Public Health Wales statement on Novel Coronavirus (COVID-19) outbreak

This statement will be updated daily at 2pm

Updated: 2:00pm Sunday 19 July

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

"We continue to caution and remind the public and business-owners that we all have a vital role in preventing the spread of Coronavirus by always sticking to 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.

Updates on current incidents

"Public Health Wales can confirm that there are no new cases of Coronavirus linked with the 2 Sisters outbreak. The total therefore remains at 221 cases linked to the outbreak which is linked to the site at Llangefni in Anglesey. The fact that no new cases have been recorded is a positive sign, and indicates that control measures have been effective.

"The multi-agency team managing the outbreak of Coronavirus associated with Rowan Foods Ltd in Wrexham has recorded 309 cases. There continues to be no evidence that this outbreak is factory-based, and the results we have identified are what we would expect to see when a focused testing takes place.

"In addition, the total number of positive case identified at the Kepak Merthyr meat processing plant is 139 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.

Contact tracing and general information

"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.

“Further 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.”

“Public Health Wales’ user-friendly data dashboard takes information from a range of different sources. The total number of positive cases now includes those reported from non-NHS Wales laboratories, which are subject to ongoing de-duplication, refinement and reconciliation. This may result in fluctuation of the total positive cases as this process takes place.

“It should be noted that the cases from non-NHS Wales laboratories are not new cases, and have been on the dashboard for a number of weeks. They have previously been reported on a separate tab, but are now incorporated into the totals for the local authority area and Health Board area in which the patient resides, to give a complete picture for Wales.

Diweddarwyd: 2:00yp Dydd Sul 19 Gorffennaf

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

“Rydyn ni’n parhau’n ofalus ac yn atgoffa’r cyhoedd a pherchnogion busnes bod gennym ni i gyd rÃ´l hanfodol i’w chwarae mewn atal lledaeniad y Coronafeirws drwy lynu bob amser wrth ganllawiau cadw pellter cymdeithasol â€“ cadw ddau fetr oddi wrth eraill a golchi’r dwylo yn rheolaidd. Wrth deithio, dylech hefyd osgoi rhannu ceir gyda phobl o’r tu allan i’ch cartref.

"Rhaid i unrhyw un sy’n amau bod ganddo symptomau haint COVID-19 â€“ tymheredd uchel, peswch newydd parhaus, neu wedi colli’r synnwyr arogli neu flasu (anosmia) â€“ hunanynysu a gofyn am brawf ar frys.

"Rhaid i achosion a gadarnheir ynysu am saith diwrnod, gydag aelodau eraill eu cartref yn ynysu am 14 diwrnod nes bod y risg o drosglwyddo’r haint wedi mynd. Gyda’i gilydd, bydd y camau gweithredu syml ond effeithiol yma’n sicrhau nad yw’r feirws yn lledaenu.

Diweddariad ar yr achosion presennol

“Gall Iechyd Cyhoeddus Cymru gadarnhau nad oes unrhyw achosion newydd o’r Coronafeirws yn gysylltiedig Ã¢’r haint yn 2 Sisters. Felly mae cyfanswm yr achosion yno’n parhau yn 221 yn gysylltiedig Ã¢’r haint ar y safle yn Llangefni ar Ynys MÃ´n. Mae’r ffaith nad oes unrhyw achosion newydd wedi’u cofnodi yn arwydd positif ac yn dynodi bod y mesurau rheoli wedi bod yn effeithiol.

“Mae’r tÃ®m amlasiantaeth sy’n rheoli’r achosion o’r Coronafeirws yn gysylltiedig Ã¢ Rowan Foods Cyf. yn Wrecsam wedi cofnodi 309 o achosion. Nid oes tystiolaeth o hyd bod yr achosion hyn yn seiliedig yn y ffatri ac mae’r canlyniadau rydym wedi’u cael fel y disgwyl pan mae profion ffocws yn cael eu cynnal.

“Hefyd, cyfanswm yr achosion positif sydd wedi’u canfod yn ffatri prosesu cig Kepak Merthyr yw 139 ers mis Ebrill. Mae’r ymchwiliadau yn y clwstwr hwn yn parhau a bydd diweddariadau’n cael eu cyhoeddi yn

ystod y dyddiau sydd i ddod.

"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.

Olrhain cysylltiadau a gwybodaeth gyffredinol

“Mae olrhain cysylltiadau yn parhau yng Nghymru fel rhan o strategaeth ‘Profi, Olrhain, Diogelu’ Llywodraeth Cymru. Bydd tÃ®m o olrheinwyr cysylltiadau’n cysylltu ag unrhyw un sydd wedi cael prawf positif am y Coronafeirws Newydd (COVID-19), a gofynnir am fanylion pawb y mae wedi bod mewn cysylltiad agos Ã¢ nhw tra oedd ganddo symptomau.

“Gwnewch nodyn o'ch gweithgareddau er mwyn i chi allu cofio’n hawdd ble oeddech chi ar ddiwrnod penodol, ynghyd Ã¢ gyda phwy y buoch mewn cysylltiad.

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

Mae’r olrheinwyr yn staff hyfforddedig a bydd yr wybodaeth bersonol rydych chi'n ei darparu’n cael ei thrin yn unol Ã¢ rheoliadau diogelu data ac ni fydd yn cael ei rhannu'n eang.

“Mae gwybodaeth am symptomau’r 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’r Coronafeirws Newydd (COVID-19) wneud cais am becyn prawf cartref drwy fynd i www.gov.wales/coronavirus, neu drwy ffonio’r gwasanaeth ffÃ´n 119 cenedlaethol.

“Ni ddylai unrhyw un sy’n amau bod ganddo/ganddi salwch y coronafeirws fynd i feddygfa, 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 eich 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.”

“Mae dangosfwrdd data hawdd ei ddefnyddio Iechyd Cyhoeddus Cymru yn casglu gwybodaeth o ystod o ffynonellau gwahanol. Mae cyfanswm nifer yr achosion positif bellach yn cynnwys y rhai yr adroddwyd amdanynt o labordai nad ydynt yn eiddo i GIG Cymru, sy’n destun dad-ddyblygu, mireinio a chysoni parhaus. Gallai hyn arwain at amrywiad yng nghyfanswm yr achosion positif wrth i’r broses hon fynd rhagddi.

“Dylid nodi nad yw’r achosion o labordai nad ydynt yn eiddo i GIG Cymru yn achosion newydd, a’u bod wedi bod ar y dangosfwrdd ers sawl wythnos. Adroddwyd amdanynt yn flaenorol ar dab gwahanol, ond bellach maent wedi’u hymgorffori yn y cyfansymiau ar gyfer ardal yr awdurdod lleol ac ardal y Bwrdd Iechyd y mae’r claf yn byw ynddo, er mwyn rhoi darlun cyflawn ar gyfer Cymru.