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

This statement will be updated daily at pm

Updated: 2:00pm Sunday 14 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 Giri Shankar, Incident Director for the Novel Coronavirus (COVID-19) outbreak response at Public Health Wales, said:

"Public Health Wales welcomes Welsh Government's announcement that they are following updated advice from the World Health Organisation (WHO) recommending people in Wales wear three-layer face coverings in situations where social distancing of two metres is not possible or challenging, such as on public transport.

"The evidence remains clear that maintaining a two-metre distance, good hand hygiene and hygiene when coughing and sneezing is the most effective way to protect yourself and others from contracting Novel Coronavirus (COVID-19), but the updated guidance from the WHO says three-layer face coverings, if worn correctly, could help provide some control of the virus in specific circumstances.

"The WHO recommends a minimum of three layers in a face covering, which should include:

- An inner layer of absorbent material, such as cotton
- A middle layer of non-woven material, such as polypropylene
- An outer layer of non-absorbent material, such as polyester or polyester-blend

"The wearing of face coverings is not mandatory, but Public Health Wales encourages people to do this for the benefit of themselves and others.

"This updated advice only applies to people who are not showing symptoms of Novel Coronavirus (COVID-19). People who are symptomatic must self-isolate for seven days and get a test, as set out in existing guidance. Unless the test shows a negative result, they must not go out during this time, even with a face covering or mask.

"Any international traveller entering the UK will need to quarantine for the first 14 days upon arrival (known as 'self-isolating'). This is because it can take up to 14 days for Novel Coronavirus (COVID-19) symptoms to appear.

"Before their arrival, international travellers must provide contact details, including the address where they will self-isolate. Public Health Wales will write registered letters to these identified individuals. If the letters are returned, one phone call will be made.

"Public Health Wales requests international travellers cooperate in providing accurate contact details and follow the 14 day self-isolating advice.

"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. 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.

"You do not need to have any concerns about providing names to the tracing team. Tracers are trained staff and personal information that you provide will handled in line with data protection regulations and will not be shared widely.

"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 download the app, visit covid.joinzoe.com.

“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 Sul 14 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 Giri Shankar, 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 cyhoeddiad Llywodraeth Cymru ei bod yn dilyn cyngor wedi’i ddiweddaru gan Sefydliad Iechyd y Byd (WHO) yn argymell bod pobl yng Nghymru yn gwisgo gorchuddion wyneb tair haen mewn sefyllfaoedd lle nad yw cadw pellter cymdeithasol o ddau fetr yn bosibl, neu’n heriol, ar drafnidiaeth gyhoeddus, er enghraifft.

“Mae’r dystiolaeth yn parhau i fod yn glir mai cynnal pellter o ddau fetr, hylendid dwylo da a hylendid wrth besychu neu disian yw’r ffordd fwyaf effeithiol o amddiffyn eich hun ac eraill rhag cael Coronafeirws Newydd (COVID-19), ond dywed y canllawiau sydd wedi’u diweddaru gan Sefydliad Iechyd y Byd y gallai gorchuddion wyneb tair haen helpu, os byddant yn cael eu gwisgo’n gywir, i reoli’r feirws mewn amgylchiadau penodol.

“Mae Sefydliad Iechyd y Byd (WHO) yn argymell y dylai gorchudd wyneb gynnwys o leiaf tair haen, a ddylai gynnwys:

- Haen fewnol o ddeunydd amsugnol, fel cotwm
- Haen ganol o ddeunydd heb ei wehyddu, fel polypropylene
- Haen allanol o ddeunydd nad yw'n amsugnol, fel polyester neu gyfuniad o bolyester

“Nid yw gwisgo gorchuddion wyneb yn orfodol, ond mae Iechyd Cyhoeddus Cymru yn annog pobl i wneud hyn er eu budd eu hunain a phobl eraill.

“Mae'r cyngor wedi'i ddiweddaru hwn yn berthnasol i bobl nad ydyn nhw'n dangos symptomau Coronafeirws Newydd (COVID-19) yn unig. Rhaid i bobl sy'n arddangos symptomau hunanynysu am saith diwrnod a chael prawf, fel y nodir yn y canllawiau presennol. Oni bai bod canlyniad y prawf yn negatif, rhaid iddynt beidio Ã¢ mynd allan yn ystod y cyfnod hwn, hyd yn oed gyda gorchudd wyneb neu fasg.

“Bydd angen i unrhyw deithiwr rhyngwladol sy’n dod i mewn i’r DU osod ei hun dan gwarantin am y 14 diwrnod cyntaf ar Ã´l cyrraedd (a elwir yn ‘hunanynysu’). Mae hyn oherwydd y gall gymryd hyd at 14 diwrnod i symptomau Coronafeirws Newydd (COVID-19) ymddangos.

“Cyn iddynt gyrraedd, rhaid i deithwyr rhyngwladol ddarparu manylion cyswllt, gan gynnwys y cyfeiriad lle byddant yn hunanynysu. Bydd Iechyd Cyhoeddus Cymru yn ysgrifennu llythyrau cofrestredig at yr unigolion dynodedig hyn. Os dychwelir y llythyrau, bydd un galwad ffÃ´n yn cael ei gwneud.

“Mae Iechyd Cyhoeddus Cymru yn gofyn i deithwyr rhyngwladol gydweithredu i ddarparu manylion cyswllt cywir a dilyn y cyngor i hunanynysu am 14 diwrnod.

“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 Ã¢'r Coronafeirws Newydd (COVID-19) er mwyn atal y risg y bydd eraill yn lledaenu'r haint yn ein cymunedau.

“Bydd tÃ®m 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 Ã¢ 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 Ã¢ gyda phwy yr oeddech mewn cysylltiad Ã¢ nhw. Mae hyn er budd pawb ac rydym yn ddiolchgar am eich cydweithrediad parhaus.

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

“Nid oes angen i chi fod ag unrhyw bryderon ynghylch darparu enwau i'r tÃ®m olrhain. Mae olrheinwyr yn staff hyfforddedig a bydd yr wybodaeth bersonol rydych chi'n ei darparu yn cael ei thrin yn unol Ã¢ rheoliadau diogelu data ac ni fydd yn cael ei rhannu'n eang.

“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 Ã¢ 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 ffÃ´n 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 caniatÃƒÂiu 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 Ã¢'i symptomau gartref, fod ei gyflwr yn gwaethygu, neu os nad yw ei symptomau’n gwella ar Ã´l saith niwrnod y dylai gysylltu Ã¢ NHS 111.

“Peidiwch Ã¢ ffonio 999 oni bai eich bod yn profi argyfwng sy’n peryglu bywyd. Peidiwch Ã¢ ffonio 999 dim ond oherwydd eich bod yn aros i 111 ateb eich galwad ffÃ´n. Rydym yn deall bod llinellau 111 yn brysur, ond bydd rhywun yn ateb eich galwad ar Ã´l 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 sÃ¢l 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.”