

Mae Syndrom ÔI-COVID-19 yn real

Mae Syndrom ÔI-COVID-19 yn cynnwys hyd at ugain o wahanol symptomau:



blinder



byr o anadl



newid
mewn
hwyliau



ymennydd
yn niwlog



newidiadau
mewn
synhwyrau

Er mwyn helpu'ch hun i deimlo'n well, crëwch drefn sy'n hawdd ei chynnal:



gnewch
amser ar gyfer
gweithgaredd
ysgafn



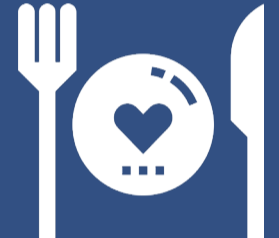
gnewch
amser i
ymlacio



treuliwch
amser yn yr
awyr agored



treuliwch amser
yn siarad ag
eraill



bwytwch
fwydydd iach ac
sy'n eich hydradu

Cynyddwch eich lefelau gweithgaredd yn araf - ond peidiwch â gwthio'ch hun yn rhy fuan.

Mae'n arferol cymryd amser i wella o firysau fel COVID-19.

Mae Syndrom ÔI-COVID-19 yn disgrifio'r arwyddion a'r symptomau sy'n datblygu yn ystod neu ar ôl haint o COVID-19:

- yn parhau am fwy na 12 wythnos ond nid yw'n haint pellach o COVID-19; a
- ddim yn cael ei egluro gan ddiagnosis iechyd arall.

Efallai y bydd angen help arnoch i barhau â'r canlynol:

- gweithgareddau bob dydd
- aros i mewn neu ddychwelyd i'r gwaith
- gweithgareddau hamdden.

Os hoffech chi siarad â gweithiwr gofal iechyd proffesiynol, edrychwch ar wefan eich Bwrdd Iechyd Lleol i gael cyngor pellach

Gall ap Adferiad COVID-19 eich cefnogi chi yn eich adferiad.

Lawr-lwythwch ef nawr:



Post COVID-19 Syndrome

Post COVID-19 Syndrome is REAL

Post COVID-19 Syndrome includes up to twenty different symptoms:



Fatigue



Breathless



Changing moods



Brain fog



Sensory changes

To help yourself feel better, create a routine that is easy to maintain:



Make time for gentle activity



Make time for relaxation



Spend time outdoors



Spend time talking to others



Eat healthy foods and hydrate

Slowly increase your activity levels - but don't push yourself too soon.

It is normal to take time to recover from viruses like COVID-19.

Post-COVID-19 Syndrome describes the signs and symptoms that develop during or after an infection of COVID-19 that:

- continues for more than 12 weeks but is not a further infection of COVID-19; and
- is not explained by another health diagnosis.

You may need help to continue the following:

- everyday activities
- staying in or returning to work
- leisure activities.

If you would like to talk to a healthcare professional, please look on your local Health Board website for further advice.

The COVID-19 Recovery app can support you in your recovery.

Download it now:

