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

This statement will be updated daily at pm

Updated: Friday 18 September 2020

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

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

"We are also seeing an increase in the number of people who are seriously ill and have been admitted to hospital with COVID-19.

"Coronavirus has not gone away. It remains the responsibility of everyone to help prevent the spread of this virus to protect older and vulnerable family members and friends. They should do this by self-isolating when asked to do so, staying two metres away from others, and by washing hands regularly.

"Public Health Wales supports the restrictions which have been put in place in Caerphilly and Rhondda Cynon Taf by the Welsh Government and local authorities. The full list of rules for these areas can be found on the Welsh Government website, by clicking here for Caerphilly and here for Rhondda Cynon Taf.

"Members of the public in Newport are also 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.

"Face coverings are now mandatory for everyone over age 11 in public places, and only six people from an extended household can meet now indoors in areas of Wales where local restrictions do not apply.

Our role in testing and sampling

"Public Health Wales does not run any drive-through or walk-in sampling centres. These services are delivered either by local health boards, or by the UK Department of Health and Social Services.

"Public Health Wales does have a role in processing tests and delivering test results, but the majority of tests for Welsh residents are processed by the Lighthouse Labs run by the UK Department of Health."

International Travel

"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.

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.

Diweddarwyd: Dydd Gwener 18 Medi 2020

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

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

"Rydym hefyd yn gweld cynnydd yn nifer y bobl sy'n sâl iawn ac sydd wedi mynd i'r ysbyty oherwydd COVID-19.

"Nid yw Coronafeirws wedi diflannu. Mae'n gyfrifoldeb ar bawb o hyd i helpu i atal y feirws hwn rhag lledaenu er mwyn amddiffyn aelodau'r teulu a ffrindiau sy'n hŷn a bregus. Dylent wneud hyn trwy hunanynysu pan ofynnir iddynt wneud hynny, dylent aros dau fetr i ffwrdd oddi wrth bobl eraill, a dylent olchi eu dwylo yn rheolaidd.

"Mae Iechyd Cyhoeddus Cymru yn cefnogi'r cyfyngiadau sydd wedi cael eu rhoi ar waith yng Nghaerffili a Rhondda Cynon Taf gan Lywodraeth Cymru ac awdurdodau lleol. Gellir dod o hyd i'r rhestr lawn o reolau ar gyfer yr ardaloedd hyn ar wefan Llywodraeth Cymru trwy glicio yma ar gyfer Caerffili ac yma ar gyfer Rhondda Cynon Taf.

"Cynghorir aelodau'r cyhoedd yng Nghasnewydd hefyd fod angen iddynt fod yn wyliadwrus am symptomau Coronafeirws, a bod gwir angen iddynt gadw at y canllawiau cadw pellter cymdeithasol, gan fod y cynnydd mewn achosion yno yn peri pryder.

"Mae gorchuddion wyneb bellach yn orfodol i bawb dros 11 oed mewn mannau cyhoeddus, a bellach, dim ond chwech o bobl o aelwyd estynedig all gwrdd dan do mewn ardaloedd yng Nghymru lle nad yw cyfyngiadau lleol yn berthnasol.

Ein rôl wrth brofi a samplu

"Nid yw Iechyd Cyhoeddus Cymru yn rhedeg canolfannau samplu drwy ffenest y car na chanolfannau galw i mewn. Darperir y gwasanaethau hyn naill ai gan fyrddau iechyd lleol, neu gan Adran Iechyd a Gwasanaethau Cymdeithasol y DU.

"Mae gan Iechyd Cyhoeddus Cymru rôl mewn prosesu profion a darparu canlyniadau profion, ond mae mwyafrif y profion ar gyfer trigolion Cymru yn cael eu prosesu gan y Labordai Goleudy a redir gan Adran Iechyd y DU."

Teithiau Rhyngwladol

"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.

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.