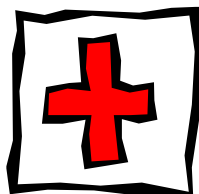


WHAT IS SALMONELLA?



Salmonella is a very well known form of food poisoning, commonly associated with the consumption of infected poultry products.

How did I get it?

From any of the following sources:

- From handling raw meat especially poultry
- From eating undercooked meat or poultry or egg products or other contaminated food products
- Untreated milk or dairy products
- From direct contact with animals
- From close contact with another infected person.

When did I get it?

The illness usually occurs within 6 hours to 3 days of infection.

What are the signs and symptoms?

- Fever, a feeling of being generally unwell, abdominal pains
- Headaches, nausea, diarrhoea and vomiting
- Symptoms normally persist for several days
- For the very young, old or those already unwell, Salmonellosis may be more severe and require hospitalisation.

How do I stop it spreading?

- Wash hands thoroughly after going to the toilet and before preparing meals or eating
- Young children with the infection should have their hands washed for them or be supervised
- Disinfect all areas in the toilet daily (including door handles)
- Infected persons should stay away from work until vomiting and diarrhoea have ceased
- If the infected person is a food handler, works as a health carer/nurse or is a child attending school or a nursery etc. further advice should be obtained
- Read the accompanying leaflet for further guidance.

Where can I get more advice?

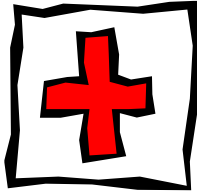
- Your own General Medical Practitioner or a health specialist will be able to advise upon individual patient health care.
- You should inform your place of work or in the case of children, the head teacher of the school to find out if exclusion is necessary and when you can return.
- The investigating officer will also provide you with a more general leaflet on infection control and may be contacted on the number below for further advice if it is required.

Ceredigion County Council
Environmental Services and Housing Dept
Neuadd Cyngor Ceredigion
Penmorfa
Aberaeron
Ceredigion
SA46 0PA

Tel No: 01545 572105
Fax: 01545 572380



BETH YW SALMONELA?



Ffurf gyffredin ar wenwyn bwyd yw salmonella a gysylltir fel rheol â bwyta cynnyrch dofednod wedi'u heintio.

O ble ddeath y haint?

O un o'r ffynonellau isod:

- Trafod cig amrwd, dofednod yn arbennig
- Bwyta cynnyrch cig, dofednod neu wyau heb eu coginio'n iawn neu fwyd arall sydd wedi'i heintio
- Llaeth neu gynnyrch llaeth heb eu trin
- Cyswllt uniongyrchol ag anifeiliad
- Cyswllt agos â rhywun sydd wedi'i heintio.

Pryd wnes i ddal yr haint?

Byddwch fel arfer yn dechrau teimlo'n sâl o fewn 6-72 awr wedi i chi gael eich heintio.

Beth yw'r arwyddion a'r symptomau?

- Twymyn, teimlo'n anhwylyd, poen yn y bol
- Cur pen, teimlo fel cyfogi, dolur rhydd, cyfogi
- Bydd y symptomau yn para am ychydig ddyddiau fel arfer
- Ymhlith plant bach, yr Henoed neu bobl sydd eisoes yn wael eu hiechyd gall Salmonelosis fod yn fwy difrifol ac mae'n bosib y bydd yn rhaid iddynt gael eu trin gan ysbyty.

Sut mae ei atal rhag lledu?

- Golchi'r dwylo yn drylwyr ar ôl mynd i'r toiled, a chyn paratoi bwyd neu fwyta bwyd.
- Dylid golchi dwylo plant ifanc sydd â'r haint neu eu goruchwylio yn golchi eu dwylo eu hunain.
- Diheintio pob man yn y toiled bob dydd (gan gynnwys dolenni'r drws).
- Dylai pobl sydd wedi'u heintio aros adre o'r gwaith hyd nes y bydd y cyfogi a'r dolur rhydd wedi cilio.
- Os yw'r sawl sydd wedi'i heintio yn trin bwyd, yn gweithio fel gofalydd iechyd/nyrs neu'n blentyn sy'n mynd i ysgol neu feithrinfa ayb holwch am gyngor pellach.
- Darllen y daflen sydd ynghlwm am gyngor mwy manwl.

Ble alla i gael mwy o gyngor?

- Bydd eich Meddyg Teulu neu arbenigwr iechyd yn gallu rhoi cyngor i chi ar y gofal fydd ei angen ar gleifion unigol.
- Dylech ddweud wrth eich cyflogwr neu, gyda phlant, brifathro'r ysgol i weld a oes angen aros adre a phryd i ddychwelyd i'r gwaith neu'r ysgol.
- Bydd y Swyddog ymchwilio hefyd yn rhoi i chi daflen fwy cyffredinol ar sut i reoli'r haint a gallwch gysylltu â'r Swyddog drwy ffonio'r rhif isod os bydd angen mwy o wybodaeth arnoch.

Ceredigion County Council
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