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: Tuesday 29 September 2020

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

"Public Health Wales reminds the public of local restrictions in place in 11 local authority areas in Wales. These arrangements are necessary in order to bring transmission of the virus under control in these areas. It is very important that we abide by the regulations in the areas in which we live and that we do not travel between local authority areas without a reasonable excuse.

"We thank the public in advance for sticking to these new restrictions, which are essential in reducing spread of the virus, protecting older and vulnerable people, and keeping Wales safe.

"We remind people living in areas of Wales where there are currently no restructions in place to remember, at all times, the importance of adhering to the regulations to prevent further local restrictions.

"The new restrictions mean that people living in the affected areas will not be allowed to enter or leave their local authority area without a reasonable excuse.

"They will not be able to meet indoors with anyone they do not live with for the time being â€" extended households (sometimes called a 'bubble') are suspended for the time being.

"Pubs, restaurants and other licensed premises must stop selling alcohol at 10pm, and offer table service only. Off licenses, including supermarkets and other retail outlets, must also stop selling alcohol at 10pm.

"People who can work from home must do so. Those who cannot reasonably work from home can continue to travel to a place of work, whether that is within our outside the areas affected by local restrictions.

"Details of these rules for each local authority area can be found on the Welsh Government website.

"The multidisciplinary Incident Management Team (IMT) for the Gwent area is encouraging anyone living in Blaenau Gwent and who has symptoms of COVID-19 to get a test, following a rapid rise in cases.

"A mobile testing unit has been set up in the area. Local residents can book a test by calling 0300 303 1222.

"The symptoms of COVID-19 are a new, continuous cough, a fever and a change in taste or smell (anosmia), but as these can be preceded by more minor symptoms, so the IMT is encouraging people with any flu-like symptoms, or that are feeling generally unwell, to book themselves in for a test.

"As well as observing the current and new restrictions coming into place, I would also urge people to download the new NHS COVID-19 app which launched last week.

"The app forms a central part of the NHS Wales Test Trace Protect programme. We would encourage as many people to download and use the app as possible, to help prevent the spread of Coronavirus. The app also informs users of the current risk level in their postcode district.

“The ‘rule of six’ means that only six people from the same extended household can meet indoors. This applies throughout Wales, although there are additional measures in place in the areas affected by local restrictions.

“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 announced or brought into place (the council areas of Neath Port Talbot, Vale of Glamorgan, Torfaen, Blaenau Gwent, Bridgend, Caerphilly County, Cardiff, Merthyr Tydfil, Newport and Rhondda Cynon Taf and the town of Llanelli), 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 Anglesey, Carmarthenshire, 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, people with a learning disability and those on the NHS shielded patient list or who are a household contact of someone who is on the NHS shielded patient list.

“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 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.

Datganiad: Dydd Mawrth 29 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:

“Hoffai Iechyd Cyhoeddus Cymru atgoffa’r cyhoedd am y cyfyngiadau lleol sydd ar waith mewn 11 ardal awdurdod lleol yng Nghymru. Mae'r trefniadau hyn yn angenrheidiol er mwyn dod â throsglwyddiad y feirws dan reolaeth yn yr ardaloedd hyn. Mae’n bwysig iawn ein bod yn glynu wrth y rheoliadau yn yr ardaloedd rydym yn byw ynddynt ac nad ydym yn teithio rhwng ardaloedd awdurdod lleol heb esgus rhesymol.

“Rydym yn diolch i'r cyhoedd ymlaen llaw am gadw at y cyfyngiadau newydd hyn, sy'n hanfodol i leihau lledaeniad y feirws, i ddiogelu pobl hŷn a bregus, ac i gadw Cymru’n ddiogel.

“Rydym yn atgoffa pobl sy’n byw mewn ardaloedd yng Nghymru lle nad oes unrhyw gyfyngiadau ar waith ar hyn o bryd i gofio, bob amser, am bwysigrwydd cadw at y rheoliadau i atal cyfyngiadau lleol pellach rhag dod i rym.

