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

This statement will be updated daily at 2pm

Statement: Sunday 20 September 2020

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

"We are continuing to see 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.

"We are concerned that much of the good work conducted over the past few months is at risk of going to waste. If the situation continues to worsen, we may find ourselves at the same levels of infection that we experienced earlier this year in March and April; and with that comes the potential for more extended restrictions to be imposed nationally."

"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.

"On Friday we issued a statement on rising concerns for communities of Bridgend, Rhondda Cynon Taf and Merthyr Tydfil. Read the statement in full here.

 "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.

"Further counties may have restrictions imposed if the spread of Coronavirus continues to accelerate in any given area."

"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.

Symptoms

 "If you or a member of your household develop symptoms of cough, fever or change in sense of taste or smell, you must book a test for Coronavirus promptly to help control the spread of infection.

"You and your household must self-isolate while waiting for the result of your test. If you test positive for Covid-19 should continue to self–isolate for 10 days. Other household members, including those who do

not have any symptoms, must stay at home and not leave the house for 14 days.

"We urge you to only get a test if you have one of these symptoms, unless otherwise professionally advised – for example those regularly tested by their employer)."

Stay at home guidance for households with possible coronavirus is available on Gov.wales

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. Visit www.gov.uk/get-coronavirus-test or call 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.

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

"Rydym yn parhau i weld cynnydd cyson mewn achosion mewn llawer o gymunedau ledled Cymru, ac mae ein hymchwiliadau'n dangos bod llawer o'r rhain wedi'u trosglwyddo gan nad yw pobl yn cadw pellter cymdeithasol.

"Rydym hefyd yn gweld cynnydd yn nifer y bobl sy'n ddifrifol wael ac sydd wedi cael eu derbyn i'r ysbyty gyda COVID-19.

"Rydym yn poeni bod llawer o'r gwaith da sydd wedi'i wneud dros y misoedd diwethaf mewn perygl o fod yn ofer. Os bydd y sefyllfa'n parhau i waethygu, efallai y byddwn yn cyrraedd yr un lefelau o'r haint ag yr oeddem yn eu hwynebu'n gynharach eleni ym mis Mawrth ac Ebrill; a chyda hynny daw'r potensial i osod cyfyngiadau mwy estynedig yn genedlaethol."

"Nid yw'r coronafeirws wedi diflannu. Mae helpu i atal lledaeniad y feirws hwn i amddiffyn aelodau hŷn a bregus o'r teulu a ffrindiau yn parhau'n gyfrifoldeb i bob un ohonom. Dylent wneud hyn drwy hunanynysu pan ofynnir iddynt wneud hynny, aros dau fetr oddi wrth bobl eraill, a golchi eu dwylo'n rheolaidd.

"Ddydd Gwener fe wnaethom gyhoeddi datganiad ar bryderon cynyddol am gymunedau Pen-y-bont ar Ogwr, Rhondda Cynon Taf a Merthyr Tudful. Darllenwch y datganiad yn llawn yma.

 "Mae Iechyd Cyhoeddus Cymru yn cefnogi'r cyfyngiadau mae Llywodraeth Cymru ac awdurdodau lleol wedi'u rhoi ar waith yng Nghaerffili a Rhondda Cynon Taf. Mae'r rhestr lawn o'r rheolau ar gyfer yr ardaloedd hyn i'w gweld ar wefan Llywodraeth Cymru, drwy glicio yma ar gyfer Caerffili ac yma ar gyfer Rhondda Cynon Taf.

"Mae aelodau o'r cyhoedd yng Nghasnewydd hefyd yn cael eu cynghori i fod yn wyliadwrus am symptomau'r Coronafeirws, ac o'r angen hanfodol i gadw at ganllawiau cadw pellter cymdeithasol, gan fod cynnydd mewn achosion yno yn peri pryder.

"Efallai y bydd cyfyngiadau ar siroedd pellach os bydd lledaeniad y Coronafeirws yn parhau i gynyddu mewn unrhyw ardal benodol."

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

Symptomau

 "Os ydych chi neu aelod o'ch cartref yn datblygu peswch, twymyn neu newid yn y ffordd rydych chi'n blasu neu'n arogli, rhaid i chi archebu prawf ar gyfer Coronafeirws yn brydlon er mwyn helpu i reoli lledaeniad yr haint.

"Rhaid i chi a'ch cartref hunanynysu wrth aros am ganlyniad eich prawf. Os byddwch chi'n cael prawf positif ar gyfer Covid-19, dylech barhau i hunanynysu am 10 diwrnod. Rhaid i aelodau eraill y cartref, gan gynnwys y rhai nad oes ganddynt unrhyw symptomau, aros gartref a pheidio â gadael y tŷ am 14 diwrnod.

"Rydym yn eich annog dim ond i gael prawf os oes gennych un o'r symptomau hyn, oni bai eich bod yn cael cyngor proffesiynol fel arall – er enghraifft y rheini sy'n cael profion rheolaidd gan eu cyflogwr)."

Mae canllawiau aros gartref ar gyfer aelwydydd a chanddynt achosion posibl o'r coronafeirws ar gael ar Gov.wales

Ein rôl yn y gwaith o brofi a samplu

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

"Nid oes gan Iechyd Cyhoeddus Cymru rôl yn y gwaith o brosesu profion a chyflwyno canlyniadau profion, ond mae'r rhan fwyaf o'r profion ar gyfer trigolion Cymru yn cael eu prosesu gan y Labordai Goleudy sy'n cael eu rhedeg gan Adran Iechyd y DU."

Teithio Rhyngwladol

Gellir dod o hyd i gyngor ar deithio dramor, gan gynnwys yr wybodaeth ddiweddaraf am ofynion cwarantin ar ôl dychwelyd adref, ar wefan Llywodraeth Cymru a gwefan FCO.

"Rhaid i unrhyw un sy'n dychwelyd i Gymru o wledydd y nodwyd eu bod yn risg uchel fynd i gwarantin yn unol â rheoliadau'r Swyddfa Dramor a Chymanwlad hyd yn oed os nad ydynt yn profi unrhyw symptomau COVID-19 neu os ydynt wedi cael canlyniad prawf negatif.

"Rhaid i unrhyw un sydd â symptomau posibl o haint COVID-19 - tymheredd uchel, peswch newydd, parhaus, neu golli arogl neu flas (anosmia) - hunanynysu a gofyn am brawf brys.

"Mae cael prawf coronafeirws am ddim. Ewch i www.gov.uk/get-coronavirus-test neu ffoniwch 119 am ddim.

"Rhaid i achosion a gadarnhawyd ynysu am 10 diwrnod, gydag aelodau o'u cartref i ynysu am 14 diwrnod nes bod y risg o drosglwyddo'r haint ymhellach wedi diflannu. 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 yn rhan o strategaeth Profi, Olrhain, Diogelu Llywodraeth Cymru. Bydd tîm olrhain cysylltiadau yn cysylltu ag unrhyw un sydd wedi cael prawf Coronafeirws positif, ac yn gofyn am fanylion pawb y maent wedi cael cysylltiad agos â nhw tra maent wedi cael symptomau.

"Gwnewch nodyn o'ch gweithgareddau er mwyn i chi allu cofio lle rydych wedi bod yn hawdd ar ddiwrnod penodol, ynghyd â phwy yr oeddech mewn cysylltiad â nhw.

"Os gofynnir i chi hunanynysu, dylech wneud hynny i atal y feirws rhag lledaenu ymhellach.

"Mae'r staff olrhain cysylltiadau wedi'u hyfforddi a bydd yr wybodaeth bersonol y byddwch yn ei rhoi 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 ddefnyddio gwiriwr symptomau GIG Cymru.

"Gall unrhyw un sy'n cael symptomau Coronafeirws wneud cais am becyn profi gartref drwy fynd i https://llyw.cymru/coronafeirws, neu drwy 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.