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

This statement will be updated daily at 2pm

Updated: 2:00pm Thursday 4 June

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 welcomes increased testing resulting from Welsh participation in the UK-wide system.

"From Thursday 4 June, Public Health Wales is reporting the number of tests for Novel Coronavirus (COVID-19) undertaken on Welsh residents in Non-NHS Wales laboratories.

"These laboratories were established to support NHS laboratories in increasing COVID-19 testing capacity e.g. UK Lighthouse laboratories. They are currently receiving samples from a number of testing sites, such as the COVID-19 drive-through testing centres in England and from home testing kits.

"Today we are publishing as a separate tab of the dashboard an additional 12,191 tests undertaken by Welsh residents up to 03 June 2020.

"Of the total tests, 91 per cent recorded a negative test result, and four per cent were positive. Indeterminate test results accounted for the remaining five per cent.

"The patients will have been given their results, and will have been given advice to self-isolate.

"Whilst we have prioritised publishing national level figures from this dataset, we are currently working through data issues with NHS Wales Informatics Service (NWIS) and Welsh Government and plan to publish at Health Board and Local Authority level. We expect these testing figures to increase as additional home and community testing increases amongst Welsh residents over the next few weeks.

"Public Health Wales is currently undertaking work to review this data and determine how this links with our existing data from tests undertaken in NHS laboratories in Wales. Whilst this work is ongoing, these figures have not been incorporated into any other outputs including the headline number of cases.

"Contact tracing continues in Wales as part of the Welsh Government's 'Test, Trace, Protect' strategy. Contact tracing is the process of identifying people who have come in contact with an individual with Novel Coronavirus (COVID-19) in order to prevent the risk of others spreading the infection in our communities.

"Anyone who has a positive Novel Coronavirus (COVID-19) test will be contacted by a team of contact tracers, and asked for details of everyone they have had close contact with while they have had symptoms.

"Please keep a note of your activities so you can easily remember your whereabouts on a given day, along with who were in contact with. You do not need to have any concerns about providing names to the tracing team. This is for everyone's benefit and we are grateful for your continued cooperation.

"If you are asked to self-isolate, you should also comply with this request to prevent further spread of the virus.

"Tracers are trained staff and personal information that you provide will be handled in line with data protection regulations and will not be shared widely.

"Over the last few weeks, Public Health Wales has been setting up the methods and guidance for how contact tracing will operate. We will continue to work closely to support local health boards and local authorities in delivering contact tracing.

"The Welsh Government's revised lockdown arrangements also continue. People from two different households in the same local area can meet up outdoors, provided they continue to maintain social distancing and strict hand hygiene.

"The announcement adds that, as a general rule, people should not travel more than five miles from home. This will help to reduce the risk of coronavirus spreading as people begin to travel more.

"Revised lockdown arrangements also apply to people in Wales who have been told to 'shield' from the virus. They are able to go outside and meet people from another household, provided they keep a two-metre distance.

"Future relaxation of lockdown measures will also be dependent on everyone following advice set out in the 'Test, Trace, Protect' strategy, including self-isolating when required.

"Information about the symptoms of Novel Coronavirus (COVID-19) 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 experiencing Novel Coronavirus (COVID-19) symptoms can now apply for a home testing kit using the new UK online portal. For further information and a link to the booking website, visit: www.gov.wales/coronavirus or www.llyw.cymru/coronafeirws. This will be supported by a national 119 phone service, through which people can also order a home test.

"We are encouraging everyone to download the Novel Coronavirus (COVID-19) Symptom Study 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.

"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.

"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."

Datganiad Cymraeg:

Diweddarwyd: 2:00yp Dydd Iau 4 Mehefin

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

"Mae Iechyd Cyhoeddus Cymru yn croesawu cynnal rhagor o brofion o ganlyniad i gyfranogiad Cymru yn y system ledled y DU.

"O ddydd Iau, 4 Mehefin, mae Iechyd Cyhoeddus Cymru yn adrodd ar nifer y profion ar gyfer Coronafeirws Newydd (COVID-19) a gynhelir ar breswylwyr Cymru mewn labordai nad ydynt yn eiddo i GIG Cymru.

"Sefydlwyd y labordai hyn i gefnogi labordai'r GIG er mwyn cynyddu'r capasiti profi ar gyfer COVID-19 e.e. labordai UK Lighthouse. Ar hyn o bryd, maen nhw'n derbyn samplau o nifer o safleoedd profi, fel canolfannau profi am COVID-19 drwy ffenestr y car yn Lloegr, yn ogystal â phecynnau profi yn y cartref.

"Heddiw, rydym yn cyhoeddi, fel tab gwahanol yn y dangosfwrdd, 12,191 o brofion ychwanegol gan breswylwyr Cymru hyd at 03 Mehefin 2020.

"O'r profion i gyd, cofnodwyd 91% o ganlyniadau negyddol a 4% o ganlyniadau positif am COVID-19. Roedd canlyniadau amhendant ar gyfer y 5% sy'n weddill.

"Bydd cleifion wedi derbyn eu canlyniadau, a byddant wedi cael eu cynghori i hunanynysu.

