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

This statement will be updated daily at pm

Updated: Saturday 22 August

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

"Public Health Wales welcomes the announcement by Welsh Government of further easing of lockdown measures from today (Saturday 22 August), enabling up to four households to join together in an extended household.

"This means that families and friends will be able to reunite, and will also help with caring arrangements.

"It is important to remember that if one person develops symptoms then everyone in the extended household arrangement will need to self-isolate in line with the Welsh Government guidance.

"In addition, up to 30 people will be able to meet for a meal following a wedding, civil partnership or funeral, providing social distancing measures are maintained.

"Public Health Wales also welcomes the recent announcement of £32m investment from Welsh Government in our laboratory service.

"This will allow the service to undergo a major transformation which will significantly increase its COVID-19 testing capacity, speed up testing turnaround times and allow regional labs to operate 24 hours a day, seven days a week.

"The funding will also see the creation of six Hot Labs at hospitals across Wales, and will create up to 160 new jobs in the sector. More information can be found here.

"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

"We continue to carefully monitor the higher background rates of Coronavirus in Wrexham as part of our routine surveillance of the virus in Wales. Members of the public can help prevent spread of Coronavirus by always observing social distancing guidelines " that's staying two metres away from others - washing hands regularly, and working from home if they can.

"We can confirm that two incubation periods (28 days) have passed without any new cases of Coronavirus associated with Rowan Foods, and in line with the standard approach to the management of outbreaks the Outbreak Control Team has been concluded and the outbreak associated with the factory has been declared over.

"We continue to work in close partnership with Betsi Cadwaladr University Health Board and Wrexham Council to deliver multi-agency activity in Wrexham to monitor and respond to cases of Coronavirus."

"Public Health Wales is working with Wrexham Council to investigate a small number of cases of Coronavirus associated with the *North and South Wales Bank* pub in Wrexham.

"The identification of these cases is evidence that the *Test, Trace, Protect* strategy is working, and no outbreak has been declared.

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 Sadwrn 22 Awst

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

“Mae Iechyd Cyhoeddus Cymru yn croesawu’r cyhoeddiad gan Lywodraeth Cymru am lacio’r mesurau cyfyngiadau symud ymhellach o heddiw (dydd Sadwrn 22 Awst), gan alluogi hyd at bedwar cartref i ymuno â’i gilydd mewn aelwyd estynedig.

“Mae hyn yn golygu y bydd teuluoedd a ffrindiau yn gallu dod at ei gilydd eto, a byddant hefyd yn gallu helpu gyda threfniadau gofal.

“Mae'n bwysig cofio, os bydd un person yn datblygu symptomau, yna bydd angen i bawb yn yr aelwyd estynedig hunanynysu yn unol â chanllawiau Llywodraeth Cymru.

“Yn ogystal, bydd hyd at 30 o bobl yn gallu cyfarfod am bryd o fwyd yn dilyn priodas, partneriaeth sifil neu angladd, ar yr amod bod mesurau cadw pellter cymdeithasol yn cael eu cynnal.

“Mae Iechyd Cyhoeddus Cymru hefyd yn croesawu’r cyhoeddiad diweddar bod buddsoddiad o £32m gan Lywodraeth Cymru yn ein gwasanaeth labordy.

“Bydd hyn yn caniatáu i'r gwasanaeth gael ei weddnewid, a fydd yn cynyddu ei gapasiti profi ar gyfer COVID-19 yn sylweddol, yn cyflymu amseroedd prosesu ac yn caniatáu i labordai rhanbarthol weithredu 24 awr y dydd, saith diwrnod yr wythnos.

“Bydd y cyllid hefyd yn creu chwe Labordy Allweddol mewn ysbytai ledled Cymru, a bydd yn creu hyd at 160 o swyddi newydd yn y sector. Gellir dod o hyd i ragor o wybodaeth yma.

“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.

“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 gadarnhawyd 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

“Rydym yn parhau i fonitro’r cyfraddau cefndirol uwch o Coronafeirws yn Wrecsam fel rhan o'n gwyliadwriaeth arferol o'r feirws yng Nghymru. Gall aelodau’r cyhoedd helpu i atal Coronafeirws rhag lledaenu trwy gadw at ganllawiau cadw pellter cymdeithasol bob amser - hynny yw, aros dau fetr i ffwrdd oddi wrth bobl eraill - golchi eu dwylo’n rheolaidd a gweithio gartref os gallant wneud hynny.

“Gallwn gadarnhau bod dau gyfnod magu (28 diwrnod) wedi mynd heibio heb unrhyw achosion newydd o Coronafeirws sy'n gysylltiedig â Rowan Foods, ac yn unol â'r dull safonol o reoli achosion, mae gwaith y Tîm Rheoli Achosion wedi gorffen ac mae'r brigiad o achosion a oedd yn gysylltiedig â'r ffatri wedi dod i ben.

“Rydym yn parhau i weithio mewn partneriaeth agos â Bwrdd Iechyd Prifysgol Betsi Cadwaladr a Chyngor Wrecsam i ddarparu ymateb aml-asiantaeth yn Wrecsam i fonitro ac ymateb i achosion o Coronafeirws.”

“Mae Iechyd Cyhoeddus Cymru yn gweithio gyda Chyngor Wrecsam i ymchwilio i nifer fach o achosion o Coronafeirws sy’n gysylltiedig â thafarn *North and South Wales Bank* yn Wrecsam.

“Mae canfod yr achosion hyn yn dystiolaeth bod y strategaeth Profi, Olrhain, Diogelu yn gweithio, ac ni chyhoeddwyd unrhyw achosion eraill.

Olrhain cysylltiadau a gwybodaeth gyffredinol

“Mae olrhain cysylltiadau yn parhau fel rhan o strategaeth Profi, Olrhain, Diogelu Llywodraeth Cymru. Bydd tîm o swyddogion olrhain 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 ganddo symptomau.

“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 wneud hyn 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 Coronafeirws ar gael ar wefan Iechyd Cyhoeddus Cymru, neu drwy holiadur 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.”