GIG CYMRU NHS WALES | Iechyd Cyhoeddus Cymru Public Health Wales

Public Health Wales statement on Novel Coronavirus (COVID-19) outbreak

This statement will be updated daily at 2pm

Updated: 2:00pm Friday 17 April

NOTE: Detailed information on new cases of Novel Coronavirus (COVID-19) in Wales is now available on our user-friendly data dashboard on the Public Health Wales website.

Dr Giri Shankar, Incident Director for the Novel Coronavirus (COVID-19) outbreak response at Public Health Wales, said:

"The First Minister yesterday (16 April) confirmed the extension of lockdown measures, which will remain in place for a further three weeks.

"Public Health Wales fully supports this decision, which is essential to avoid reversing the gains we have made in slowing the spread of this virus, protecting our NHS, and saving lives.

"Novel Coronavirus (COVID-19) is now circulating in every part of Wales, and the single most important action we can all take in fighting the virusis to stay at home. We want to thank each and every person across Wales for doing their bit to help slow the spread of the virus.

"While emphasising the importance of staying at home, we share the concern expressed by NHS Wales Chief Executive Dr Andrew Goodall yesterday that some people may be waiting too long to seek urgent assessment and treatment.

"Public Health Wales is reinforcing the message that urgent and emergency care services for physical and mental health are still open and accessible.

"For parents if your child is unwell and you are concerned you should seek help. If you have urgent dental pain you should still call your dentist. If you have a health complaint that is worrying you and won't go away you should call your GP practice. If you or a family member are seriously ill or injured you should dial 999 or attend your nearest Emergency Department.

"Public Health Wales is working with our partners in Welsh Government, the wider NHS in Wales, the other UK nations and others to monitor and respond to the spread of Novel Coronavirus (COVID-19) in Wales.

"This includes moves to ramp up our testing capacity, including the introduction of more testing facilities for key workers around Wales to ensure they are fit and able to respond to the developing situation.

"A new lane in Rodney Parade in Newport is now operational, and is testing NHS staff and other key workers. We have three bays up and running at the Cardiff City Stadium, providing at least 120 slots for key workers to be tested. We have been able to accommodate all key workers referred to us and testing them within 24 hours of their referral to us.

"We are encouraging everyone to download the COVID-19 Symptom Tracker app, which has been supported by Welsh Government. The app allows users to log daily symptoms to help build a clearer picture of how the virus is affecting people. For more information, including how to download the app, visit covid.joinzoe.com.

"Public Health Wales is working to address the negative impact of COVID-19 on the social, mental and physical wellbeing of people in Wales. The new *How are you doing?* campaign is now live and offering practical advice from phw.nhs.wales/howareyoudoing.

"We know that staying at home can be hard especially when the weather is nice, but members of the public must adhere to social distancing rules about staying at home, and away from others, introduced by the UK and Welsh Government. These rules are available on the Public Health Wales website.

"People no longer need to contact NHS 111 if they think they may have contracted Novel Coronavirus (COVID-19). Information about the symptoms to look out for is available on the Public Health Wales website, or members of the public can use the NHS Wales symptom checker.

"Anyone with a suspected coronavirus illness should not go to a GP surgery, pharmacy or hospital. They should only contact NHS 111 if they feel they cannot cope with their symptoms at home, their condition gets worse, or their symptoms do not get better after seven days.

"Only call 999 if you are experiencing a life-threatening emergency, do not call 999 just because you are on hold to 111. We appreciate that 111 lines are busy, but you will get through after a wait.

DATGANIAD CYMRAEG

Diweddariad: 2:00yp Dydd Gwener 17 Ebrill - I ddilyn

NODER: Mae gwybodaeth fanwl am achosion newydd o Coronafeirws Newydd (COVID-19) yng Nghymru bellach ar gael ar ein dangosfwrdd data hawdd ei ddefnyddio ar wefan Iechyd Cyhoeddus Cymru.

Dywedodd Dr Giri Shankar, Cyfarwyddwr Digwyddiad ar gyfer yr ymateb i'r achos o'r Coronafeirws Newydd (COVID-19) yn Iechyd Cyhoeddus Cymru:

"Cadarnhaodd y Prif Weinidog ddoe (16 Ebrill) y byddai estyniad i'r mesurau cyfyngiadau symud, a fydd yn weithredol am dair wythnos arall.

"Mae Iechyd Cyhoeddus Cymru yn cefnogi'r penderfyniad hwn yn llawn, sy'n hanfodol er mwyn osgoi gwrthdroi'r cynnydd a wnaed wrth arafu lledaeniad y feirws hwn, i amddiffyn ein GIG ac achub bywydau.

"Mae Coronafeirws Newydd (COVID-19) bellach yn cylchredeg ym mhob rhan o Gymru, a dyma'r cam pwysicaf un y gall pob un ohonom ei gymryd wrth ymladd y feirws yw i aros gartref. Rydyn ni am ddiolch i bawb ledled Cymru am chwarae eu rhan wrth helpu i arafu lledaeniad y feirws."

