

WHAT IS GIARDIA LAMBLIA?



Giardia lamblia is a form of gastro-enteritis caused by a protozoan parasite which sometimes lives in the bowel of humans and animals.

How did I get it ?

From any of the following sources:

- From drinking water which has been contaminated by the organism.
- From close contact with another infected person.
- From eating food which has been contaminated with the organism.

When did I get it ?

The illness usually occurs within 5 to 10 days of infection but it can be up to 25 days before the symptoms appear.

What are the signs and symptoms ?

- Diarrhoea - which may last a week or two
- Abdominal pain
- Bloating
- Fatigue
- Weight loss

How do I stop it spreading ?

- Wash hands thoroughly after going to the toilet and before preparing meals or eating.
- Avoid drinking any possible contaminated water supply.
- Young children with the infection should have their hands washed for them or be supervised.
- Disinfect all areas in the toilet daily (including door handles).
- Infected persons should stay away from work until vomiting and diarrhoea have ceased.
- If the infected person is a food handler, works as a health carer / nurse or is a child attending school or a nursery etc. further advice should be obtained.
- Read the accompanying leaflet for further guidance.

Where can I get more advice ?

- Your own General Medical Practitioner or a health specialist will be able to advise upon individual patient health care.
- You should inform your place of work or in the case of children, the head teacher of the school to find out if exclusion is necessary and when you can return.
- The investigating officer will also provide you with a more general leaflet on infection control and may be contacted on the number below for further advice if it is required.

Environmental Health Section

Tel: (01495) 355056

E-mail: ehcnet@blaenau-gwent.gov.uk



Dyngor Bwrdeisdref Sirol

Blaenau Gwent

County Borough Council

*a better place to live and work
lle gwell i fyw a gweithio*

BETH YW GIARDIA LAMBLIA?



Ffurf ar gastro-enteritis yw Giardia lamblia sy'n cael ei achosi gan barasit protosoaidd sydd weithiau yn byw ym mherfedd dynion ac anifeiliaid.

O ble ddaeth yr haint ?

O un o'r ffynonellau canlynol:

- Dŵr yfed sydd wedi'i heintio gan yr organeb.
- Cyswllt agos â rhywun arall sydd wedi'i heintio.
- Bwyta bwyd sydd wedi'i heintio gan yr organeb.

Pryd wnes i ddal yr haint ?

Byddwch fel arfer yn dechrau teimlo'n sâl o fewn 5 - 10 niwrnod wedi i chi gael eich heintio. Gall gymryd hyd at 25 niwrnod i'r symptomau ymddangos fodd bynnag.

Beth yw'r arwyddion a'r symptomau ?

- Dolur rhydd - gall bara am wythnos neu ddwy
- Poen yn y bol
- Bola chwyddedig
- Blinder
- Colli pwysau

Sut mae ei atal rhag lledu ?

- Golchi'r dwylo yn drylwyr ar ôl mynd i'r toiled a chyn paratoi bwyd neu fwyta bwyd.
- Osgoi yfed y dŵr os oes amheuaeth ei fod wedi'i heintio.
- Dylid golchi dwylo plant ifanc sydd â'r haint neu eu goruchwylio yn golchi eu dwylo eu hunain.
- Diheintio pob man yn y toiled bob dydd (gan gynnwys dolenni'r drws).
- Dylai pobl sydd wedi'u heintio aros adre o'r gwaith hyd nes y bydd y cyfogi a'r dolur rhydd wedi cilio.
- Os yw'r sawl sydd wedi'i heintio yn trin bwyd, yn gweithio fel gofalydd iechyd/nyrs neu'n blentyn sy'n mynd i ysgol neu feithrinfa ayb holwch am gyngor pellach.
- Darllen y daflen sydd ynghlwm am gyngor mwy manwl.

Ble alla i gael mwy o gyngor ?

- Bydd eich Meddyg Teulu neu arbenigwr iechyd yn gallu rhoi cyngor i chi ar y gofal fydd ei angen ar gleifion unigol.
- Dylech ddweud wrth eich cyflogwr neu, gyda phlant, brifathro'r ysgol i weld a oes angen aros adre a phryd i ddychwelyd i'r gwaith neu'r ysgol.
- Bydd y swyddog ymchwilio hefyd yn rhoi i chi daflen fwy cyffredinol ar sut i reoli'r haint a gallwch gysylltu â'r swyddog drwy ffonio'r rhif isod os bydd angen mwy o wybodaeth arnoch.

Lechyd Amgylcheddol:
(01495) 355056

E-mail: ehcnet@blaenau-gwent.gov.uk



a better place to live and work
(lle gwell i fyw a gweithio)