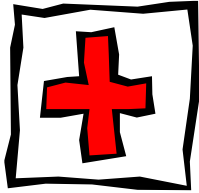


WHAT IS CRYPTOSPORIDIUM?



Cryptosporidium is a parasitic infection of the bowel causing diarrhoea, vomiting and abdominal pain. It commonly affects children although adults may also become infected.

How did I get it?

From any of the following sources:

- From direct contact with farm animals and their bedding, particularly cattle, sheep or pets. Seasonal outbreaks have been associated with farm visits to feed and handle lambs.
- From drinking untreated milk or infected water supplies.
- From close contact with another infected person.
- From contact with infected swimming pool water.

When did I get it?

The illness usually occurs within 2-5 days of infection but it can be up to 10 days before the symptoms appear.

What are the signs and symptoms?

- Diarrhoea
- Fever
- Abdominal pain
- Vomiting
- Weight loss.

How do I stop it spreading?

- Wash hands thoroughly after going to the toilet and before preparing meals or eating
- Wash hands thoroughly after handling and feeding animals including pets
- 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 and taps)
- 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?

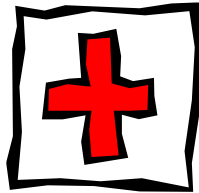
- Your own General Medical Practitioner or a health specialist will be able to advise upon individual patient health care.
- You should inform your place of work or in the case of children, the head teacher of the school to find out if exclusion is necessary and when you can return.
- The investigating 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 CRYPTOSPORIDIWM?



Haint parasitig ar y coluddyn yw Cryptosporidiwm sy'n achosi dolur rhydd, cyfogi a phoen yn y bol. Bydd yn effeithio ar blant yn arbennig ond gall oedolion gael eu heintio hefyd.

O ble ddeath y haint?

O un o'r ffynonellau isod:

- Cyswllt uniongyrchol ag anifeiliaid fferm a'u gwâl – gwartheg, Defaid neu anifeiliaid anwes yn arbennig. Cysylltwyd achosion tymhorol ag ymweliadau fferm l fwydo wŷn a'u trin a'u trafod.
- Yfed llaeth heb ei drin neu ddŵr heintus.
- Cyswllt agos â rhywun sydd wedi'i heintio.
- Cyswllt â dwr sydd wedi'i heintio mewn pwll nofio.

Pryd wnes i ddal yr haint?

Byddwch fel arfer yn dechrau teimlo'n sâl o fewn 2-5 niwrnod wedi l chi gael eich heintio. Gall gymryd hyd at 10 niwrnod i'r symptomau ymddangos fodd bynnag.

Beth yw'r arwyddion a'r symptomau?

- Dolur rhydd
- Twymyn
- Poen yn y bol
- Cyfogi
- Colli pwysau

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 goruchwyllo 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.

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