Iechyd Cyhoeddus Cymru

GIG CYMRU NHS WALES

Public Health Wales

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

This statement will be updated daily at 2pm

Updated: 2:00pm Wednesday 22 July

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

"Today Public Health Wales is publishing data relating to transmission of COVID-19 in healthcare settings.

"This data shows that the spread of Coronavirus in healthcare settings is under control, and it is safe for people to access health services in Wales.

"As in other parts of the world, hospital transmission has taken place in Wales, and the infectiousness of the virus has presented challenges for the health service.

"There were significant numbers of hospital acquired infections early on in the pandemic, with cases peaking in the week of 5 April.

"However, real progress has been made, and rates have come down considerably since the peak - by more than 90 per cent.

"Overall, approximately 11 per cent of Coronavirus cases in Wales have been hospital acquired.

"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 and our multi-agency partners have been investigating four laboratory confirmed cases of Coronavirus associated with the Zorba Delicacies Ltd food processing plant in Ebbw Vale.

"Close contacts of confirmed cases have been contacted through the Test, Trace, Protect process and provided with additional advice for themselves, household and other contacts.

"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 Mercher 22 Gorffennaf

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

“Heddiw mae Iechyd Cyhoeddus Cymru yn cyhoeddi data yn ymwneud â throsglwyddiad COVID-19 mewn lleoliadau gofal iechyd.

“Mae’r data hyn yn dangos bod lledaeniad Coronafeirws mewn lleoliadau gofal iechyd o dan reolaeth, a'i bod yn ddiogel i bobl gael mynediad at wasanaethau iechyd yng Nghymru.

“Fel mewn rhannau eraill o’r byd, mae’r feirws wedi cael ei drosglwyddo mewn ysbytai yng Nghymru, ac mae heintusrwydd y feirws wedi creu heriau i’r gwasanaeth iechyd.

“Gwelwyd nifer sylweddol o achosion o heintiau a gafwyd mewn ysbytai yn gynnar yn ystod y pandemig, a chyrhaeddodd yr achosion eu huchafbwynt yn ystod wythnos 5 Ebrill.

“Fodd bynnag, gwnaed cynnydd gwirioneddol, ac mae cyfraddau wedi gostwng yn sylweddol ers yr uchafbwynt – gan fwy na 90 y cant.

“At ei gilydd, mae oddeutu 11 y cant o achosion Coronafeirws yng Nghymru wedi tarddu o ysbytai.

“Rydym yn parhau i rybuddio ac i atgoffa’r cyhoedd a pherchenogion busnes fod gennym ni i gyd rôl bwysig i’w chwarae wrth atal lledaeniad Coronafeirws trwy lynu wrth ganllawiau cadw pellter cymdeithasol bob amser – sicrhau eich bod yn cadw dau fetr oddi wrth bobl eraill a golchi eich dwylo yn rheolaidd. Wrth deithio, dylech hefyd osgoi rhannu ceir â phobl y tu allan i'ch cartref.

“Rhaid i unrhyw un yr amheuir bod ganddynt symptomau COVID-19, sef tymheredd uchel, peswch newydd a pharhaus neu golli synnwyr blasu neu arogli (anosmia), hunanynysu a chael prawf ar unwaith.

“Rhaid i achosion a gaiff eu cadarnhau ynysu am 7 diwrnod, a rhaid i aelodau o’u cartref ynysu am 14 diwrnod hyd nes bod y perygl o drosglwyddo’r haint ymhellach wedi mynd. Gyda’i gilydd, bydd y camau syml ond effeithiol hyn yn sicrhau nad yw’r feirws yn lledaenu.

Diweddariadau ar ddigwyddiadau cyfredol

“Mae Iechyd Cyhoeddus Cymru a’n partneriaid aml-asiantaeth wedi bod yn ymchwilio i bedwar achos labordy a gadarnhawyd o Coronafeirws sy’n gysylltiedig â safle prosesu bwyd *Zorba Delicacies Ltd* yng Nglyn Ebwy.

“Cysylltwyd â chysylltiadau agos yr achosion a gadarnhawyd trwy’r broses Profi, Olrhain, Diogelu a rhoddwyd cyngor ychwanegol iddyn nhw, aelodau o’u cartrefi a chysylltiadau eraill.

“Gall Iechyd Cyhoeddus Cymru gadarnhau nad oes unrhyw achosion newydd o Coronafeirws yn gysylltiedig ag achos *2 Sisters*. Felly, mae’r cyfanswm sy’n gysylltiedig â’r achos ar y safle yn Llangefni, Sir Fôn, yn parhau ar 221 o achosion. Mae’r ffaith nad oes unrhyw achosion newydd wedi’u cofnodi yn arwydd da, ac mae’n awgrymu y bu’r mesurau rheoli yn effeithiol.

“Mae’r tîm aml-asiantaeth sy’n rheoli’r achosion o Coronafeirws sy’n gysylltiedig â *Rowan Foods Ltd* yn Wrecsam wedi cofnodi 309 o achosion. Nid oes tystiolaeth o hyd mai ffatri yw tarddiad yr achos hwn, a'r canlyniadau a nodwyd gennym yw'r hyn y byddem yn disgwyl ei weld pan fydd profi â ffocws yn digwydd.

“Yn ogystal, cyfanswm yr achosion positif a nodwyd yn ffatri prosesu cig *Kepak Merthyr* yw 139 ers mis Ebrill. Mae ymchwiliadau yn y clwstwr hwn yn parhau, a chyhoeddir diweddariadau yn ystod y dyddiau nesaf.

“Mae’r Asiantaeth Safonau Bwyd yn cynghori ei bod yn annhebygol iawn y gallwch ddal coronafeirws o fwyd. Mae Coronafeirws yn salwch anadlol. Ni ystyrir ei fod yn cael ei drosglwyddo trwy ddod i gysylltiad â deunyddiau pacio bwyd na bwyd.

Olrhain cysylltiadau a gwybodaeth gyffredinol

“Mae olrhain cysylltiadau yn parhau yng Nghymru fel rhan o strategaeth *Profi, Monitro, Olrhain* Llywodraeth Cymru. Bydd tîm o olrheinwyr cysylltiadau yn cysylltu ag unrhyw un sydd wedi cael prawf positif am Coronafeirws, 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.

“Os gofynnir i chi hunanynysu, dylech hefyd gydymffurfio â'r gofyniad hwn er mwyn atal y feirws rhag

lledaenu ymhellach.

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

“Gall unrhyw un sydd â symptomau Coronafeirws wneud cais am becyn profi gartref trwy fynd i www.gov.wales/coronavirus, neu trwy ffonio’r gwasanaeth ffôn 119 cenedlaethol.

“Ni ddylai unrhyw un yr amheuir bod ganddo/ganddi 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.

“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 ddarostyngedig i ddad-ddyblygu, mireinio a chysoni parhaus. Gallai hyn arwain at amrywiad yng nghyfanswm nifer 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 i’r cyfanswm ar gyfer yr ardal awdurdod lleol a’r ardal Bwrdd Iechyd y mae’r claf yn preswylio ynddi, er mwyn rhoi’r darlun cyflawn ar gyfer Cymru.