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

This statement will be updated daily at pm

Updated: : pm Sunday July – no change from Saturday July

PLEASE NOTE: This daily statement about the Public Health Wales response to Novel Coronavirus in Wales, which includes details of specific local outbreaks and incidents, is published at 2pm every day on the Public Health Wales website.

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

“The multi-agency team managing the outbreak of Coronavirus associated with Rowan Foods Ltd in Wrexham has recorded a small increase of six cases since Wednesday, bringing the total to 289 cases. This is in line with what we would expect to see from focused testing.

“The advice to the public has not changed and this outbreak reinforces that everyone has a vital role in preventing the spread of Coronavirus by always observing social distancing guidelines â€“ staying two metres away from others, and washing hands regularly. When travelling you should also avoid car sharing with people outside your household.

“The monitoring and case data emerging from the 2 Sisters plant in Llangefni, Anglesey remains consistently reassuring.

“Following the multi-agency Outbreak Control Team (OCT) meeting on Friday 3 July, a single additional case associated with the plant was reported. This brings the total number of positive cases associated with the factory and its workforce with a confirmed Novel Coronavirus (COVID-19) infection to a total of 218.

“Following the Incident Management Team meeting on Friday 3 July, we have recorded a single new positive case identified at the Kepak Merthyr meat processing plant, with the total now standing at 135 positive cases since April.

“Focused testing as part of the management of clusters and outbreaks of Coronavirus will inevitably identify new cases, but this does not mean that there has been a significant increase in the level of infection in the community.

“If we look at other data such as hospital admissions or wider surveillance indicators, there is no evidence of a surge of infections in the wider community in Merthyr.

“It is too early to draw precise conclusions, but our monitoring does show a historic correlation between levels of infection in the plant and previous background levels of infection in the wider community. There is no evidence to suggest any ongoing transmission in the plant.

“The Incident Management Team’s investigations are continuing. No outbreak has been declared but all necessary investigations and control measures are being undertaken.

“The Food Standards Agency advise that it is very unlikely that you can catch coronavirus from food. COVID-19 is a respiratory illness. It is not known to be transmitted by exposure to food or food packaging.

“Public Health Wales welcomes the Welsh Government announcement that, from Monday 6 July, the requirement to stay local will be lifted and that people from two separate households will be able to join together to form one exclusive extended household.

“It is important to note, however, that the current measures will remain in place over this weekend - that is, as a general rule, people should not travel more than five miles from home and, if you are meeting one other household, you should stay outdoors and stay local.

“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.

“As restrictions are eased, we would urge members of the public to continue to avoid visiting locations where proper social distancing is difficult 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.

"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: : yp Dydd Sul Gorffennaf – dim newid o ddydd Sadwrn Gorffennaf

NODER: Cyhoeddir y datganiad dyddiol hwn am ymateb Iechyd Cyhoeddus Cymru i Coronafeirws Newydd yng Nghymru, sy'n cynnwys manylion am achosion a digwyddiadau lleol penodol, am 2pm bob dydd ar wefan Iechyd Cyhoeddus Cymru.

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

"Mae'r tÃ®m amlasiantaeth sy'n rheoli'r achosion Coronafeirws sy'n gysylltiedig Ã¢ Rowan Foods Cyf yn Wrecsam wedi cofnodi cynnydd bach o chwe achos ers dydd Mercher, gan ddod Ã¢'r cyfanswm i 289 o achosion. Mae hyn yn cyd-fynd Ã¢'r hyn y byddem yn disgwyl ei weld o brofion Ã¢ ffocws.

"Nid yw'r cyngor i'r cyhoedd wedi newid ac mae'r achos hwn yn atgyfnerthu'r ffaith bod gan bawb rÃ´l hanfodol i'w chwarae i atal lledaeniad y Coronafeirws drwy lynu wrth ganllawiau cadw pellter cymdeithasol bob amser - aros dau fetr oddi wrth bobl eraill, a golchi'r dwylo yn rheolaidd. Wrth deithio dylech hefyd osgoi rhannu car Ã¢ phobl y tu allan i'ch cartref.

"Mae'r gwaith monitro a'r data achosion sy'n dod i'r amlwg o ffatri 2 Sisters yn Llangefni, Ynys MÃ´n yn parhau'n galonogol.

