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

This statement will be updated daily at 2pm

Updated: Friday 28 August

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

"Public Health Wales welcomes the latest easing of lockdown measures by Welsh Government, which means that people can visit care home residents indoors. Guidance for care homes has been issued and social distancing measures will still be in place.

"Our investigations into a number of cases of Coronavirus have indicated that a lack of social distancing, in particular by a minority of the 20-30 year age group, has resulted in the spread of the virus to other groups of people.

"I would make a direct appeal to young people to remember that even if they feel that they would not be badly affected by COVID-19 if they were to test positive for it, if they were to pass it on to older or more vulnerable family members, friends or colleagues it could be extremely serious, even fatal.

"Despite the lower infection rates in Wales, Coronavirus has not gone away. It remains the responsibility of everyone to help prevent the spread of this virus â€" that is, by self-isolating when asked to do so, staying two metres away from others, and by washing hands regularly.

"Ahead of the forthcoming Bank Holiday weekend, we are also issuing a reminder to everyone of the importance of social distancing to keep everyone in Wales safe.

"Public Health Wales reminds the public that if you have recently travelled outside the UK there may be restrictions on your return. Advice on travelling abroad, including the latest information on quarantine requirements on returning home, can be found on the Welsh Government and FCO websites.

"Anyone returning to Wales from countries which have been identified as high risk must quarantine in accordance with the Foreign and Commonwealth Office regulations even if they are not experiencing any COVID-19 symptoms or have had a negative test result.

"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

"Public Health Wales is reiterating its call for customers of the North and South Wales Bank pub in Wrexham to be vigilant for symptoms of COVID-19.

"While the positive cases that have been identified in this incident have been among the staff, and staff-customer interaction appears to have mostly followed social distancing requirements, there is still a small risk that customers could be affected.

"Immediate contacts of those who have tested positive have been identified and contacted. Anyone who was in the pub between 9-20 August 2020 and develops even mild symptoms should immediately self-isolate and get a test.

“Getting a coronavirus test is free and simple to do, either by visiting www.gov.uk/get-coronavirus-test or by calling the free number 119.

“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.

“We are monitoring a number of small clusters of COVID-19 cases in Cardiff, with investigation and management supported by the Cardiff Test, Trace and Protect team. No outbreak has been declared.

“As we move through the recovery phase of the Coronavirus pandemic, we expect to see clusters in different settings. We manage any clusters of Coronavirus appropriately, including by providing advice around infection prevention and control, and by supporting contact tracing where required.

“We remind the public and business owners that Coronavirus is still circulating in the community. We all have a vital role in preventing the spread of Coronavirus by sticking to social distancing guidelines â€“ that’s staying two metres away from others, and washing hands regularly.”

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: Dydd Gwener 28 Awst 2020

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 croesawu llacio’r mesurau cyfyngiadau symud diweddaraf gan Lywodraeth Cymru, sy’n golygu y gall pobl ymweld â thrigolion cartrefi gofal dan do. Cyhoeddwyd canllawiau ar gyfer cartrefi gofal a bydd mesurau cadw pellter cymdeithasol yn dal i fod ar waith.

“Mae ein hymchwiliadau i nifer o achosion o Coronafeirws wedi nodi bod diffyg cadw pellter cymdeithasol, yn enwedig gan leiafrif o’r grŵp oedran 20-30 oed, wedi arwain at ledaenu’r feirws i grwpiau eraill o bobl.

“Hoffwn apelio’n uniongyrchol i bobl ifanc i gofio, hyd yn oed os ydynt yn meddwl na fyddai COVID-19 yn effeithio'n wael arnynt pe byddent yn profi'n bositif am y feirws, pe byddent yn ei drosglwyddo i aelodau hŷn neu fwy agored i niwed o deulu, ffrindiau neu gydweithwyr, gallai fod yn hynod o ddifrifol, hyd yn oed yn angheuol.

