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

Statement: Wednesday 23 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 package of new national measures being brought in from 6pm tomorrow, Thursday 24 September.

"These restrictions mean that pubs, restaurants and other licensed premises must close at 10pm, and offer table service only. Off licenses, including supermarkets and other retail outlets, must also stop selling alcohol at 10pm.

"The 'rule of six' means that only six people from the same extended household can meet indoors.

"In addition, the Welsh Government has announced strengthened regulations and support for employees and employers who are required to self-isolate.

"In the areas where local restrictions have been brought in (the council areas of Caerphilly County, Rhondda Cynon Taf, Merthyr Tydfil, Bridgend, Blaenau Gwent and Newport), then those rules must be followed. Details of these rules can be found on the Welsh Government website.

"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.

"The council areas of Cardiff, Swansea, the Vale of Glamorgan, Carmarthen, Anglesey, Conwy, Denbighshire and Flintshire are all areas of concern to us and we are watching the data from there carefully, but numbers of cases are increasing in all parts of Wales so there is no room for complacency in any area.

"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.

"Public Health Wales is urging all eligible people in Wales to have their free flu vaccine as NHS Wales begins its largest ever national flu vaccine programme.

"Flu (also known as influenza) can be serious, particularly for those who are older or have a health condition and are more vulnerable to complications as a result of the flu. Having a flu vaccine every year is

one of the most effective ways to protect against flu.

"Those eligible for a free NHS flu vaccine include people with long term health conditions, people aged 65 and over, pregnant women, children aged two to ten years old, carers, domiciliary carers and care home staff with regular client contact as well as care home residents.

"For the latest information, visit www.beatflu.org or www.curwchffliw.org or search Beat Flu or Curwch Ffliw on Twitter and Facebook.

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 selfâ€"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 â€" 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.

Datganiad: Dydd Mercher 23 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 pecyn o fesurau cenedlaethol newydd sy’n cael eu cyflwyno o 6pm yfory, dydd Iau 24 Medi.

“Mae’r cyfyngiadau hyn yn golygu bod yn rhaid i dafarndai, bwytai ac eiddo trwyddedig eraill gau am 10pm, a chynnig gwasanaeth bwrdd yn unig. Rhaid i fusnesau sydd â thrwyddedau i werthu alcohol a all gael ei yfed oddi ar y safle, gan gynnwys archfarchnadoedd a siopau adwerthu eraill, hefyd beidio â gwerthu alcohol ar ôl 10pm.

“Mae’r ‘rheol chwech’ yn golygu mai dim ond chwech o bobl o’r un aelwyd estynedig sy’n gallu cwrdd dan do.

“Yn ogystal, mae Llywodraeth Cymru wedi cyhoeddi rheoliadau a chymorth cryfach ar gyfer gweithwyr a chyflogwyr y mae’n ofynnol iddynt hunanynysu.

“Yn yr ardaloedd lle mae cyfyngiadau lleol wedi’u cyflwyno (ardaloedd cyngor Sir Caerffili, Rhondda Cynon Taf, Merthyr Tudful, Pen-y-bont ar Ogwr, Blaenau Gwent a Chasnewydd), rhaid dilyn y rheolau hynny. Gellir dod o hyd i fanylion am y rheolau hyn ar wefan Llywodraeth 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 cael eu trosglwyddo oherwydd diffyg cadw pellter cymdeithasol.

“Mae ardaloedd cyngor Caerdydd, Abertawe, Bro Morgannwg, Caerfyrddin, Ynys Môn, Conwy, Sir Ddinbych a Sir y Fflint i gyd yn ardaloedd sy’n peri pryder i ni ac rydym yn gwylio’r data oddi yno yn ofalus, ond mae nifer yr achosion yn cynyddu ym mhob cwr o Gymru felly ni ddylai trigolion unrhyw ardal laesu dwylo.

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

“Rydym yn pryderu bod llawer o'r gwaith da a wnaed dros yr ychydig fisoedd diwethaf mewn perygl o gael ei ddadwneud. Os bydd y sefyllfa'n parhau i waethygu, efallai y byddwn yn wynebu sefyllfa lle bydd lefelau’r haint more uchel â’r hyn a welsom yn gynharach eleni ym mis Mawrth ac Ebrill; a chyda hynny, daw'r posibilrwydd o osod cyfyngiadau mwy estynedig yn genedlaethol.

“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 annog pawb sy’n gymwys yng Nghymru i gael brechlyn ffliw am ddim

wrth i GIG Cymru ddechrau ar ei raglen brechu rhag y ffliw cenedlaethol fwyaf erioed.

"Gall y ffliw fod yn ddifrifol, yn enwedig i'r rhai sy'n hŷn neu sydd â chyflwr iechyd ac sy'n fwy agored i gymhlethdodau o ganlyniad i'r ffliw. Mae cael brechlyn ffliw bob blwyddyn yn un o'r ffyrdd mwyaf effeithiol o amddiffyn eich hun rhag y ffliw.

"Ymhlith y rhai sy'n gymwys i gael brechlyn ffliw rhad ac am ddim y GIG mae pobl â chyflyrau iechyd tymor hir, pobl 65 oed a hŷn, menywod beichiog, plant rhwng dwy a deg oed, gofalwyr, gofalwyr cartref a staff cartrefi gofal sy'n dod i gysylltiad â chleientiaid yn rheolaidd yn ogystal â phreswylwyr mewn cartrefi gofal.

"I gael yr wybodaeth ddiweddaraf, ewch i www.curwchffliw.org neu www.beatflu.org neu chwiliwch am Curwch Ffliw neu Beat Flu ar Twitter a Facebook.

Symptomau

"Os ydych chi neu aelod o'ch cartref yn datblygu symptomau peswch, twymyn neu newid i'ch synnwyr blasu neu arogli, rhaid i chi archebu prawf ar gyfer Coronafeirws heb oedi i helpu i reoli lledaeniad yr haint.

"Rhaid i chi a'ch aelwyd hunanynysu wrth aros am ganlyniad eich prawf. Os bydd canlyniad eich prawf am Covid-19 yn bositif, dylech barhau i hunanynysu am 10 diwrnod. Rhaid i aelodau eraill o'r aelwyd, gan gynnwys y rhai nad oes ganddynt unrhyw symptomau, aros gartref a pheidio â gadael y tŷ am 14 diwrnod.

"Rydym yn eich annog i gael prawf dim ond os oes gennych un o'r symptomau hyn, oni bai y cewch gyngor proffesiynol fel arall - er enghraifft y rhai sy'n cael eu profi'n rheolaidd gan eu cyflogwr)."

Mae canllawiau aros gartref i aelwydydd y mae'n bosibl bod rhywun â choronafeirws ynddynt ar gael ar Gov.wales

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 cael prawf Coronafeirws yn rhad ac am ddim. Ymwelwch ag www.gov.uk/get-coronavirus-test neu ffoniwch 119, sef y rhif ffôn rhad ac am ddim.

"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.