

Pryd i fynd yn ôl i'r ysgol wedi rhai salwch?

Brechau a heintiau croen	Dylid aros i ffwrdd o'r ysgol, am gyfnod o:
Tarwden y traed (Athlete's foot)	Dim
Brech yr ieir	Pum niwrnod o ddechrau'r frech
Doluriau annwyd,(Herpes simplex)	Dim
Brech goch yr Almaen (rwbela)	Chwe diwrnod o ddechrau'r frech
Llaw, traed a'r geg	Dim
Impetigo	Hyd nes bod y clwyfau'n grofennog ac wedi gwella, neu 48 awr ar ôl dechrau cael triniaeth wrthfotig
Y Frech Goch	Pedwar diwrnod ar ôl dechrau'r frech
Tarwden (Ringworm)	Nid oes angen gwahardd fel arfer
Brech rosynnaidd (babanod)	Dim
Clefyd crafu	Gall y plentyn ddychwelyd ar ôl y driniaeth gyntaf
Y dwymyn goch	Gall y plentyn ddychwelyd 24 awr ar ôl dechrau triniaeth wrthfotig briodol
Y Foch Goch. Parfofeirws B19	Dim
Yr Eryr	Gwahardd dim ond os oes rhedlif yn dod o'r frech ac nad oes modd ei gorchuddio
Dafad a Ferwca	Dim

Dolur rhydd a salwch chwydu	Dylid aros i ffwrdd o'r ysgol, am gyfnod o:
Dolur rhydd a/neu chwydu	48 awr ar ôl yr achos diwethaf o'r dolur rhydd neu chwydu
<i>E. coli</i> O157 <i>Shigella</i> (dysentri)	Dylid gwahardd am 48 awr o'r achos diwethaf o'r Dolur Rhydd
<i>Cryptosporidiosis</i>	Gwahardd am 48 awr o'r achos diwethaf o ddolur rhydd

Heintiau anadlol	Dylid aros i ffwrdd o'r ysgol, am gyfnod o:
Y Ffliw	Hyd nes bod gwellhad
Twbercwlosis	Ymgynghorwch â'ch Tîm Diogelu Iechyd lleol bob amser
Y Pas (pertwsis)	Pum niwrnod o ddechrau triniaeth wrthfotig neu 21 diwrnod o ddechrau'r salwch os nad oes triniaeth wrthfotig

Heintiau eraill	Dylid aros i ffwrdd o'r ysgol, am gyfnod o:
Llid pilen y llygad (conjunctivitis)	Dim
Llau pen	Dim
Clwy'r Pennau (Mumps)(Threadworm)	Gwahardd plant am bum niwrnod ar ôl dechrau'r chwyddo
Edeulyngyr	Dim
Tonsilitis	Dim

When to return to school after some illnesses?

Rashes and skin infections	Recommended period to be kept away from school
Athlete's foot	None
Chickenpox	Five days from the onset of rash
Cold sores, (Herpes simplex)	None
German measles (rubella)	Six days from onset of rash
Hand, foot and mouth	None
Impetigo	Until lesions are crusted and healed, or 48 hours after commencing antibiotic treatment
Measles	Four days from onset of rash
Ringworm	Exclusion not usually required
Roseola (infantum)	None
Scabies	Child can return after first treatment
Scarlet fever	Child can return 24 hours after commencing appropriate antibiotic treatment
Slapped cheek / fifth disease. Parvovirus B19	None
Shingles	Exclude only if rash is weeping and cannot be covered
Warts and Verrucae	None

Diarrhoea and vomiting illness	Recommended period to be kept away from school
Diarrhoea and/or vomiting	48 hours from last episode of diarrhoea or vomiting
<i>E. coli</i> O157 VTEC <i>Shigella</i> (dysentery)	Should be excluded for 48 hours from the last episode of Diarrhoea
<i>Cryptosporidiosis</i>	Exclude for 48 hours from the last episode of diarrhoea

Respiratory infections	Recommended period to be kept away from school
'Flu (influenza)	Until recovered
Tuberculosis	Always consult the Health Protection Team
Whooping cough (pertussis)	Five days from commencing antibiotic treatment, or 21 days from onset of illness if no antibiotic treatment

Other infections	Recommended period to be kept away from school
Conjunctivitis	None
Head lice	None
Mumps	Exclude child for five days after onset of swelling
Threadworms	None
Tonsillitis	None