“Mae’r cyfyngiadau newydd yn golygu na fydd pobl sy’n byw yn yr ardaloedd yr effeithir arnynt yn cael mynd i mewn neu adael ardal eu hawdurdod lleol heb esgus rhesymol.

“Am y tro, ni fyddant yn gallu cwrdd ag unrhyw un nad ydyn nhw'n byw gyda nhw dan do - mae aelwydydd estynedig (a elwir weithiau'n ‘swigod’) yn cael eu hatal am y tro.

“Rhaid i dafarndai, bwytai ac adeiladau trwyddedig eraill roi’r gorau i werthu alcohol am 10pm, a rhaid iddynt gynnig 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.

“Rhaid i bobl sy’n gallu gweithio gartref wneud hynny. Gall y rhai nad yw hi'n rhesymol iddynt weithio gartref barhau i deithio i weithle, p'un a yw hynny y tu mewn neu’r tu allan i'r ardaloedd y mae cyfyngiadau lleol yn effeithio arnynt.

“Gellir dod o hyd i fanylion am y rheolau hyn ar gyfer pob ardal awdurdod lleol ar wefan Llywodraeth Cymru.

“Mae’r Tîm Rheoli Digwyddiadau amlddisgyblaethol (IMT) ar gyfer ardal Gwent yn annog unrhyw un sy’n byw ym Mlaenau Gwent ac sydd â symptomau COVID-19 i gael prawf, yn dilyn cynnydd cyflym mewn achosion.

“Mae uned brofi symudol wedi’i sefydlu yn yr ardal. Gall trigolion lleol archebu prawf trwy ffonio 0300 303 1222.

“Peswch newydd, parhaus, twymyn a newid i’ch synnwyr blasu neu arogli (anosmia) yw symptomau COVID-19, ond gall y rhain gael eu rhagflaenu gan symptomau llai, felly mae'r IMT yn annog pobl ag unrhyw symptomau sy’n debyg i’r ffliw, neu sy'n teimlo'n sâl yn gyffredinol, i archebu prawf.

“Yn ogystal â dilyn y cyfyngiadau cyfredol a newydd sy’n dod i rym, byddwn hefyd yn annog pobl i lawrlwytho ap newydd COVID-19 y GIG a lansiwyd yr wythnos diwethaf.

“Mae’r ap yn rhan ganolog o raglen Profi Olrhain Diogelu GIG Cymru. Byddem yn annog cynifer o bobl â phosibl i lawrlwytho a defnyddio'r ap i helpu i atal Coronafeirws rhag lledaenu. Mae'r ap hefyd yn hysbysu defnyddwyr o'r lefel risg gyfredol yn eu hardal cod post.

“Mae’r ‘rheol chwech’ yn golygu mai dim ond chwech o bobl o’r un aelwyd estynedig sy’n gallu cwrdd dan do. Mae hyn yn berthnasol ledled Cymru, er bod mesurau ychwanegol ar waith yn yr ardaloedd y mae cyfyngiadau lleol yn effeithio arnynt.

“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 cyhoeddi neu ar waith (ardaloedd cyngor Castell-nedd Port Talbot, Bro Morgannwg, Torfaen, Blaenau Gwent, Pen-y-bont ar Ogwr, Sir Caerffili, Caerdydd, Merthyr

Tudful, Casnewydd a Rhondda Cynon Taf a thref Llanelli), 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 Ynys Môn, Caerfyrddin, Conwy, Sir Ddinbych a Sir y Fflint i gyd yn ardaloedd sy'n peri pryder i ni ac rydym yn cadw golwg fanwl ar y data yno, 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, pobl ag anabledd dysgu a'r rhai ar Restr o'r cleifion a Warchodir y GIG neu'r rhai sy'n dod i gysylltiad â rhywun sydd ar Restr o'r Cleifion a Warchodir y GIG ar yr aelwyd.

"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 Cymru ac 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.