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

This statement will be updated daily at pm

Updated: : pm Tuesday July

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

"Face coverings are now mandatory in Wales for people using public transport and taxis.

"Recently the Minister for Health and Social Services announced that anyone arriving in Wales, and the rest of the UK, from Spain (or who has been in Spain during the past 14 days) will now be required to quarantine for 14 days.

"The Foreign and Commonwealth Office (FCO) has updated its guidance, advising against all but essential travel to mainland Spain. People currently on holiday in Spain are encouraged to follow the local rules, return home as normal and check the FCO's travel advice pages on GOV.UK for further information.

"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

"In Wrexham, mobile testing units are being introduced on Wednesday (29 July) to make it easier for people living in communities on the edge of Wrexham town centre to get a COVID-19 test

"The easy-access testing facilities will initially be based in Hightown and Caia Park. As well as making it easier to get a test, these units will help public health experts gain a better understanding of the situation in Wrexham.

"The work is being coordinated by Public Health Wales, Wrexham Council, Betsi Cadwaladr University Health Board and other partners, with support from the Association of Voluntary Organisations in Wrexham (AVOW) and other community groups. As in other parts of the country, the testing stations will be managed by the army.

"Residents living in these areas are being encouraged to get a test if they think they have symptoms, no matter how mild.

"There are no significant updates since yesterday on the previously reported incidents in Llangefni, Ebbw Vale and Merthyr.

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: : yp Dydd Mawrth Gorffennaf

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

“Mae gorchuddion wyneb bellach yn orfodol yng Nghymru i bobl sy'n defnyddio trafnidiaeth gyhoeddus a thacsis.

“Yn ddiweddar, cyhoeddodd y Gweinidog Iechyd a Gwasanaethau Cymdeithasol y bydd yn ofynnol i unrhyw un sy'n cyrraedd Cymru, a gweddill y DU, o Sbaen (neu sydd wedi bod yn Sbaen yn ystod y 14 diwrnod diwethaf) roi eu hunain mewn cwarantin am 14 diwrnod.

“Mae'r Swyddfa Dramor a Chymanwlad (FCO) wedi diweddaru ei chanllawiau, ac mae’n cynghori na ddylid teithio i dir mawr Sbaen oni bai ei bod yn hanfodol. Anogir pobl sydd ar wyliau yn Sbaen ar hyn o bryd i ddilyn y rheolau lleol, i ddychwelyd adref fel arfer ac i ddarllen tudalennau cyngor teithio’r FCO ar GOV.UK i gael rhagor o wybodaeth.

“Rydym yn parhau i rybuddio ac 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

“Yn Wrecsam, bydd unedau profi symudol yn cael eu cyflwyno ddydd Mercher (29 Gorffennaf) i’w gwneud hi’n haws i bobl sy’n byw mewn cymunedau ar gyrion canol tref Wrecsam gael prawf ar gyfer COVID-19

“Bydd y cyfleusterau profi mynediad hawdd wedi’u lleoli i ddechrau yn Hightown a Pharc Caia. Yn ogystal â’i gwneud yn haws cael prawf, bydd yr unedau hyn yn helpu arbenigwyr iechyd y cyhoedd i gael gwell dealltwriaeth o’r sefyllfa yn Wrecsam.

“Mae’r gwaith yn cael ei gydlynu gan Iechyd Cyhoeddus Cymru, Cyngor Wrecsam, Bwrdd Iechyd Prifysgol Betsi Cadwaladr a phartneriaid eraill, gyda chefnogaeth gan Gymdeithas Mudiadau Gwirfoddol Wrecsam (AVOW) a grwpiau cymunedol eraill. Fel mewn rhannau eraill o'r wlad, bydd y gorsafoedd profi yn cael eu rheoli gan y fyddin.

“Mae preswylwyr sy’n byw yn yr ardaloedd hyn yn cael eu hannog i gael prawf os ydyn nhw’n credu bod ganddyn nhw symptomau, ni waeth pa mor ysgafn y bônt.

“Nid oes unrhyw ddiweddariadau sylweddol ers ddoe ar y digwyddiadau yr adroddwyd amdanynt yn flaenorol yn Llangefni, Glyn Ebwy a Merthyr.

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.