

Darpariaeth Gwasanaethau Iechyd Gogledd Cymru Dros y Nadolig a'r Flwyddyn Newydd Provision of Health Services in North Wales over Christmas and the New Year

Mae'r Nadolig yn nesáu

Bydd pob Meddygfa ynghau dros y penwythnosau gŵyl banc

Os byddwch angen cymorth meddygol brys yng Ngogledd Cymru y tu allan i oriau arferol eich Meddygfa dros y Nadolig a'r Flwyddyn Newydd

**6.30 pm Dydd Iau, 24 Rhagfyr i
8.00 am Dydd Mawrth, 29 Rhagfyr
neu
6.30 pm Dydd Iau, 31 Rhagfyr i
8.00 am Dydd Llun, 4 Ionawr**



**Ffoniwch eich Gwasanaeth Meddyg Teulu
Tu Allan i Oriau lleol ar: 0300 123 55 66**

Os ydych yn derbyn meddyginiaethau gan eich Meddyg Teulu trwy ail bresgripsiwn, rhaid sicrhau

eich bod yn gofyn amdanynt o leiaf wythnos cyn y gwyliau a bod gennych ddigon ar gyfer cyfnod y gwyliau.

Christmas is coming.....

All GP Surgeries will be closed over the bank holiday weekends

If you need to access urgent medical help in North Wales outside normal GP Surgery hours over Christmas and the New Year

**6.30pm Thursday, 24 December to
8.00am Tuesday, 29 December
or
6.30pm Thursday, 31 December to
8.00am Monday, 4 January**

**Call your Local GP Out of Hours Service on:
0300 123 55 66**

If you receive repeat prescription medicines from your doctor,

please request these at least one week prior to the holiday to Ensure that your supplies last over the holiday period.

Gwasanaethau Fferyllfa

I gael manylion pellach am oriau agor eich Fferyllfa dros Ŵyl y Banc, gallwch gysylltu â'ch Fferyllfa leol, **Galw Iechyd Cymru ar 0845 46 47** neu www.nhsdirect.wales.nhs.uk neu logio ar Wefan y Bwrdd Iechyd www.pbc.cymru.nhs.uk



Pharmacy Services

For further details of your pharmacy opening times over the Bank Holiday, please contact your local Pharmacy, **NHS Direct Wales on 0845 46 47** or www.nhsdirect.wales.nhs.uk or log on to the Health Board's Website www.bcu.wales.nhs.uk

Gwasanaeth Deintyddol Brys Tu Allan i Oriau Gogledd Cymru

Dylai cleifion sydd heb gofrestru â Deintydd Cyffredinol ffonio **Galw Iechyd Cymru ar 0845 46 47**. Y tu allan i oriau arferol, dylai cleifion sydd wedi cofrestru gyda Deintydd Cyffredinol gysylltu â'u Deintyddfa eu hunain a gwrando ar neges peiriant ateb am fanylion a threfniadau tu allan i oriau

Am restr o'r Clinigau Deintyddol Brys ffoniwch **Galw Iechyd Cymru ar 0845 46 47** neu logio ar Wefan y Bwrdd Iechyd www.pbc.cymru.nhs.uk



North Wales Out of Hours Emergency Dental Service

Patients who are not registered with a General Dental Practitioner should contact **NHS Direct Wales** on 0845 46 47. Outside normal hours, patients who are registered with a General Dental Practitioner should contact their own surgery to listen to an answer phone message for details of out of hours arrangements

For a list of Emergency Dental Clinics phone **NHS Direct Wales on 0845 46 47** or log on to the Health Board's Website www.bcu.wales.nhs.uk

Cofiwch **Ddewis yn Ddoeth**; meddyliwch ble fydddech chi'n cael y driniaeth orau pe bydddech chi'n sâl neu wedi brifo. Y dewis ydy:

Hunanofal

Meddyg Teulu, Deintydd, Gwasanaeth Tu Allan i Oriau Fferylllydd

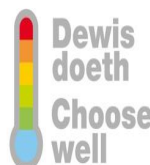
Galw Iechyd Cymru

Uned Mân Anafiadau

Adran Achosion Brys (A&E)

Os oes gennych symptomau Coronavirus

ffoniwch 119 i archebu prawf



Remember to **Choose Well**; think about where to get the best treatment should you become unwell or injured, this could be:

Self care

GP, Dentist, Out of Hours Service

Pharmacist

NHS Direct

Minor Injuries Unit

Emergency Department (A&E)

If you have Coronavirus symptoms phone 119 to book a test