"Er ein bod wedi blaenoriaethu cyhoeddi ffigurau o'r set ddata hon ar lefel genedlaethol, rydym yn gweithio drwy faterion data gyda Gwasanaeth Gwybodeg GIG Cymru a Llywodraeth Cymru ar hyn o bryd ac rydym yn bwriadu cyhoeddi ffigurau ar lefel Bwrdd Iechyd ac ar lefel Awdurdod Lleol. Rydym yn disgwyl i'r ffigurau profi hyn gynyddu wrth i brofi yn y cartref ac yn y gymuned gynyddu ymysg preswylwyr Cymru dros yr ychydig wythnosau nesaf.

"Ar hyn o bryd, mae Iechyd Cyhoeddus Cymru yn gweithio i adolygu'r data hyn a phennu sut mae hyn yn gysylltiedig â'r data sydd gennym eisoes o brofion a gynhaliwyd yn labordai GIG Cymru. Tra mae'r gwaith hwn yn mynd rhagddo, nid yw'r ffigurau hyn wedi'u hymgorffori i unrhyw allbynnau eraill, gan gynnwys nifer yr achosion swyddogol.

"Mae olrhain cysylltiadau yn parhau yng Nghymru fel rhan o strategaeth 'Profi, Monitro, Olrhain' Llywodraeth Cymru. Olrhain cysylltiadau yw'r broses o adnabod pobl sydd wedi dod i gysylltiad ag unigolyn â Coronafeirws Newydd (COVID-19) er mwyn atal y risg y bydd eraill yn lledaenu'r haint yn ein cymunedau.

"Bydd tîm o olrheinwyr cysylltiadau yn cysylltu ag unrhyw un sydd wedi cael prawf positif am Coronafeirws Newydd (COVID-19), a gofynnir am fanylion pawb y mae wedi bod mewn cysylltiad agos â nhw tra bod symptomau gyda nhw.

"Cadwch nodyn o'ch gweithgareddau er mwyn i chi allu cofio'n hawdd ble oeddech chi ar ddiwrnod penodol, ynghyd â gyda phwy yr oeddech mewn cysylltiad â nhw. Nid oes angen i chi fod ag unrhyw bryderon ynghylch darparu enwau i'r tîm olrhain. Mae hyn er budd pawb ac rydym yn ddiolchgar am eich cydweithrediad parhaus.

"Os gofynnir i chi hunanynysu, dylech hefyd gydymffurfio â'r gofyniad hwn er mwyn atal y feirws rhag lledaenu ymhellach.

"Mae olrheinwyr yn staff hyfforddedig a bydd yr wybodaeth bersonol rydych chi'n ei darparu yn cael ei thrin yn unol â rheoliadau diogelu data ac ni fydd yn cael ei rhannu'n eang.

"Dros yr wythnosau diwethaf, mae Iechyd Cyhoeddus Cymru wedi bod yn sefydlu'r dulliau a'r arweiniad ar gyfer sut y bydd olrhain cysylltiadau yn gweithredu. Byddwn yn parhau i weithio'n agos i gefnogi byrddau iechyd lleol ac awdurdodau lleol i olrhain cysylltiadau.

"Mae trefniadau cyfyngiadau symud diwygiedig Llywodraeth Cymru hefyd yn parhau. Gall pobl o ddau gartref gwahanol yn yr un ardal leol gwrdd yn yr awyr agored, ar yr amod eu bod yn parhau i gynnal pellter cymdeithasol a hylendid dwylo llym.

"Mae'r cyhoeddiad yn ychwanegu na ddylai pobl, fel rheol gyffredinol, deithio mwy na phum milltir o'u cartrefi. Bydd hyn yn helpu i leihau'r risg y bydd coronafeirws yn lledaenu wrth i bobl ddechrau teithio mwy.

"Mae'r trefniadau cyfyngiadau symud diwygiedig hefyd yn berthnasol i bobl yng Nghymru y dywedwyd wrthynt am 'warchod' eu hunain rhag y feirws. Gallant fynd y tu allan a chwrdd â phobl o gartref arall, ar yr amod eu bod yn cadw pellter dau fetr.

Bydd llacio'r mesurau cyfyngiadau symud yn y dyfodol hefyd yn dibynnu ar bawb yn dilyn y cyngor a nodir yn y strategaeth 'Profi, Monitro, Olrhain', gan gynnwys hunanynysu pan fo angen.

"Mae gwybodaeth am symptomau Coronafeirws Newydd (COVID-19) i gadw llygad amdanynt ar gael ar wefan Iechyd Cyhoeddus Cymru, neu gall aelodau'r cyhoedd ddefnyddio [gwiriwr symptomau](#) GIG Cymru.

"Gall unrhyw un sy'n profi symptomau Coronafeirws Newydd (COVID-19) nawr wneud cais am becyn prawf cartref gan ddefnyddio porth ar-lein newydd y DU. I gael rhagor o wybodaeth a dolen i'r wefan archebu, ewch i: www.llyw.cymru/coronafeirws neu www.gov.wales/coronavirus. Cefnogir hyn gan wasanaeth ffôn 119 cenedlaethol, lle gall pobl hefyd archebu prawf cartref.

"Rydym yn annog pawb i lawrlwytho'r ap Astudio Symptomau Coronafeirws Newydd (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.

"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.

"Hoffwn hefyd atgyfnerthu'r neges gan GIG Cymru fod gwasanaethau gofal brys ar gyfer iechyd meddwl ac iechyd corfforol ar agor o hyd.

"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."