

Mae Bwrdd Iechyd Hywel Dda yn holi i bobl sydd â symptomau ehangach Covid-19 i fynd am brawf.

Mae'r symptomau ehangach hynny'n cynnwys:

- symptomau ysgafn fel annwyd yr haf – gan gynnwys gwddf tost, trwyn yn rhedeg, pen tost
- symptomau tebyg i ffliw, gan gynnwys myalgia (poenau yn y cyhyrau); blinder llethol; pen tost cyson; trwyn llawn neu'n rhedeg; tisian cyson; gwdddef tost a/neu crygni yn y gwdddf, byr o wynt neu gwichian
- teimlo'n gyffredinol yn anhwylyd a bod hanes o fod mewn cyswllt gydag achos positif o Covid-19
- Symptomau newydd neu sy'n newid yn dilyn prawf negyddol blaenorol

Mae gwefan Hywel Dda wedi diweddarau eu gwybodaeth ar y ddolen:

[Annog pobl â symptomau ehangach i archebu prawf COVID-19 - Bwrdd Iechyd Prifysgol Hywel Dda \(gig.cymru\)](http://gig.cymru)

Hywel Dda are asking people with wider symptoms to go for a COVID-19 test. Symptoms include:

- Mild summer cold type symptoms – including sore throat, runny nose, headache
- Flu-like symptoms, including myalgia (muscle ache or pain); excessive tiredness; persistent headache; runny nose or blocked nose; persistent sneezing; sore throat and/or hoarseness, shortness of breath or wheezing
- Generally feeling unwell and a history of being in contact with a known COVID-19 case
- Any new or change in symptoms following a previous negative test

The following information has been published on the Hywel Dda website :

[People with wider symptoms urged to book a COVID-19 test - Hywel Dda University Health Board \(nhs.wales\)](https://nhs.uk)