“Er gwaethaf y ffaith bod cyfraddau heintio yn is yng Nghymru, nid yw Coronafeirws wedi diflannu.

Cyfrifoldeb pawb o hyd yw helpu i atal y feirws hwn rhag lledaenu. Hynny yw, trwy hunanynysu pan ofynnir i unigolion wneud hynny, aros dau fetr i ffwrdd oddi wrth eraill a thrwy olchi'ch dwylo yn rheolaidd.

"Cyn y penwythnos gŵyl y banc hwn, rydym hefyd yn atgoffa pawb o bwysigrwydd cadw pellter cymdeithasol er mwyn cadw pawb yng Nghymru yn ddiogel.

"Mae Iechyd Cyhoeddus Cymru yn atgoffa'r cyhoedd, os ydych chi wedi teithio y tu allan i'r DU yn ddiweddar, gallai cyfyngiadau fod yn berthnasol i chi pan fyddwch yn dychwelyd. "Gellir dod o hyd i gyngor ar deithio dramor, gan gynnwys yr wybodaeth ddiweddaraf am y gofynion cwarantin wrth ddychwelyd adref, ar wefan Llywodraeth Cymruac ar wefan y Swyddfa Dramor a Chymanwlad.

"Rhaid i unrhyw un sy'n dychwelyd i Gymru o wledydd y nodwyd eu bod yn risg uchel osod ei hun dan gwarantin yn unol â rheoliadau'r Swyddfa Dramor a Chymanwlad hyd yn oed os nad oes ganddo unrhyw symptomau COVID-19 neu os yw wedi cael prawf negyddol.

"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

"Mae Iechyd Cyhoeddus Cymru yn gofyn unwaith eto i gwsmeriaid tafarn North and South Wales Bank yn Wrecsam fod yn effro i symptomau COVID-19.

"Er bod yr achosion positif a nodwyd yn y digwyddiad hwn wedi bod ymhlith y staff, ac ymddengys bod staff a chwsmeriaid wedi dilyn gofynion cadw pellter cymdeithasol wrth ddod i gysylltiad â'i gilydd yn bennaf, mae risg fach y gallai cwsmeriaid gael eu heffeithio o hyd.

"Nodwyd a chysylltwyd â'r rhai a ddaeth i gysylltiad uniongyrchol â'r bobl sydd wedi profi'n bositif. Dylai unrhyw un a fu yn y dafarn rhwng 9 a 20 Awst 2020 ac sydd hyd yn oed yn datblygu symptomau ysgafn hunanynysu ar unwaith a chael prawf.

"Mae mynd ati i gael prawf Coronafeirws yn rhad ac am ddim ac yn syml, a gellir gwneud hyn naill ai trwy ymweld â www.gov.uk/get-coronavirus-test neu trwy ffonio'r rhif rhad ac am ddim 119.

"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.

"Rydym yn monitro nifer o glystyrau bach o achosion COVID-19 yng Nghaerdydd ac mae tîm Profi, Olrhain a Diogelu Caerdydd yn cefnogi'r gwaith o ymchwilio a rheoli. Nid oes achos wedi'i ddatgan.

"Wrth i ni symud at gyfnod adfer pandemig y Coronafeirws, byddwn yn disgwyl gweld clystyrau mewn gwahanol leoliadau. Rydym yn rheoli unrhyw glystyrau o Coronafeirws yn briodol, trwy roi cyngor ar atal a rheoli heintiau a thrwy gefnogi olrhain cysylltiadau pan fo angen.

"Rydym yn atgoffa'r cyhoedd a pherchnogion busnes bod Coronafeirws yn mynd ar led yn y gymuned o hyd. Mae gan bob un ohonom rôl bwysig i'w chwarae wrth atal lledaeniad Coronafeirws trwy lynu wrth ganllawiau cadw pellter cymdeithasol – hynny yw, sicrhau eich bod yn cadw dau fetr oddi wrth bobl eraill a golchi eich dwylo yn rheolaidd."

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."