GIG CYMRU NHS WALES | Iechyd Cyhoeddus Cymru | Public Health Wales

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

**This statement will be updated daily at 2pm**

*Updated: Monday 14 September 2020*

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

"Public Health Wales welcomes the new measures which come into force today, Monday 14 September from Welsh Government to prevent further rises in positive coronavirus cases. These include the mandatory wearing of face coverings by people over 11 in public places, like shops, and that only six people from an extended household can meet indoors.

"As children return to schools, I understand that parents will be concerned at reports of positive cases. I would urge you to follow advice from the school or local authority and only withdraw children from school when asked to do so. Social distancing measures that are in place are designed to prevent the spread of the disease beyond the 'bubbles' established in schools.

"Again it is important that children maintain regular handwashing throughout the day, and on returning home, and parents' help with this is vital.

"We are now seeing a steady increase in cases in a number of communities across Wales, and our investigations show that many of these have been transmitted due to a lack of social distancing.

"This has resulted in the spread of the virus to other groups of people.

"We continue to appeal to everyone to please remember that, even if you feel that you would not be badly affected by COVID-19 if you were to test positive, should you pass it on to older or more vulnerable family members, friends or colleagues it could be extremely serious and even fatal.

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

**Newport**

Members of the public in Newport are being advised of the need to be vigilant for the symptoms of Coronavirus, and of the vital need to stick to social distancing guidelines, as a rise in cases there causes concern.

People who have visited a number of pubs and bars in the city are also being advised to be extra-vigilant for the symptoms of Coronavirus, and to self-isolate and book a test immediately if symptoms occur.

People should be on the lookout for symptoms if they have visited the following premises, as people visited these premises during their infectious period:

- Breeze on Cambrian Rd on 4 and 5 September
- The Potters on Upper Dock St on 5 September
- Break 'n' Dish on Stow Hill between 1 and 8 September

- Tiny Rebel Rogerstone on Wern Industrial Estate on 6, 7 and 8 September
- Ye Olde Bull Inn on High St, Caerleon on 4 September
- The Handpost on the junction of Risca Road/Bassaleg Road on 8 September
- Three Horseshoes on Pillmawr Rd on 6 September

Newport City Council has been working closely with businesses to ensure they are meeting the requirements for safe operation, but there is a need to remind everyone that they must adhere to restrictions and distancing guidelines when attending such premises.

**Rhondda Cynon Taff and Merthyr**

"In addition to the national measures taken by Welsh Government, enhanced public health action is being taken in Rhondda Cynon Taff and Merthyr Tydfil local authority areas to limit the spread of Coronavirus following an increase in cases.

"The enhanced action includes asking people to limit the use of public transport to essential purposes only, such as for education, work, essential medical appointments and food shopping.

"Local people are also being advised that they should not visit care homes, unless it is an end-of-life visit. In such cases full PPE will be required.

"Due to the recent rise in the number of cases of coronavirus in the Lower Rhondda area, Cwm Taf Morgannwg University Health Board, working in partnership with Rhondda Cynon Taf County Borough Council has set up a temporary testing centre at Rhondda Cynon Taf Council offices at The Pavilions, Clydach Vale, CF40 2XX.

"This testing facility is intended for people living in the Rhondda Cynon Taf area only.

"It is important that you **only** attend if you have COVID-19 symptoms – a new continuous cough, a high temperature or a loss of or change to your normal sense of smell or taste.

"Appointments will need to be made in advance via an online portal – https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/get-a-test-to-check-if-you-have-coronavirus/

**Caerphilly County Borough**

"Public Health Wales supports the restrictions which have been put in place by the Welsh Government and Caerphilly Council.  These measures are essential to limit the spread of Coronavirus and bring transmission under control.

"The measures include the mandatory wearing of face coverings in indoor spaces such as shops by everyone over the age of 11, limitations on travel in and out of the county, and only allowing people from different households to meet outdoors, not indoors – this includes extended households.

“These local restrictions are different to those measures introduced nationally today. People in the Caerphilly County Borough area should not host people from any other household in their home. The full list of rules for this area can be found on the Welsh Government website.

“In line with local lockdown measures, Public Health Wales would encourage members of the public living in Caerphilly County Borough to attend any booked medical appointments, including visits to screening clinics. In addition to the three measures outlined by the Minister for Health and Social Care, screening clinics throughout Wales have implemented additional COVID-safe measures to help protect all of those that attend.”

“Coronavirus can be a very serious illness, especially for older people or those with existing conditions, and a decision to introduce wide ranging restrictions such as these is not taken lightly. We remind the public that they have a vital role in preventing the spread of Coronavirus, and that adhering to these restrictions is of the utmost importance.”

