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

This statement will be updated daily at pm

Statement: Friday 9 October 2020

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

“As we approach World Mental Health Day tomorrow (10 October 2020) we are reminding everyone of the importance of checking in on family and friends who may be struggling â€“ even if this can’t be done face to face due to local restrictions in many areas, just picking up the phone can make a big difference to someone’s day.

“A recent Public Health Wales survey revealed that more than one in five (21 per cent) of people have been worrying a lot about their mental health, with 55 per cent of those with children in the house also worrying a lot about their children’s wellbeing.

“There are resources to support mental health and wellbeing from the How Are You Doing campaign at www.phw.nhs.wales/howareyoudoing. If you have serious concerns for your mental health please do contact your GP.”

“Please don’t delay in booking a test if you or a member of your household develop symptoms, however mild such as a 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. Visit www.gov.uk/get-coronavirus-test or call 119. Tests are free, there is no charge.

“You and your household must self-isolate while waiting for the result of your test, and comply with any restrictions in the event of a positive result. If you test positive for Coronavirus 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.

“Even if you don’t have symptoms, you may also be contacted by contact tracers as part of the Welsh Government’s Test, Trace, Protect strategy. In this event, you must comply with their instructions. Tracers are trained staff and personal information that you provide will handled in line with data protection regulations and will not be shared widely. 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.

“Local restrictions are now in place in Bridgend, Caerphilly, Cardiff, Conwy, Denbighshire, Flintshire, Merthyr Tydfil, Neath Port Talbot, Newport, Rhondda Cynon Taf, Swansea, Torfaen, Vale of Glamorgan, and Wrexham local authority areas, and in Llanelli.

“People who live in these areas must abide by these restrictions to protect themselves, their families, friends, older and vulnerable people, and keep Wales safe. For more information about restrictions in your area, visit the Welsh Government website.

“It is vital that people in every part of Wales stick to social distancing guidelines â€“ that’s staying two metres away from others, and washing hands regularly. They must also self-isolate immediately when asked to do so.

“Helpful advice and support is available via the NHS COVID-19 app. As well as providing alerts if you have been in contact with someone with Coronavirus, the app will also tell you the current risk level in your area.

“Information about the symptoms of Coronavirus is available on the Public Health Wales website, or via the NHS 111 Wales symptom checker.

“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.

“Advice on travelling abroad, including the latest information on quarantine requirements on returning home, can be found on the Welsh Government and FCO websites.

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

Datganiad: Dydd Gwener 9 Hydref 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'n Ddiwrnod Iechyd Meddwl y Byd yfory (10 Hydref 2020), a hoffwn atgoffa pawb o bwysigrwydd cadw llygad ar deulu a ffrindiau a allai fod yn ei chael hi'n anodd ar hyn o bryd – hyd yn oed os nad oes modd gwneud hyn wyneb yn wyneb oherwydd y cyfyngiadau lleol mewn sawl ardal, gall codi'r ffôn wneud gwahaniaeth mawr i ddiwrnod rhywun.

"Datgelodd arolwg diweddar gan Iechyd Cyhoeddus Cymru fod mwy nag un ym mhob pump (21%) o bobl wedi bod yn poeni'n fawr am eu hiechyd meddwl, ac roedd 55% o'r rhai â phlant yn y tŷ hefyd yn poeni'n fawr am lesiant eu plant.

"Mae adnoddau ar gael i gefnogi iechyd meddwl a llesiant o'r ymgyrch Sut Wyt Ti ar icc.gig.cymru/pynciau/coronafeirws/sut-wyt-ti/. Os oes gennych bryderon difrifol am eich iechyd meddwl, cysylltwch â'ch meddyg teulu."

"Peidiwch ag oedi cyn archebu prawf os byddwch chi neu aelod o'ch aelwyd yn datblygu symptomau peswch, twymyn neu newid mewn synnwyr blasu neu arogli, ni waeth pa mor ysgafn fo'r symptomau hyn. Mae'n rhaid i chi archebu prawf Coronafeirws yn brydlon i helpu i reoli lledaeniad yr haint. Ewch i www.gov.uk/get-coronavirus-test neu ffoniwch 119. Mae'r profion yn rhad ac am ddim, ni chodir tâl.

"Rhaid i chi ac aelodau'ch cartref hunanynysu wrth aros am ganlyniad eich prawf, a chydymffurfio ag unrhyw gyfyngiadau yn achos canlyniad positif. Os bydd canlyniad eich prawf am Coronafeirws 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.

"Hyd yn oed os nad oes gennych symptomau, efallai y cysylltir â chi gan swyddogion olrhain cysylltiadau fel rhan o strategaeth Profi Olrhain Diogelu Llywodraeth Cymru. Yn yr achos hwn, rhaid i chi gydymffurfio â'u cyfarwyddiadau. Mae swyddogion olrhain 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. 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.

"Mae cyfyngiadau lleol bellach ar waith yn ardaloedd awdurdodau lleol Pen-y-Bont ar Ogwr, Caerffili, Caerdydd, Conwy, Sir Ddinbych, Sir y Fflint, Merthyr Tudful, Castell-Nedd Port Talbot, Casnewydd, Rhondda Cynon Taf, Abertawe, Torfaen, Bro Morgannwg a Wrecsam, ac yn nhref Llanelli.

"Rhaid i'r bobl sy'n byw yn yr ardaloedd hyn gydymffurfio â'r cyfyngiadau hyn i amddiffyn eu hunain, eu teuluoedd, eu ffrindiau, pobl hŷn ac unigolion sy'n agored i niwed, a chadw Cymru'n ddiogel. Am ragor o wybodaeth am gyfyngiadau yn eich ardal, ewch i wefan Llywodraeth Cymru.

"Mae'n hanfodol bod pobl ym mhob cwr o Gymru yn glynu wrth ganllawiau cadw pellter cymdeithasol, sef aros dau fetr oddi wrth bobl eraill, a golchi dwylo'n rheolaidd. Rhaid iddynt hefyd hunanynysu ar unwaith pan ofynnir iddynt wneud hynny.

"Mae cyngor a chymorth defnyddiol ar gael trwy ap COVID-19 y GIG. Yn ogystal â darparu rhybuddion os ydych wedi bod mewn cysylltiad â rhywun â Coronafeirws, bydd yr ap hefyd yn dweud wrthych beth yw lefel gyfredol y risg yn eich ardal.

"Mae gwybodaeth am symptomau Coronafeirws ar gael ar wefan Iechyd Cyhoeddus Cymru, neu drwy wiriwr symptomau GIG 111 Cymru.

"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.

"Gellir dod o hyd i gyngor ar deithio tramor, gan gynnwys yr wybodaeth ddiweddaraf am y gofynion cwarantin wrth ddychwelyd adref, ar wefan Llywodraeth Cymru ac ar wefan y Swyddfa Dramor a Chymanwlad.

“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 genedlaethol fwyaf erioed. “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.

GIG CYMRU NHS WALES

Iechyd Cyhoeddus Cymru

Public Health Wales