Public Health Wales statement on Novel Coronavirus (COVID-) outbreak

This statement will be updated daily at midday

Statement: Updated at 12pm on Saturday 13 February 2021

Dr Chris Williams, Incident Director for the Novel Coronavirus (COVID-) outbreak response at Public Health Wales, said:

“We welcome the news that the vaccination programme in Wales, carried out by Welsh Government and the local health boards, has reached the significant milestone of per cent of the population having had their first dose of the vaccination. This is a great achievement and is a big step towards ensuring the reduction of serious illness, and deaths, from Coronavirus.

“Vaccinating the adult population of Wales, to protect people from severe disease, is a significant task and the vaccine will take time to reach everyone. The effects of the vaccines may not be seen nationally for some time and everyone – including those who have been vaccinated - must continue to follow the advice on keeping Wales safe.

“Although the data currently shows that on an all-Wales level the numbers of cases are reducing and that the incidence is now below cases per , population, the rates in some areas – particularly in North Wales – are still at nearly double that, and there have been small increases in others.

“It is encouraging to see that the numbers of people being treated for Coronavirus in our hospitals is reducing, but there are still a large number of people who are extremely ill, which means that the pressure on services is still very high.

“All of Wales remains in lockdown. We recognise that complying with the restrictions can be challenging, but Coronavirus is still active in our communities and can cause severe illness and death. The reduction in the number of cases does not mean that people can meet people from other households (apart from one person for socially distanced exercise), as this can cause the virus to spread.

“As a nation, we have made so many sacrifices throughout the course of the pandemic that we really don’t want to squander the gains that have been made in recent weeks.

“We encourage everyone, whatever their background, socio-demographic and ethnicity, to have the Coronavirus vaccine when they are offered it. We also stress the importance of seeking information from a trusted source such as Public Health Wales, the Welsh Government, local health board or GP.

“We continue to work to identify and investigate cases of variant Coronavirus in Wales. To date, cases of the South Africa variant have been identified in Wales. Multi-agency investigations continue into two separate cases that do not have clear links to international travel. There are no cases of the variants associated with Brazil.”

“The UK variant of Coronavirus prevalent in many parts of Wales is up to per cent more transmissible, and as reported recently there is evidence which suggests that it may lead to a higher risk of death than the non-variant. Public Health Wales welcomes the recent evidence that the ChadOx (AstraZeneca/Oxford Vaccine Group) vaccine is effective against the UK variant.

“We have been alerted to a number of increasingly sophisticated ‘scam’ emails in circulation claiming to be from the NHS which purport to offer appointments for vaccination. Coronavirus vaccines currently can’t be bought privately in the UK. Do not share any of your personal information. Correspondence will only come from your health board and your vaccination will be free.

“Under current UK Coronavirus restrictions, you must stay at home. You must not leave home or travel, including internationally, unless you have a legally permitted reason to do so.

“If you are due to travel out of the UK, please be aware of the changing situation and keep an eye on the Foreign Commonwealth Office (FCO) website for up to date details.

“If you or a member of your household develop a cough, fever or change in sense of taste or smell, you must self-isolate immediately and book a free Coronavirus test, either by calling or by visiting www.gov.wales/getting-tested-coronavirus-covid- .”

Datganiad: Diweddarwyd 12yh Dydd Sadwrn 13 Chwefror 2021

Dywedodd Dr Chris Williams, Cyfarwyddwr Digwyddiad ar gyfer yr ymateb i'r achosion o'r Coronafeirws Newydd (COVID-) yn Iechyd Cyhoeddus Cymru:

“Rydym yn croesawu’r newyddion bod y rhaglen frechu yng Nghymru, sy’n cael ei gweithredu gan Lywodraeth Cymru a’r byrddau iechyd lleol, wedi cyrraedd carreg filltir sylweddol, sef bod y cant o’r boblogaeth wedi cael eu dos cyntaf o'r brechlyn. Mae hwn yn gyflawniad gwych ac mae'n gam mawr tuag at sicrhau bod yr achosion o salwch difrifol, a marwolaethau, o’r Coronafeirws yn gostwng.

“Mae brechu oedolion Cymru er mwyn amddiffyn pobl rhag afiechyd difrifol yn dasg sylweddol a bydd yn cymryd amser i frechu pawb. Ar lefel genedlaethol, mae’n bosibl na fydd effeithiau’r brechlynnau i’w gweld am beth amser. Mae rhaid i bawb, gan gynnwys y rhai sydd wedi’u brechu, barhau i ddilyn y cyngor er mwyn cadw Cymru’n ddiogel.

