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

This statement will be updated daily at pm

Updated: : pm Sunday August

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

"The Chief Medical Officer for Wales has paused his advice to shield as the prevalence rate of the coronavirus in our communities has reduced. This means that from today (16 August) people will no longer need to shield.

"Following confirmation by the Welsh Government that the essential travel restriction on public transport will be lifted from tomorrow (Monday, 17 August), we are reminding people of the need to act responsibility when using public transport.

"This includes planning journeys to avoid busy periods if possible, washing or sanitising hands at the start and end of each trip, and wearing face coverings.

"From 22 August, providing conditions remain stable, up to four households will be able to join together to form a single extended household, and 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 welcome the amendments to regulations making it obligatory for hospitality businesses and other settings to collect contact details of customers from next week. This information is essential for Wales' Test, Trace, Protect strategy for testing the general public and preventing the spread of coronavirus.

"We would remind the general public that as of yesterday (Saturday 16 August) anyone who arrives in Wales from Aruba, France, Malta, Monaco, the Netherlands and Turks and Caicos, or who has visited or made a transit stop in any of those countries or territories, will be required to isolate for 14 days. Advice on travelling abroad, including the latest information on quarantine requirements on returning home, can be found on the FCO website.

"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 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

"There have been no further cases associated with the 2 Sisters factory in Llangefni, Anglesey, therefore the multi-agency Outbreak Control Team has declared the outbreak over.

"There is no evidence of widespread transmission in the Wrexham community, and no significant update on the previously reported incident in Ebbw Vale.

Contact tracing and general information

"Contact tracing continues 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 do so 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 via the NHS 111 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 Sul 16 Awst

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

“Mae Prif Swyddog Meddygol Cymru wedi rhewi ei gyngor i bobl warchod eu hunain gan fod nifer yr achosion o’r coronafeirws yn ein cymunedau wedi lleihau. Mae hyn yn golygu na fydd angen i bobl warchod eu hunain ar ôl heddiw (16 Awst 2020).

“Yn dilyn cadarnhad gan Lywodraeth Cymru y bydd y cyfyngiad teithio hanfodol ar drafnidiaeth gyhoeddus yn cael ei godi o yfory (Llun, 17 Awst), rydym yn atgoffa pobl o’r angen i ymddwyn mewn ffordd gyfrifol wrth ddefnyddio trafnidiaeth gyhoeddus.

“Mae hyn yn cynnwys drwy cynllunio siwrneiau er mwyn osgoi cyfnodau prysur os yn bosibl, golchi neu ddiheintio dwylo ar ddechrau a diwedd pob taith, a gwisgo gorchuddion wyneb.

“O Awst 22 ymlaen, ar yr amod bod popeth yn parhau’n sefydlog, bydd ifynu at bedwar cartref yn cael dod at ei gilydd i ffurfio un cartref estynedig, ac y bydd pryd bwyd ar ôl priodas, partneriaeth sifil neu angladd yn cael ei ganiatáu ar gyfer hyd at 30 o bobl dan do ar yr amod bod modd cadw pellter cymdeithasol.

“Rydym yn croesawu’r diwygiadau i’r rheoliadau sy’n golygu ei bod yn orfodol i fusnesau lletygarwch a lleoliadau eraill gasglu manylion cyswllt cwsmeriaid o’r wythnos nesaf ymlaen. Mae’r wybodaeth hon yn hanfodol i strategaeth Profi, Olrhain, Diogelu Cymru ar gyfer profi’r cyhoedd ac atal lledaeniad y coronafeirws.

“Hoffem atgoffa'r cyhoedd, gan ddechrau ddoe (Sadwrn 16 Awst), y bydd rhaid i unrhyw un sy'n cyrraedd Cymru o Aruba, Ffrainc, Malta, Monaco, yr Iseldiroedd a Turks a Caicos, neu sydd wedi ymweld ag unrhyw rai o’r gwledydd neu’r tiriogaethau hyn neu stopio ynddynt, ynysu am 14 diwrnod. Mae cyngor ar deithio dramor, gan gynnwys yr wybodaeth ddiweddaraf am ofynion cwarantin wrth ddychwelyd adref, ar gael ar wefan yr FCO.

“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 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

“Nid oes unrhyw achosion pellach wedi bod yn gysylltiedig â ffatri 2 Sisters yn Llangefni ar Ynys Môn ac felly mae’r Tîm Rheoli Achosion amlasiantaeth wedi datgan bod y digwyddiad yno drosodd.

“Nid oes unrhyw dystiolaeth o drosglwyddo eang yn y gymuned yn Wrecsam, na diweddariad arwyddocaol i’r achosion yr adroddwyd amdanynt yn flaenorol yng Nglynebwy.

Olrhain cysylltiadau a gwybodaeth gyffredinol

“Mae olrhain cysylltiadau yn parhau fel rhan o strategaeth *Profi, Olrhain, Diogelu* Llywodraeth Cymru. Bydd tîm o olrheinwyr cysylltiadau yn cysylltu ag unrhyw un sydd wedi cael prawf positif am y 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 am symptomau’r Coronafeirws ar gael ar wefan Iechyd Cyhoeddus Cymru, neu drwy wiriwr symptomau GIG Cymru.

“Gall unrhyw un sydd â symptomau’r 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 ag 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.”

GIG CYMRU NHS WALES

Iechyd Cyhoeddus Cymru

Public Health Wales