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

This statement will be updated daily at pm

Updated: : pm Wednesday July

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

“The outbreak of Coronavirus associated with Rowan Foods Ltd in Wrexham has recorded a modest increase of 13 confirmed cases of Novel Coronavirus (COVID-19) infection since Friday last week. This brings the total number of positive cases in the outbreak to 302. This is in line with what we would expect to see from a focused testing process.

“Our 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 – staying two metres away from others, and washing hands regularly. When travelling you should also avoid car sharing with people outside your household.

"Anyone with suspected symptoms of COVID-19 infection - a high temperature, a new, continuous cough, or a loss of smell or taste (anosmia) - must self isolate and seek an urgent test.

"Confirmed cases must isolate for seven days, with members of their household isolating for 14 days until the risk of passing on further infection has gone. Combined these simple but effective actions will ensure the virus does not spread.

“The multi-agency team managing the outbreak of Coronavirus associated with the 2 Sisters meat processing plant has reported consistently good news for a number of days and operations are resuming at the site.

“In addition, the total number of positive case identified at the *Kepak Merthyr* meat processing plant is 135 since April. Investigations in this cluster continue, and updates will be issued in the coming days.

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

“We all have a vital role in preventing the spread of Coronavirus by always sticking to social distancing guidelines – that’s staying two metres away from others and washing hands regularly. You should also avoid car sharing with people outside your household.

“Contact tracing continues in Wales as part of the Welsh Government’s *Test, Trace, Protect* strategy. Anyone who has a positive Coronavirus 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.

“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 handled in line with data protection regulations and will not be shared widely.

“Information about the symptoms of Coronavirus is available on the Public Health Wales website, or members of the public can use the NHS Wales symptom checker.

“Anyone experiencing Coronavirus symptoms can apply for a home testing kit by visiting www.gov.wales/coronavirus, or by calling the national 119 phone service.

“Anyone with suspected coronavirus 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 Mercher Gorffennaf

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

“Mae'r achos o'r Coronafeirws sy'n gysylltiedig â Rowan Foods Ltd yn Wrecsam wedi cofnodi rhywfaint o gynnydd o 13 o achosion wedi'u cadarnhau o'r haint Coronafeirws Newydd (COVID-19) ers dydd Gwener wythnos diwethaf. Daw hyn â chyfanswm nifer yr achosion positif yn yr achos i 302. Mae hyn yn unol â'r hyn y byddem yn disgwyl ei weld o broses brofi gyda ffocws pendant.

“Nid yw ein cyngor i'r cyhoedd wedi newid ac mae'r achos hwn yn atgyfnerthu'r ffaith bod gan bawb rôl hanfodol i'w chwarae o ran atal lledaeniad Coronafeirws drwy ddilyn y canllawiau ynghylch cadw pellter cymdeithasol bob amser – aros dau fetr i ffwrdd oddi wrth eraill, golchi dwylo'n rheolaidd. Wrth deithio, dylech hefyd osgoi rhannu ceir â phobl y tu allan i'ch cartref.

"Rhaid i unrhyw un sydd â symptomau a amheuir o haint COVID-19 - tymheredd uchel, peswch newydd, cyson, neu golli arogl neu flas (anosmia) - hunanynysu a chael prawf brys.

"Rhaid i achosion wedi'u cadarnhau hunanynysu am saith diwrnod, gydag aelodau o'u cartref yn ynysu am 14 diwrnod nes bod y risg o drosglwyddo haint pellach wedi mynd. Gyda'i gilydd bydd y camau syml ond effeithiol hyn yn sicrhau nad yw'r feirws yn lledaenu."

“Mae'r tîm amlasiantaeth sy'n rheoli achosion o'r Coronafeirws sy'n gysylltiedig â gwaith prosesu cig 2 Sisters wedi nodi newyddion da cyson am nifer o ddiwrnodau ac mae'r gweithrediadau'n ailddechrau ar y safle.

“Yn ogystal, mae cyfanswm nifer yr achosion positif a nodwyd yng ngwaith prosesu cig *Kepak Merthyr* yn 135 ers mis Ebrill. Mae ymchwiliadau yn y clwstwr hwn yn parhau, a chyhoeddir y diweddaraf dros y dyddiau nesaf.

“Mae'r Asiantaeth Safonau Bwyd yn dweud ei bod yn annhebygol iawn y gallwch ddal coronafeirws o fwyd. Mae Coronafeirws yn salwch anadlol. Nid yw'n hysbys ei fod yn cael ei drosglwyddo drwy ddod i gysylltiad â bwyd neu ddeunydd pacio bwyd.

“Mae gan bob un ohonom ran hanfodol i'w chwarae wrth atal Coronafeirws rhag lledaenu drwy ddilyn canllawiau o ran cadw pellter cymdeithasol bob amser – sef aros dau fetr i ffwrdd oddi wrth eraill – a golchi dwylo'n rheolaidd. Dylech hefyd osgoi rhannu ceir â phobl y tu allan i'ch cartref.

“Mae olrhain cysylltiadau'n parhau yng Nghymru fel rhan o strategaeth *Profi, Olrhain, Diogelu* Llywodraeth Cymru. Bydd tîm olrhain cysylltiadau yn cysylltu ag unrhyw un sy'n cael prawf positif ar gyfer Coronafeirws, a gofynnir iddynt am fanylion pawb y maent wedi bod mewn cysylltiad agos â nhw tra'u bod wedi cael symptomau.

“Cadwch nodyn o'ch gweithgareddau er mwyn i chi allu cofio lle roeddech ar ddiwrnod penodol yn hawdd, ynghyd â phwy roeddech mewn cysylltiad â nhw.

“Os gofynnir i chi hunanynysu, dylech hefyd gydymffurfio â'r cais hwn i atal y feirws rhag lledaenu ymhellach.

“Mae'r rhai sy'n olrhain yn staff hyfforddedig a chaiff gwybodaeth bersonol a ddarparwch ei thrin yn unol â rheoliadau diogelu data ac ni fydd yn cael ei rhannu'n eang.

“Mae gwybodaeth am symptomau Coronafeirws ar gael ar wefan Iechyd Cyhoeddus Cymru, neu gall aelodau o'r cyhoedd ddefnyddio gwiriwr symptomau GIG Cymru.

“Gall unrhyw un sy'n profi symptomau Coronafeirws wneud cais am becyn profi yn y cartref drwy ymweld â https://llyw.cymru/coronafeirws, neu drwy ffonio'r gwasanaeth ffôn 119 cenedlaethol.

“Ni ddylai unrhyw un yr amheuir bod ganddynt coronafeirws fynd i feddygfa, fferyllfa nac ysbyty. Dylent ffonio GIG 111 dim ond os ydynt yn teimlo na allant ymdopi â'u symptomau gartref, os bydd eu cyflwr yn gwaethygu, neu os na fydd eu symptomau'n gwella ar ôl saith diwrnod.

“Ffoniwch 999 dim ond os ydych yn profi argyfwng sy'n bygwth bywyd, peidiwch â ffonio 999 dim ond oherwydd eich bod methu cael ateb ar 111. Rydym yn gwerthfawrogi bod llinellau 111 yn brysur, ond byddwch yn cael ateb ar ôl aros.”