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

This statement will be updated daily at 2pm

Updated: 2:00pm Friday 14 August

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

"Public Health Wales supports today's Welsh Government announcement that, providing conditions remain stable, up to four households – an increase from two - will be able to join together to form an extended household from 22 August, and that a meal following a wedding, civil partnership or funeral will be allowed for up to 30 people indoors providing social distancing can be maintained.

"We also welcome the amendments to regulations making it make it obligatory for hospitality businesses and other settings to collect contact details of customers from next week. Collecting this information is essential for Wales' test trace protect strategy for testing the general public and preventing the spread of coronavirus.

"Advice on travelling abroad, including the latest information on quarantine requirements on returning home, can be found on the [FCO website](#).

"Public Health Wales supports the recent announcement of the four UK Chief Medical Officers to extend the self-isolation period from seven to 10 days for those in the community who have symptoms or a positive test result. This will help provide additional protection to others in the community.

"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 now isolate for 10 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

"Following a recent multi-agency Outbreak Control Team, and as a result of no further cases associated with the 2 Sisters factory in Llangefni, Anglesey, the outbreak control team has taken the decision to declare the outbreak over. Public Health Wales would like to thank all those involved in supporting the response to this incident.

"Following an Outbreak Control Team meeting on 12 August, there continues to be no evidence of widespread transmission in the Wrexham community.

"Finally, there is no significant update on the previously reported incident in Ebbw Vale.

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 be 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."

Diweddarwyd: 2:00yp dydd Gwener 14 Awst

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

Mae Iechyd Cyhoeddus Cymru yn cefnogi cyhoeddiad Llywodraeth Cymru heddiw, yn ddibynnol ar amodau'n aros yn sefydlog, y bydd hyd at bedair aelwyd - sef cynnydd o ddwy - yn gallu ymuno i ffurfio aelwyd estynedig o 22 Awst, ac y caniateir pryd o fwyd yn dilyn priodas, partneriaeth sifil neu angladd i hyd at 30 o bobl dan do cyn belled â bod modd cadw pellter cymdeithasol.

"Rydym hefyd yn croesawu diwygio'r rheoliadau sy'n ei gwneud yn orfodol i fusnesau lletygarwch a lleoliadau eraill gasglu manylion cyswllt cwsmeriaid o'r wythnos nesaf ymlaen. Mae casglu'r wybodaeth hon yn hanfodol ar gyfer strategaeth Profi Orlhain Diogelu Cymru ar gyfer profi'r cyhoedd ac atal lledaeniad coronafeirws.

"Gellir dod o hyd i gyngor ar deithio tramor, gan gynnwys yr wybodaeth ddiweddaraf am y gofynion cwarantin wrth ddychwelyd adref, ar [wefan y Swyddfa Dramor a Chymanwlad](#).

"Mae Iechyd Cyhoeddus Cymru yn cefnogi cyhoeddiad diweddar pedwar Prif Swyddog Meddygol y DU i ymestyn y cyfnod hunanynysu o saith i 10 diwrnod i'r rheini yn y gymuned sydd â symptomau neu ganlyniad prawf positif. Bydd hyn yn helpu i ddarparu amddiffyniad ychwanegol i bobl eraill yn y gymuned.

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

"Rhaid i achosion a gaiff eu cadarnhau bellach ynysu am 10 diwrnod, a rhaid i aelodau o'u cartrefi 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 dilyn cyfarfod o'r Tîm Rheoli Achosion Amlasiantaeth diweddar, ac oherwydd y ffaith nad oes dim achosion pellach yn gysylltiedig â ffatri 2 Sisters yn Llangefni, Ynys Môn, mae'r tîm rheoli achosion wedi penderfynu datgan bod yr achosion wedi dod i ben. Hoffai Iechyd Cyhoeddus Cymru ddiolch i bawb fu ynghlwm wrth y gwaith o gefnogi'r ymateb i'r digwyddiad.

"Yn dilyn cyfarfod o'r Tîm Rheoli Achosion ar 12 Awst, nid oes tystiolaeth o drosglwyddo eang yng nghymuned Wrecsam.

"Yn olaf, nid oes diweddariad o bwys ar y digwyddiad yr adroddwyd amdano o'r blaen yng Nglyn Ebwy.

Olrhain cysylltiadau a gwybodaeth gyffredinol

"Mae olrhain cysylltiadau yn parhau yng Nghymru fel rhan o strategaeth *Profi, Monitro, Orlhain*

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 dangoswrdd 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."