“I would appeal to everyone in the Caerphilly area that if you have even the mildest of COVID-19 symptoms – a high temperature or fever, a new and persistent cough, or a loss or change in your sense of smell or taste, or even if you feel generally unwell with no explanation, to make use of the local testing units.

“In order to manage high demand for testing in the county, then the walk-in local testing unit at Caerphilly Leisure Centre will continue operating until Tuesday 15 September.

“An additional drive-through testing unit has also been established at the Caerphilly County Borough Council offices in Tredomen Business Park, Ystrad Mynach. This site will also be operational until Tuesday 15 September, and its opening hours are 8am to 6pm.

**International Travel**

“I also want to remind the public that if you have recently travelled outside the UK there may be restrictions on your return – these restrictions may be different in Wales than in other parts of the UK, and now include Portugal and some Greek Islands. 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.

“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.

"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 can confirm that we are responding to cases of Novel Coronavirus (COVID-19) in Drefach Cricket and Football Club. We manage any clusters of Coronavirus appropriately, including by providing advice around infection prevention and control, and by supporting contact tracing where required.

“Test Trace Protect teams are working with those affected and contacting those people who have been in contact with a person who has tested positive. A proportion of the positive cases in this incident are from the young adult age group and disappointingly, some have been reluctant to share details of where they

have been and who they have been in contact with.

“By not giving the Test Trace Protect teams accurate information, these people are placing their own family members and friends at risk. We are urging them to think about other members of their communities, put simply, they are risking other people's health and other people's lives, especially if they are symptomatic, not staying at home and mixing in the local community.
“As we move through the recovery phase of the Coronavirus pandemic, we expect to see clusters in different settings, as with the incidents described above.  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.

**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 Llun 14 Medi 2020*

Dywedodd Dr Giri Shankar, 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 mesurau sy’n dod i rym heddiw, dydd Llun 14 Medi gan Lywodraeth Cymru i atal yr achosion positif o Coronafeirws rhag codi ymhellach.  Mae'r rhain yn cynnwys ei gwneud yn orfodol i bobl dros 11 oed wisgo gorchuddion wyneb mewn mannau cyhoeddus fel siopau, ac mai dim ond chwech o bobl o aelwyd estynedig sy'n gallu cwrdd y tu mewn.

“Wrth i blant ddychwelyd i’r ysgolion, rwy’n deall y bydd rhieni’n pryderu oherwydd adroddiadau o achosion positif.  Byddwn yn eich annog i ddilyn cyngor yr ysgol neu'r awdurdod lleol a dylech chi dynnu plant o'r ysgol dim ond pan ofynnir i chi wneud hynny  Mae’r mesurau cadw pellter cymdeithasol sydd ar waith wedi’u cynllunio i atal yr afiechyd rhag lledaenu y tu hwnt i’r ‘swigod’ a grëwyd mewn ysgolion.

"Unwaith eto mae'n bwysig bod plant yn parhau i olchi eu dwylo'n rheolaidd drwy gydol y dydd ac wrth ddychwelyd adref, ac mae'n hanfodol i rieni eu cynorthwyo gyda hyn.

"Rydym bellach yn gweld cynnydd cyson mewn achosion mewn nifer o gymunedau ledled Cymru, ac mae ein hymchwiliadau'n dangos bod llawer o'r rhain wedi cael eu trosglwyddo oherwydd diffyg cadw pellter cymdeithasol.

"Mae hyn wedi arwain at ledaenu'r feirws i grwpiau eraill o bobl.

"Rydym yn parhau i ofyn i bawb gofio, hyd yn oed os ydych yn meddwl na fyddai COVID-19 yn effeithio'n wael arnoch pe baech yn profi'n bositif am y feirws, pe byddech yn ei drosglwyddo i aelodau hŷn neu fwy agored i niwed o deulu, ffrindiau neu gydweithwyr, gallai fod yn hynod o ddifrifol a hyd yn oed yn angheuol.

"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.

**Casnewydd**

Mae aelodau o'r cyhoedd yng Nghasnewydd yn cael eu cynghori am yr angen i fod yn wyliadwrus am symptomau Coronafeirws, ac o'r angen hanfodol i gadw at ganllawiau cadw pellter cymdeithasol, wrth i gynnydd yn yr achosion yno beri gofid.

Cynghorir pobl sydd wedi ymweld â nifer o dafarnau a bariau yn y ddinas hefyd i fod yn wyliadwrus iawn am symptomau Coronafeirws, ac i hunanynysu ac archebu prawf yn syth os byddant yn datblygu symptomau.