"Yn dilyn cyfarfod y TÃ®m Rheoli Achosion amlasiantaeth (OCT) ddydd Gwener 3 Gorffennaf, nodwyd un achos ychwanegol yn gysylltiedig Ã¢'r ffatri. Daw hyn Ã¢ chyfanswm nifer yr achosion positif wedi'u cadarnhau o haint y Coronafeirws Newydd (COVID-19) sy'n gysylltiedig Ã¢'r ffatri a'i weithlu i 218.

"Yn dilyn cyfarfod y TÃ®m Rheoli Digwyddiadau ddydd Gwener 3 Gorffennaf, rydym wedi cofnodi un achos positif newydd yn ffatri prosesu cig Kepak Merthyr, gyda'r cyfanswm bellach yn 135 o achosion positif ers mis Ebrill.

"Yn anochel, bydd profion Ã¢ ffocws sy'n rhan o'r gwaith o reoli clystyrau ac achosion o Coronafeirws yn nodi achosion newydd, ond nid yw hyn yn golygu y bu cynnydd sylweddol yn lefel yr haint yn y gymuned.

"Os ydyn ni'n edrych ar ddata eraill fel derbyniadau i'r ysbyty neu ddangosyddion cadw golwg ehangach, does dim tystiolaeth bod ymchwydd yn nifer yr heintiau yng nghymuned ehangach Merthyr.

“Mae'n rhy gynnar dod i gasgliadau manwl, ond mae ein gwaith monitro yn dangos cydberthynas hanesyddol rhwng lefelau’r haint yn y ffatri a lefelau cefndir blaenorol yr haint yn y gymuned ehangach. Nid oes tystiolaeth i awgrymu unrhyw drosglwyddiad parhaus yn y ffatri.

"Mae ymchwiliadau'r TÃ®m Rheoli Digwyddiadau yn parhau. Nid oes unrhyw achos wedi'i nodi ond mae'r holl ymchwiliadau a mesurau rheoli angenrheidiol yn cael eu cynnal.

"Mae'r Asiantaeth Safonau Bwyd yn dweud ei bod yn annhebygol iawn y gallwch ddal y coronafeirws o fwyd. Salwch resbiradol yw COVID-19. Nid oes tystiolaeth ei fod yn cael ei drosglwyddo drwy ddod i gysylltiad Ã¢ bwyd neu becynnau bwyd.

“Mae Iechyd Cyhoeddus Cymru yn croesawu cyhoeddiad Llywodraeth Cymru y bydd y gofyniad i aros yn lleol, o ddydd Llun 6 Gorffennaf ymlaen, yn cael ei godi ac y bydd pobl o ddau gartref ar wahÃ¢n yn gallu ymuno i ffurfio un cartref estynedig unigryw.

“Mae’n bwysig nodi, fodd bynnag, y bydd y mesurau cyfredol yn aros ar waith dros y penwythnos hwn - hynny yw, fel rheol gyffredinol, ni ddylai pobl deithio mwy na phum milltir o’u cartrefi ac, os ydych yn cwrdd ag un cartref arall, dylech fod yn yr awyr agored a dylech aros yn lleol.

“Mae’n adeg briodol i atgoffa pawb fod gennym ni i gyd rÃ´l bwysig i’w chwarae wrth atal lledaeniad Coronafeirws trwy lynu wrth ganllawiau cadw pellter cymdeithasol bob amser â€“ hynny yw, sicrhau eich bod yn cadw dau fetr oddi wrth bobl eraill a golchi eich dwylo yn rheolaidd.

“Wrth i'r cyfyngiadau gael eu llacio, byddem yn annog aelodau’r cyhoedd i barhau i osgoi ymweld Ã¢ lleoliadau lle mae’n anodd cadw pellter cymdeithasol priodol.

“Wrth siopa, dylai aelodau o’r cyhoedd ddefnyddio technoleg ddigyffwrdd wrth dalu lle bo hynny’n bosibl, a lleihau cysylltiad Ã¢ 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 Ã´l i chi ddod i gysylltiad ag arwynebau. Osgowch gyffwrdd eich wyneb.

“Bydd llacio’r mesurau cyfyngiadau 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 Ã¢ 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 Ã¢ 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 Ã¢ 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 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.

 “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."