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: Sunday 18 October 2020***

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

"Cases of Coronavirus continue to rise in all parts of Wales, including in areas where local restructions are in place.

"The public health message has not changed and is as important as ever; it is vital that people in every part of Wales stick to social distancing guidelines, that's staying two metres away from others, avoiding socialising with people outside your household, and washing hands regularly.  They must also self-isolate immediately when asked to do so.

"We have seen an increase in transmission of the Coronavirus in social settings, and would like to remind the public that the virus spreads really well in social situations.  If you need to visit these type of venues, then:

- Don't mix with anyone other than the people that you live with;
- Stay 2m apart from people that you don't live with;
- If you are contacted by the Test, Trace, Protect service, then please be honest about where you have been and with whom. The contact tracers aren't going to judge you, they are trying to restrict the spread of the virus.  By giving them the correct information you will help others avoid infection, and possibly getting seriously ill.

"Local restrictions are now in place in Blaenau Gwent, 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 the hyperlocal areas of Bangor and 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.

"We are aware of misinformation circulating on social media which suggests that testing for COVID-19 generates a positive result for flu or common cold viruses.  This is completely incorrect.  The swab (PCR, antigen) test for COVID-19 has been specifically developed to detect the presence of the SARS-CoV-2 virus also known as COVID-19 and has a proven accuracy rate of 99.91%.

"We would remind everyone to ensure that they are getting their information from established, trusted organisations:  Public Health Wales, Welsh Government, and NHS Wales, and not to share anything from unverified sources.

"We are also reminding everyone not to delay in booking a Coronavirus test if you or a member of your household develop symptoms of the virus, 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.

"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.

"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."

***Datganiad: Dydd Sul 18 Hydref 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 achosion o Coronafeirws yn parhau i godi ym mhob rhan o Gymru, gan gynnwys mewn ardaloedd lle mae cyfyngiadau lleol ar waith.

"Nid yw'r neges iechyd y cyhoedd wedi newid ac mae mor bwysig ag erioed; mae'n hanfodol bod pobl ym mhob rhan o Gymru yn cadw at ganllawiau cadw pellter cymdeithasol - hynny yw, aros dau fetr i ffwrdd oddi wrth bobl eraill, osgoi cymdeithasu phobl y tu allan i'ch aelwyd, a golchi dwylo'n rheolaidd. Rhaid iddynt hefyd hunanynysu ar unwaith pan ofynnir iddynt wneud hynny.

"Rydym wedi gweld cynnydd yn nhrosglwyddiad Coronafeirws mewn lleoliadau cymdeithasol, a hoffem atgoffa'r cyhoedd bod y feirws yn lledaenu'n dda iawn mewn sefyllfaoedd cymdeithasol. Os oes angen i chi ymweld lleoliadau hyn, yna:

- Peidiwch chymysgu ag unrhyw un heblaw'r bobl rydych chi'n byw gyda nhw;
- Arhoswch 2m ar wah i bobl nad ydych chi'n byw gyda nhw;

- Os bydd y gwasanaeth Profi, Olrhain, Diogelu yn cysylltu chi, yna byddwch yn onest yngl ble rydych chi wedi bod a chyda phwy nid yw'r swyddogion olrhain cysylltiadau yn mynd i'ch barnu, maen nhw'n ceisio cyfyngu ar ledaeniad y feirws.  Trwy roi'r wybodaeth gywir iddynt byddwch yn helpu pobl eraill i osgoi cael eu heintio, ac, o bosibl, rhag mynd yn ddifrifol wael.

"Mae cyfyngiadau lleol bellach ar waith yn ardaloedd awdurdodau lleol Blaenau Gwent, 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 ardaloedd hyperleol Bangor a Llanelli.

"Rhaid i'r bobl sy'n byw yn yr ardaloedd hyn gydymffurfio cyfyngiadau hyn i amddiffyn eu hunain, eu teuluoedd, eu ffrindiau, pobl 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.

"Rydym yn ymwybodol bod gwybodaeth anghywir yn cylchredeg ar y cyfryngau cymdeithasol sy'n awgrymu bod profi am COVID-19 yn cynhyrchu canlyniad positif ar gyfer feirysau ffliw neu annwyd cyffredin.  Mae hyn yn hollol anghywir.  Mae'r prawf swab (PCR, antigen) ar gyfer COVID-19 wedi'i ddatblygu'n benodol i ganfod presenoldeb y feirws SARS-CoV-2 a elwir hefyd yn COVID-19 ac mae ei gyfradd gywirdeb brofedig yn 99.91%.

"Byddem yn atgoffa pawb i sicrhau eu bod yn cael gwybodaeth gan sefydliadau sefydledig y gellir ymddiried ynddynt:  Iechyd Cyhoeddus Cymru, Llywodraeth Cymru, a GIG Cymru, ac ni ddylent rannu ffynonellau nad ydynt wedi cael eu gwirio.

"Rydym hefyd yn atgoffa pawb na ddylent oedi wrth archebu prawf Coronafeirws, os ydych chi neu aelod o'ch aelwyd yn datblygu symptomau o'r feirws, fel peswch, twymyn, neu newid i'ch synnwyr blasu neu arogli, ni waeth pa mor ysgafn y. 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.

"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 gadael y am 14 diwrnod.

"Hyd yn oed os nad oes gennych symptomau, efallai y cysylltir chi gan swyddogion olrhain cysylltiadau fel rhan o strategaeth Profi Olrhain Diogelu Llywodraeth Cymru.  Yn yr achos hwn, rhaid i chi gydymffurfio cyfarwyddiadau.  Mae swyddogion olrhain yn staff hyfforddedig a bydd yr wybodaeth bersonol rydych chi'n ei darparu yn cael ei thrin yn unol 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 gyda phwy yr oeddech mewn cysylltiad.

"Mae cyngor a chymorth defnyddiol ar gael trwy ap COVID-19 y GIG.  Yn ogystal darparu rhybuddion os ydych wedi bod mewn cysylltiad rhywun 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 symptomau gartref, fod ei gyflwr yn gwaethygu, neu os nad yw ei symptomau'n gwella ar saith niwrnod y dylai gysylltu NHS 111.

"Peidiwch ffonio 999 oni bai eich bod yn profi argyfwng sy'n peryglu bywyd. Peidiwch ffonio 999 dim ond oherwydd eich bod yn aros i 111 ateb eich galwad. Rydym yn deall bod llinellau 111 yn brysur, ond bydd rhywun yn ateb eich galwad ar 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.

“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 phlant yn y hefyd yn poeni’n fawr am lesiant eu plant.

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