West Nile Virus (WNV)

If you visit a WNV risk area between 1st May and 30th November extra guidelines will apply to you.

You will not be able to donate for at least 28 days from your date of return and this is extended to six months if you have been diagnosed with WNV or have experienced symptoms that could have been due to WNV.

These temporary deferrals are applied with the aim of reducing the risk of transmitting West Nile Virus to patients having blood transfusions.

If we have to temporarily defer you from giving blood please try and donate as soon as possible once your deferral period is over as every blood donation is vital. We can advise if there is another clinic due in your area.

Details of clinics due are on our web site **www.welshblood.org.uk**

What is West Nile Virus?

WNV is an infection that occurs in many countries and is spread by birds and mosquitos.

The virus has an incubation period of 3 – 8 days. It causes a wide spectrum of non-specific symptoms in humans including:

- Fever / chills
- Headache
- Weakness / fatigue
- Drowsiness
- Rash
- Nausea / vomiting / diarrhoea
- Loss of appetite

Symptoms usually resolve within 7-10 days, although fatigue can last for some weeks.

Since 1999, there have been thousands of human cases and many deaths attributable to WNV infection. This is why the Blood Services have introduced rules with regard to donors who have travelled to risk areas during the mosquito season (May to November).

Further Information

If you would like more information about WNV you are welcome to contact us by email at **donor.care@wales.nhs.uk.**

Alternatively telephone **0800 252266** between 8am and 8pm Monday to Friday or 9am and 1pm on Saturdays. An answer phone is in operation out of those hours.

Welsh Blood Service
0800 252266
welshblood.org.uk

Feirws Nîl y Gorllewin

gwaedcymru.org.uk
0800 252266

GGC Cyf: 019C Fersiwn 5 11/17

Dilynwch ni

GIG CYMRU NHS WALES
Ymddiriedolaeth GIG Felindre Velindre NHS Trust

Feirws Nîl y Gorllewin

Os fyddwch chi'n mynd i ardal ble mae risg o gael Feirws Nîl y Gorllewin rhwng 1 Mai a 30 Tachwedd, bydd canllawiau ychwanegol yn berthnasol i chi.

Ni fyddwch chi'n gallu rhoi gwaed am o leiaf 28 diwrnod o'r dyddiad y byddwch yn dychwelyd, a bydd hyn yn cael ei ymestyn i chwe mis os ydych chi wedi cael eich diagnosio gyda Feirws Nîl y Gorllewin neu os ydych chi wedi cael symptomau a allai fod wedi bod yn gysylltiedig â Feirws Nîl y Gorllewin.

Mae'r gohiriadau dros dro hyn yn cael eu gosod i geisio lleihau'r risg o drosglwyddo Feirws Nîl y Gorllewin i gleifion sy'n cael trallwysiadau gwaed.

Os bydd yn rhaid i ni eich gohirio chi dros dro rhag rhoi gwaed, ceisiwch roi gwaed cyn gynted ag y bo modd ar ôl i'r cyfnod gohirio ddod i ben, gan fod pob rhodd o waed yn bwysig iawn. Gallwn roi gwybod os oes clinig arall i fod i ddod i'ch ardal chi.

Mae manylion am ein clinigau ar ein gwefan **www.gwaedcymru.org.uk.**

Beth ydy Feirws Nîl y Gorllewin?

Haint ydy Feirws Nîl y Gorllewin sy'n gallu cael ei ddal mewn llawer o wledydd, ac mae'n cael ei ledaenu gan adar a mosgitos.

Mae gan y feirws gyfnod heintus o 3 - 8 diwrnod. Mae'n achosi sbectrwm eang o symptomau amhenodol mewn pobl, gan gynnwys:

- Twymyn/ oerfel
- Cur pen
- Gwendid / blinder
- Teimlo eisiau cysgu
- Brech
- Cyfog / chwydu/ dolur rhydd
- Colli archwaeth

Fel arfer, mae symptomau'n diflannu o fewn 7-10 diwrnod, er y gall y blinder barhau am rai wythnosau.

Mae miloedd o achosion ymysg pobl a nifer o farwolaethau wedi'u priodoli i haint Feirws Nîl y Gorllewin ers 1999. Dyna pam mae'r Gwasanaethau Gwaed wedi cyflwyno rheolau mewn perthynas â rhoddwyr sydd wedi teithio i ardaloedd risg yn ystod tymor y mosgitos (Mai i Dachwedd).

Rhagor o wybodaeth

Os hoffech chi ragor o wybodaeth am Feirws Nîl y Gorllewin, mae croeso i chi gysylltu â ni drwy anfon e-bost at **donor.care@wales.nhs.uk.**

Fel arall, ffoniwch **0800 252266** rhwng 8yb a 8yn o ddydd Llun i ddydd Gwener, neu rhwng 9yb a 1yp ar ddydd Sadwrn. Bydd ffôn ateb ymlaen y tu allan i'r oriau hynny.

Gwasanaeth Gwaed Cymru
0800 252266
gwaedcymru.org.uk

West Nile Virus

welshblood.org.uk
0800 252266

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