Dylai pobl fod yn wyliadwrus am symptomau os ydynt wedi ymweld â'r adeiladau canlynol, gan fod pobl wedi ymweld â'r adeiladau hyn yn ystod eu cyfnod heintus:

- Breeze ar Ffordd Cambrian ar 4 a 5 Medi
- The Potters ar Stryd Doc Uchaf ar 5 Medi
- Break 'n' Dish ar Stow Hill rhwng 1 a 8 Medi
- Tiny Rebel Y Tŷ Du ar Ystâd Ddiwydiannol Wern ar 6, 7 ac 8 Medi
- Ye Olde Bull Inn ar Stryd Fawr, Caerllion ar 4 Medi
- The Handpost ar gyffordd Heol Rhisga/Heol Basaleg ar 8 Medi
- Three Horseshoes ar Ffordd Pillmawr ar 6 Medi

Mae Cyngor Dinas Casnewydd wedi bod yn cydweithio'n agos â busnesau i sicrhau eu bod yn cwrdd â gofynion gweithredu'n ddiogel, ond mae angen atgoffa pawb y bod rhaid iddynt gadw at gyfyngiadau a chanllawiau cadw pellter cymdeithasol wrth ymweld ag adeiladau o'r fath.

**Rhondda Cynon Taf a Merthyr**

"Yn ychwanegol at y mesurau cenedlaethol a roddwyd ar waith gan Lywodraeth Cymru, mae camau iechyd y cyhoedd ychwanegol yn cael eu cymryd yn ardaloedd awdurdodau lleol Rhondda Cynon Taf a Merthyr Tudful i gyfyngu ar ymlediad Coronafeirws yn dilyn cynnydd mewn achosion.

"Mae'r camau ychwanegol yn cynnwys gofyn i bobl gyfyngu ar y defnydd o drafnidiaeth gyhoeddus at ddibenion hanfodol yn unig, megis ar gyfer addysg, gwaith, apwyntiadau meddygol hanfodol a siopa bwyd.

"Mae pobl leol hefyd yn cael eu cynghori na ddylent ymweld â chartrefi gofal, oni bai ei fod yn ymweliad diwedd oes.  Mewn achosion o'r fath bydd angen gwisgo cyfarpar diogelu personol (PPE) llawn.

"Oherwydd y cynnydd diweddar yn nifer yr achosion o Coronafeirws yn rhan isaf Cwm Rhondda, mae Bwrdd Iechyd Prifysgol Cwm Taf Morgannwg, gan weithio mewn partneriaeth â Chyngor Bwrdeistref Sirol

Rhondda Cynon Taf, wedi sefydlu canolfan brofi dros dro yn Swyddfeydd Cyngor Rhondda Cynon Taf yn Y Pafiliynau, Cwm Clydach, CF40 2XX.

"Mae'r canolfan brofi ar gyfer pobl sy'n byw yn ardal Rhondda Cynon Taf yn unig.

"Dylech chi fynd i'r ganolfan brofi **dim ond** os oes gyda chi symptomau COVID-19 - peswch newydd, parhaus, tymheredd uchel neu os ydych wedi colli neu wedi sylwi ar newid yn eich synnwyr arogli neu synnwyr blasu.

"Bydd angen gwneud apwyntiadau ymlaen llaw dros borth ar-lein – https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/get-a-test-to-check-if-you-have-coronavirus/

**Bwrdeistref Sirol Caerffili**

"Mae Iechyd Cyhoeddus Cymru yn cefnogi'r cyfyngiadau sydd wedi cael eu rhoi ar waith gan Lywodraeth Cymru a Chyngor Caerffili. Mae'r mesurau hyn yn hanfodol i gyfyngu ar ymlediad Coronafeirws ac i ddod â throsglwyddiad dan reolaeth.

"Mae'r mesurau'n cynnwys ei gwneud yn orfodol gwisgo gorchuddion wyneb mewn lleoedd dan do fel siopau i bawb dros 11 oed, cyfyngiadau ar deithio i mewn ac allan o'r sir, a dim ond caniatáu i bobl o wahanol aelwydydd gwrdd yn yr awyr agored, nid y tu mewn – mae hyn yn cynnwys aelwydydd estynedig.

"Mae'r cyfyngiadau lleol hyn yn wahanol i'r mesurau hynny a gyflwynwyd yn genedlaethol heddiw. Ni ddylai pobl yn ardal Bwrdeistref Sirol Caerffili groesawu pobl o unrhyw aelwyd arall i'w cartrefi. Gellir gweld rhestr gyflawn o'r rheolau ar gyfer yr ardal hon ar wefan Llywodraeth Cymru.