"Er ein bod yn pwysleisio pwysigrwydd aros gartref, rydym yn rhannu'r pryder a fynegwyd gan Dr Andrew Goodall, Prif Weithredwr GIG Cymru, ddoe y gallai rhai pobl fod yn aros yn rhy hir i gael asesiad a thriniaeth frys.

"Mae Iechyd Cyhoeddus Cymru yn atgyfnerthu'r neges bod gwasanaethau gofal brys ac argyfwng ar gyfer iechyd corfforol a meddyliol yn dal i fod ar agor ac ar gael.

"I rieni, os yw'ch plentyn yn sâl a'ch bod yn pryderu, dylech ofyn am help. Os oes gennych boen deintyddol brys, dylech ddal i ffonio'ch deintydd. Os oes gennych broblem iechyd sy'n eich poeni ac nad yw'n mynd i ffwrdd, dylech ffonio'ch practis meddyg teulu. Os ydych chi, neu aelod o'r teulu, yn ddifrifol wael neu wedi'ch anafu, dylech ddeialu 999 neu fynd i'ch Adran Achosion Brys agosaf.

"Mae Iechyd Cyhoeddus Cymru yn gweithio gyda'n partneriaid yn Llywodraeth Cymru, y GIG ehangach yng Nghymru, cenhedloedd eraill y DU a chydag eraill i fonitro ac ymateb i ledaeniad Coronafeirws Newydd (COVID-19) yng Nghymru.

"Mae hyn yn cynnwys camau i gynyddu ein capasiti profi, gan gynnwys creu rhagor o gyfleusterau profi ar gyfer gweithwyr allweddol ledled Cymru i sicrhau eu bod yn iach ac yn gallu ymateb i'r sefyllfa sy'n datblygu.

“Mae lôn newydd yn Rodney Parade yng Nghasnewydd bellach yn weithredol ac mae’n profi staff y GIG a gweithwyr allweddol eraill. Mae gennym dri chilfan ar waith yn Stadiwm Dinas Caerdydd, gan ddarparu o leiaf 120 o slotiau i brofi gweithwyr allweddol. Rydym wedi gallu darparu ar gyfer yr holl weithwyr allweddol a gyfeiriwyd atom a'u profi cyn pen 24 awr ar ôl iddynt gael eu cyfeirio atom.

“Rydym yn annog pawb i lawrlwytho’r ap Tracio Symptomau COVID-19, a dderbyniodd gefnogaeth gan Lywodraeth Cymru. Mae'r ap yn caniatáu i ddefnyddwyr logio symptomau’n ddyddiol i helpu i adeiladu darlun cliriach o sut mae'r feirws yn effeithio ar bobl. Am ragor o wybodaeth, gan gynnwys sut i lawrlwytho'r ap, ewch i covid.joinzoe.com.

“Mae Iechyd Cyhoeddus Cymru yn gweithio i fynd i’r afael ag effaith negyddol COVID-19 ar lesiant cymdeithasol, meddyliol a chorfforol poblogaeth Cymru. Mae’r ymgyrch newydd *Sut Wyt Ti?* bellach yn fyw ac mae’n cynnig cyngor ymarferol trwy phw.nhs.wales/howareyoudoing.

“Rydym yn gwybod y gall aros gartref fod yn anodd, yn enwedig pan fo’r tywydd yn braf, ond rhaid i aelodau’r cyhoedd gadw at reolau cadw pellter cymdeithasol ynghylch aros gartref, ac i ffwrdd oddi wrth eraill, a gyflwynwyd gan Lywodraeth y DU a Llywodraeth Cymru. Mae'r rheolau hyn ar gael ar wefan Iechyd Cyhoeddus Cymru.

“Nid oes angen i bobl gysylltu ag NHS 111 mwyach os ydynt yn credu bod ganddynt Coronafeirws Newydd (COVID-19). Mae gwybodaeth am y symptomau i gadw llygad amdanynt ar gael ar wefan Iechyd Cyhoeddus Cymru, neu gall aelodau'r cyhoedd ddefnyddio gwiriwr symptomau GIG Cymru.

“Ni ddylai unrhyw un yr amheuir bod ganddo/ganddi salwch coronafeirws fynd i bractis meddyg teulu, fferyllfa nac ysbyty. Dim ond os yw'n teimlo na all ymdopi â'i symptomau gartref, fod ei gyflwr yn gwaethygu, neu os nad yw ei symptomau’n gwella ar ôl saith niwrnod y dylai gysylltu â NHS 111.

“Peidiwch â ffonio 999 oni bai eich bod yn profi argyfwng sy’n peryglu bywyd. Peidiwch â ffonio 999 dim ond oherwydd eich bod yn aros i 111 ateb eich galwad ffôn. Rydym yn deall bod llinellau 111 yn brysur, ond bydd rhywun yn ateb eich galwad ar ôl i chi aros.