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Iechyd Cyhoeddus  
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Public Health  
Wales

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

**This statement will be updated daily at 2pm**

*Updated: 2:00pm Sunday 19 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 Robin Howe, Incident Director for the Novel Coronavirus (COVID-19) outbreak response at Public Health Wales, said:

"Public Health Wales continues to fully support the extension of lockdown measures, 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 still circulating in every part of Wales, and the single most important action we can all take in fighting the virus is 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 also want to reinforce the message from NHS Wales 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 working with Welsh Government on its review of testing for COVID-19 and we welcome its latest recommendations in the [critical workers testing policy](#), published today. It is vital to ensure we test the right people, at the right time, in the right place, to reduce the spread of COVID-19.

"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](https://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](https://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. "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 Sul 19 Ebrill*

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

Dywedodd Dr Robin Howe, Cyfarwyddwr Digwyddiadau ar gyfer yr ymateb i achosion o'r Coronafeirws Newydd (COVID-19) yn Iechyd Cyhoeddus Cymru:

"Mae Iechyd Cyhoeddus Cymru yn parhau'n gwbl gefnogol i'r estyniad i'r mesurau cyfyngiadau symud, sy'n hanfodol er mwyn osgoi gwrthdroi'r cynnydd rydym wedi'i wneud o ran arafu lledaeniad y feirws hwn, gwarchod ein GIG, ac achub bywydau.

"Mae Coronafeirws Newydd (COVID-19) yn parhau i gylchredeg ym mhob rhan o Gymru, ac aros gartref yw'r cam pwysicaf un y gall pob un ohonom ei gymryd wrth ymladd y feirws. Rydym 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 hefyd yn awyddus i atgyfnerthu'r neges gan y GIG yng Nghymru bod gwasanaethau gofal brys ac argyfwng ar gyfer iechyd corfforol a meddyliol yn parhau 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, gwledydd eraill y DU ac eraill i fonitro ac ymateb i ledaeniad Coronafeirws Newydd (COVID-19) yng Nghymru.

"Mae hyn yn cynnwys gweithio gyda Llywodraeth Cymru i adolygu ei dull o brofi am COVID-19 ac rydym yn croesawu ei hargymhellion diweddaraf yn y [polisi profi gweithwyr hanfodol](#), a gyhoeddwyd heddiw. Mae'n hanfodol sicrhau ein bod yn profi'r bobl iawn, ar yr amser iawn, yn y lle iawn, i leihau lledaeniad COVID-19.

"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](https://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](https://phw.nhs.wales/howareyoudoing).