“Er bod y data yn dangos bod nifer yr achosion yn lleihau ar lefel Cymru gyfan ar hyn o bryd a bod nifer yr achosion bellach yn is na o achosion am bob , o’r boblogaeth, mae’r cyfraddau mewn rhai ardaloedd, yn enwedig yng Ngogledd Cymru, yn dal i fod bron dwbl hynny, a bu cynnydd bach mewn ardaloedd eraill hefyd.

“Mae’n galonogol gweld bod nifer y bobl sy’n derbyn triniaeth am y Coronafeirws yn ein hysbytai yn lleihau, ond mae nifer fawr o bobl yn ddifrifol sâl o hyd, sy’n golygu bod y pwysau ar wasanaethau yn dal i fod yn uchel iawn.

“Mae'r cyfyngiadau symud yn parhau trwy Gymru gyfan. Rydym yn cydnabod y gall cydymffurfio â’r cyfyngiadau fod yn heriol, ond mae’r Coronafeirws yn dal i fod ar led yn ein cymunedau a gall achosi salwch difrifol a marwolaeth. Nid yw’r gostyngiad yn nifer yr achosion yn golygu y gall pobl gwrdd â phobl o aelwydydd eraill (ar wahân i un person er mwyn gwneud ymarfer corff wrth gadw pellter cymdeithasol), oherwydd gall hyn achosi i’r feirws ledaenu.

“Fel cenedl, rydym wedi aberthu cymaint yn ystod y pandemig felly dydyn ni wir ddim eisiau difetha’r cynnydd a wnaed dros yr wythnosau diwethaf.

“Rydym yn annog pawb, beth bynnag fo’i gefndir, ei ddemograffeg gymdeithasol a’i ethnigrwydd, i gael brechlyn y Coronafeirws pan gynigir hwn iddo. Rydym hefyd yn pwysleisio pwysigrwydd cael gwybodaeth o ffynhonnell ddibynadwy megis Iechyd Cyhoeddus Cymru, Llywodraeth Cymru, bwrdd iechyd lleol neu bractis meddyg teulu.

“Rydym yn parhau i weithio i adnabod ac ymchwilio i achosion o amrywiolion o’r Coronafeirws yng Nghymru. Hyd yma, mae achos o amrywiolyn De Affrica wedi’u canfod yng Nghymru. Mae ymchwiliadau amlasiantaeth yn parhau i ddau achos ar wahân nad oes ganddynt gysylltiadau clir â theithio rhyngwladol. Nid oes unrhyw achosion o’r amrywiolion sy’n gysylltiedig â Brasil.”

“Mae amrywiolyn y DU o’r Coronafeirws sy’n gyffredin mewn sawl rhan o Gymru hyd at y cant yn fwy trosglwyddadwy ac, fel yr adroddwyd amdano yn ddiweddar, mae tystiolaeth sy’n awgrymu y gallai arwain at risg uwch o farwolaeth o’i gymharu â’r straen gwreiddiol. Mae Iechyd Cyhoeddus Cymru yn croesawu’r dystiolaeth ddiweddar bod brechlyn ChadOx (Grŵp Brechlynnau AstraZeneca/Rhydychen) yn effeithiol yn erbyn amrywiolyn y DU.

“Mae nifer o negeseuon e-bost twyllodrus a mwyfwy soffistigedig sydd ar led wedi dod i’n sylw, sy’n honni eu bod nhw gan y GIG a’u bod yn cynnig apwyntiadau brechu. Yn bresennol, ni ellir prynu brechlynnau’r Coronafeirws yn breifat yn y DU. Peidiwch â rhannu unrhyw wybodaeth bersonol. Dim ond gohebiaeth gan eich bwrdd iechyd y byddwch yn ei derbyn, a bydd eich brechiad yn rhad ac am ddim.

“O dan gyfyngiadau cyfredol y Coronafeirws yn y DU, rhaid i chi aros gartref. Rhaid i chi beidio â gadael eich cartref na theithio, gan gynnwys yn rhyngwladol, oni bai bod gennych reswm a ganiateir yn gyfreithiol i wneud hynny.

“Os ydych i fod i deithio y tu allan i’r DU, byddwch yn ymwybodol o’r sefyllfa sy’n newid a chadwch lygad ar wefan y Swyddfa Gymanwlad Dramor (FCO) am y manylion diweddaraf.

“Os byddwch chi neu aelod o'ch aelwyd yn datblygu peswch, twymyn neu newid i synnwyr blasu neu arogli, rhaid i chi hunanynysu ar unwaith ac archebu prawf y Coronafeirws am ddim, naill ai drwy ffonio neu drwy ymweld â https://llyw.cymru/cael-prawf-coronafeirws-covid- .”

GIG CYMRU NHS WALES

Iechyd Cyhoeddus Cymru

Public Health Wales