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 Monday 29 June

PLEASE NOTE: This daily statement about the Public Health Wales response to Novel Coronavirus in Wales, which includes details of specific local outbreaks, is published at 2pm every day 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 the reopening of the majority of schools across Wales, to enable pupils and staff to check in and catch up before the autumn term starts in September.

"Public Health Wales continues to work with multi-agency partners regarding the cluster of cases at Kepak Merthyr.

"People who have tested positive for Coronavirus over the weekend and their household contacts have been instructed to self-isolate, and any risk to the wider community is being controlled.

"There are no plans to take any wider public health action, such as school or workplace closures, and no outbreak has been declared.

"Coronavirus testing at the facility over the weekend has identified 101 confirmed cases out of the 810 people that were tested on Saturday. This brings the total number of cases identified at the site since April to 130.

"Public Health Wales continues to work with multi-agency partners to respond to ongoing outbreaks in Rowan Foods in Wrexham and 2 Sisters in Llangefni.

"It is timely to remind everyone that we all have a vital role in preventing the spread of Coronavirus by always sticking to social distancing guidelines â€" that's staying two metres away from others and washing hands regularly.

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

"We would urge members of the public to continue to stay local and avoid visiting locations, such as beaches, where proper social distancing is impossible to achieve.

"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 is supported by a national 119 phone service, through which people can also order a home test.

“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.

Diweddarwyd: 2:00yp Dydd Llun 29 Mehefin

NODER: Cyhoeddir y datganiad dyddiol hwn am ymateb Iechyd Cyhoeddus Cymru i Coronafeirws Newydd yng Nghymru, sy'n cynnwys manylion am achosion lleol penodol, am 2pm bob dydd 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 ailagor y rhan fwyaf o’r ysgolion ledled Cymru, er mwyn galluogi disgyblion a staff i fynychu a dal i fyny cyn i dymor yr hydref ddechrau ym mis Medi.

“Mae Iechyd Cyhoeddus Cymru yn parhau i weithio gyda phartneriaid amlasiantaeth ynghylch y clwstwr o achosion yn Kepak ym Merthyr.

“Mae’r bobl sydd wedi profi’n bositif am Coronafeirws dros y penwythnos a’u cysylltiadau cartref wedi cael eu cyfarwyddo i hunanynysu, ac mae unrhyw risg i’r gymuned ehangach yn cael ei rheoli.

“Nid oes unrhyw gynlluniau i weithredu unrhyw gamau iechyd y cyhoedd ehangach, megis cau ysgolion neu weithleoedd, ac ni chyhoeddwyd bod yr haint ar led yn yr ardal.

“Mae profi am coronafeirws yn y cyfleuster dros y penwythnos wedi nodi 101 o achosion wedi’u cadarnhau allan o’r 810 o bobl a gafodd eu profi ddydd Sadwrn. Daw hyn â chyfanswm yr achosion a nodwyd ar y safle ers mis Ebrill i 130.

“Mae Iechyd Cyhoeddus Cymru yn parhau i weithio gyda phartneriaid amlasiantaeth i ymateb i achosion parhaus yn Rowan Foods yn Wrecsam a 2 Sisters yn Llangefni.

“Mae’n adeg briodol i atgoffa pawb fod gennym ni i gyd 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.

“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.

“Byddem yn annog aelodau’r cyhoedd i barhau i aros yn lleol ac osgoi ymweld â lleoliadau, fel traethau, lle mae’n amhosibl cadw pellter cymdeithasol priodol.

“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.

"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.