"Yn unol â mesurau cyfyngiadau symud lleol, hoffai Iechyd Cyhoeddus Cymru annog aelodau o'r cyhoedd sy'n byw ym mwrdeistref sirol Caerffili i fynd i unrhyw apwyntiadau meddygol a drefnwyd, gan gynnwys ymweliadau â chlinigau sgrinio. Yn ogystal â'r tri mesur a amlinellwyd gan y Gweinidog Iechyd a Gwasanaethau Cymdeithasol, mae clinigau sgrinio ledled Cymru wedi gweithredu mesurau ychwanegol yn erbyn COVID-19 er mwyn helpu i ddiogelu'r rhai sy'n mynd iddynt."

"Gall Coronafeirws fod yn salwch difrifol iawn, yn enwedig i bobl hŷn neu'r sawl sydd â chyflyrau presennol, ac ni phenderfynir cyflwyno cyfyngiadau eang fel y rhain heb gryn ystyriaeth. Rydym yn atgoffa'r cyhoedd bod ganddyn nhw rôl hanfodol i'w chwarae wrth atal Coronafeirws rhag lledaenu, a bod cadw at y cyfyngiadau hyn o'r pwys mwyaf."

"Byddwn yn gofyn i bawb yn ardal Caerffili, hyd yn oed os oes gennych symptomau ysgafn o COVID-19 – tymheredd uchel neu dwymyn, peswch newydd a pharhaus, neu os ydych wedi colli'ch synnwyr arogli neu flasu, neu ei fod wedi newid, neu hyd yn oed os ydych chi'n teimlo'n sâl yn gyffredinol ac nid oes esboniad, i fynd i gael prawf yn yr unedau profi lleol.

"Er mwyn cwrdd â'r galw mawr am brofion yn y sir, bydd yr uned brofi gerdded i mewn leol yng Nghanolfan Hamdden Caerffili yn parhau i weithredu tan ddydd Mawrth 15 Medi.

"Mae uned brofi drwy ffenest y car ychwanegol hefyd wedi'i sefydlu yn swyddfeydd Cyngor Bwrdeistref

Sirol Caerffili ym Mharc Busnes Tredomen, Ystrad Mynach.  Bydd y safle hwn hefyd yn weithredol tan ddydd Mawrth 15 Medi, a'i oriau agor yw 8am tan 6pm.

**Teithiau Rhyngwladol**

"Yn ogystal, hoffwn atgoffa'r cyhoedd os ydych chi wedi teithio y tu allan i'r DU yn ddiweddar, gallai fod cyfyngiadau wrth i chi ddychwelyd – gallai'r cyfyngiadau hyn fod yn wahanol yng Nghymru o'u cymharu â rhannau eraill o'r DU, ac maent bellach yn cynnwys Portiwgal a rhai Ynysoedd Groeg.  "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.

"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.

"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**

"Gall Iechyd Cyhoeddus Cymru gadarnhau ein bod yn ymateb i achosion o Coronafeirws Newydd (COVID-19) yng Nghlwb Criced a Phêl-droed Drefach.  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.

"Mae timau Profi Olrhain Diogelu yn gweithio gyda'r rhai yr effeithiwyd arnynt ac yn cysylltu â'r bobl hynny sydd wedi bod mewn cysylltiad ag unigolyn sydd wedi cael prawf positif.  Mae cyfran o'r achosion positif yn y digwyddiad hwn o'r grŵp oedran oedolion ifanc ac, er mawr siom, mae rhai wedi bod yn gyndyn o rannu manylion o ble maen nhw wedi bod ac â phwy maen nhw wedi bod mewn cysylltiad.

"Trwy beidio â rhoi gwybodaeth fanwl i'r timau Profi Olrhain Diogelu, mae'r bobl hyn yn rhoi eu teuluoedd a'u ffrindiau eu hunain mewn perygl. Rydym yn eu hannog i feddwl am aelodau eraill o'u cymunedau – yn syml, maen nhw'n rhoi iechyd a bywydau pobl eraill mewn perygl, yn enwedig os ydyn nhw'n dangos symptomau, os nad ydyn nhw'n aros gartref ac os ydyn nhw'n cymysgu yn y gymuned leol.
"Wrth i ni symud at gyfnod adfer pandemig y Coronafeirws, byddwn yn disgwyl gweld clystyrau mewn gwahanol leoliadau, fel gyda'r digwyddiadau a ddisgrifir uchod.  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.

**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.”