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

This statement will be updated daily at pm

Updated: 2:00pm Thursday 25 June

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

“Public Health Wales is currently supporting two local outbreaks.

“Following a multi-agency Outbreak Control Team meeting which took place on Wednesday 24 June, a total of 201 cases of Novel Coronavirus have been identified in the workforce associated with the *2 Sisters* plant in Llangefni, Anglesey.

“Rapid screening of the workforce continues, with more than 500 samples taken so far. The small increase in cases indicates that the focused track and trace programme is working well.

“We are confident that we have successfully identified the majority of cases associated with the 2 Sisters workforce, and that our tracking and control measures are working to bring the outbreak to a rapid conclusion.

“As focused testing continues we may identify additional cases, but this what we anticipated would happen when any population group is put under close scrutiny. Any increase in the number of cases found in the workforce does not mean that the infection is increasing in the local population as a whole.”

“Testing of the workforce associated with an outbreak of Novel Coronavirus (COVID-19) in the Wrexham area is continuing.

“The mobile testing unit at the Rowan Foods Ltd site has tested in excess of 1,000 people since Sunday, supplemented by community and postal test services. We are in the process of combining information to identify the full scope of the ongoing testing process and total number of positive cases. To date a total of 97 cases have been identified.

“Rapid contact tracing also continues, and as expected, is identifying additional cases associated with the workforce.

“Non-essential retailers in Wales were permitted to open from Monday (22 June), providing that they were able to comply with social distancing measures.

“Public Health Wales welcomes the relaxation of lockdown measures, but reminds the public that we are not yet back to business as usual.

“We all have a vital role in preventing the spread of Coronavirus by always sticking to social distancing guidelines Ã¢â‚¬“ that’s staying two metres away from others and washing hands regularly.

“While shopping, members of the public should use contactless payment where possible, and reduce contact with goods. Where available, use sanitiser outside your home, especially as you enter a building and after you have had contact with surfaces. Avoid touching your face.

“Further relaxation of lockdown measures, including the lifting of the restriction on non-essential travel to around five miles, is planned for Monday 6 July, providing that community transmission continues to reduce.

“It is important to note that until a further announcement is made by Welsh Government, then the current measures remain in place - 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.

“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. Complying with social distancing and hygiene measures remains extremely important.

“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.

“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 you 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.

“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.”

Diweddarwyd: 2:00yp Dydd Iau 25 Mehefin

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

“Mae Iechyd Cyhoeddus Cymru yn mynd i’r afael â dau achos lleol ar hyn o bryd.

“Yn dilyn cyfarfod Tîm Rheoli Achosion aml-asiantaeth a gynhaliwyd ddydd Mercher 24 Mehefin, mae 201 o achosion o Coronafeirws Newydd wedi’u nodi yn y gweithlu sy’n gysylltiedig â safle *2 Sisters* yn Llangefni, Sir Fôn.

“Mae’r broses o sgrinio’r gweithlu yn parhau ar garlam, ac mae dros 500 o samplau wedi’u cymryd hyd yn hyn. Mae’r cynnydd bychan mewn achosion yn nodi bod y rhaglen tracio ac olrhain â ffocws yn gweithio’n dda.

“Rydym yn hyderus ein bod wedi nodi’n llwyddiannus fwyafrif yr achosion sy’n gysylltiedig â’r gweithlu *2 Sisters*, a bod ein mesurau tracio a rheoli yn gweithio i geisio dod â’r achosion i ben yn gyflym.

“Wrth i fesurau profi â ffocws barhau, mae’n bosibl y byddwn yn nodi achosion ychwanegol, ond dyma’r hyn a ragwelsom wrth graffu’n agos ar unrhyw grŵp o’r boblogaeth. Nid yw unrhyw gynnydd yn nifer yr achosion a ganfuwyd yn y gweithlu yn golygu bod yr haint yn cynyddu ymysg y boblogaeth leol yn ei chyfanrwydd.”

“Mae’r gwaith o brofi’r gweithlu sy’n gysylltiedig ag achosion o Coronafeirws Newydd (COVID-19) yn ardal Wrecsam yn parhau.

“Mae’r uned profi symudol ar safle *Rowan Foods Ltd* wedi profi dros 1,000 o bobl ers dydd Sul, gyda chefnogaeth gwasanaethau profi yn y gymuned a thrwy’r post. Rydym wrthi’n rhoi gwybodaeth at ei gilydd i adnabod cwmpas llawn y broses brofi barhaus a chyfanswm nifer yr achosion positif. Hyd yn hyn, mae cyfanswm o 97 o achosion wedi’u nodi.

"Mae olrhain cysylltiadau ar garlam hefyd yn parhau ac, yn ôl y disgwyl, mae'n nodi achosion ychwanegol sy'n gysylltiedig â'r gweithlu.

"Rhoddwyd caniatâd i adwerthwyr nad ydynt yn rhai hanfodol agor o ddydd Llun (22 Mehefin) ymlaen, ar yr amod eu bod yn gallu cydymffurfio â'r mesurau cadw pellter cymdeithasol.

"Mae Iechyd Cyhoeddus Cymru yn croesawu ymlacio'r mesurau cyfyngiadau symud, ond hoffwn atgoffa'r cyhoedd nad ydym wedi dychwelyd i fusnes fel arfer eto.

"Mae gan bob un ohonom rôl bwysig i'w chwarae wrth atal lledaeniad Coronafeirws trwy lynu wrth ganllawiau cadw pellter cymdeithasol bob amser – hynny yw, sicrhau eich bod yn cadw dau fetr oddi wrth bobl eraill a golchi eich dwylo yn rheolaidd.

"Wrth siopa, dylai aelodau o'r cyhoedd ddefnyddio technoleg ddigyffwrdd wrth dalu lle bo hynny'n bosibl, a lleihau cysylltiad â nwyddau. Defnyddiwch hylif diheintio dwylo y tu allan i'ch cartref lle bo hwn ar gael, yn enwedig wrth i chi fynd i mewn i adeilad ac ar ôl i chi ddod i gysylltiad ag arwynebau. Osgowch gyffwrdd eich wyneb.

"Mae llacio'r mesurau cyfyngiadau symud ymhellach, gan gynnwys codi'r cyfyngiad ar deithio nad yw'n hanfodol i oddeutu pum milltir, ar y gweill ar gyfer dydd Llun 6 Gorffennaf, ar yr amod bod trosglwyddiad cymunedol yn parhau i leihau.

"Mae'n bwysig nodi hyd nes y gwneir cyhoeddiad pellach gan Lywodraeth Cymru, fod y mesurau cyfredol yn aros mewn grym - fel rheol gyffredinol, ni ddylai pobl 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.

"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 cydymffurfio â mesurau cadw pellter cymdeithasol a hylendid yn parhau i fod yn hynod bwysig.

"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.

"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. 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.

"Nid oes angen i chi fod ag unrhyw bryderon ynghylch darparu enwau i'r tîm olrhain. 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.

"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.”