidiwch â mynd i dderbynfa'r clinig mwy na 5 munud cyn eich amser apwyntiad. Bydd hyn yn ein helpu i gadw pellter cymdeithasol mewn manau aros ac yn osgoi niferoedd mawr yn cyrraedd ar un pryd.

Efallai y gofynnir i chi aros yn rhywle arall cyn cael eich galw.



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COVID-19 cyfredol

Eich cadw'n ddiogel



- Arhoswch 2 fetr ar wahân i eraill bob amser
- Bydd staff yr ysbyty yn gwisgo Cyfarpar Diogelu Personol i'ch cadw chi a nhw'n ddiogel
- Dilynwch yr arwyddion a/neu'r cyfarwyddiadau a rod dir gan ein staff
- Bydd nifer cyfyngedig o seddau mewn mannau aros. Dilynwch yr arwyddion i alluogi pawb i gadw pellter cymdeithasol yn ddiogel
- Dim ond un person neu aelwyd a ganiateir mewn toiledau ar yr un pryd
- Mae gennym drefniadau glanhau rheolaidd ar waith
- Byddwch yn garedig ac yn barchus i gleifion eraill a'n staff, er mwyn helpu i gadw pawb yn ddiogel

Dod o hyd i'ch apwyntiad

Rydym wedi ynysu ardaloedd COVID-19 o'r ysbyty ac mae rhai mynedfeydd bellach ar gau.

Dilynwch yr arwyddion i'ch helpu i ddod o hyd i'ch ffordd o gwmpas.

Mae gan rai o'n safleoedd system unffordd ar waith.

Bwyd a diod

Cofiwch fod bwytai ar ein safleoedd ar hyn o bryd ar agor i staff yn unig.

Rydym yn annog cleifion i ddod â'u bwyd a'u diod eu hunain i'w hapwyntiad.

Mae gennym beiriannau gwerthu ym mhob rhan o'n hysbytai, ac mae gennym hefyd 'Feast Point' ar gael yn Ysbyty Brenhinol Gwent, Ysbyty Nevill Hall ac Ysbyty Ystrad Fawr. Mae'r rhain yn cynnig prydau a byrbrydau y gellir eu rhoi mewn microdon yn y peiriant gwerthu.



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