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

This statement will be updated daily at pm

Statement: Wednesday 21 October 2020

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

"NHS Wales is still here to help you if you need care, and it's important you continue to attend appointments and seek help for urgent medical issues. You can leave your home to access local health services, including your GP surgery, dentist, optometrist or other health service. You should phone beforehand and follow any guidance your local surgery, dentist, optometrist or health service has put in place to protect you and staff, including the need to keep 2m away from other patients.

"Public Health Wales supports last Monday's announcement by the Welsh Government of a two-week national 'fire-break' to disrupt the transmission of Coronavirus in Wales. These new restrictions will come into effect at 6pm on Friday 23 October, and will last until the start of Monday 9 November.

"Cases continue to rise in Wales, hospital admissions are increasing, including those into critical care, and sadly so are the numbers of people dying from the virus.

"Although national and local measures have made a difference, further action is now needed. These new rules are vital to regain control of the virus, to protect the NHS, and save lives.

"Under the rules, people must stay at home, except for very limited purposes. They must not visit other households or meet other people they do not live with.

"Certain businesses and venues, including bars, restaurants and most shops must close.

"Secondary schools will provide learning online only for the week after half-term, other than for children in years seven and eight. Primary schools and childcare settings will remain open.

"Face coverings continue to be mandatory in the indoor public spaces that remain open, subject to certain exemptions and exceptions, including on public transport and in taxis.

"More information about the new rules is available at the Welsh Government website.

"It's especially important to look after our mental health and wellbeing at this time. You can find sources of advice and guidance on our website if you need some help or are worried about a loved one.

"If you or a member of your household develop symptoms of the Coronavirus, such as a cough, fever or change in sense of taste or smell, you must self-isolate immediately and book a free Coronavirus test at www.gov.uk/get-coronavirus-test or by calling 119.

"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."

Datganiad: Dydd Mercher 21 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 GIG Cymru yma o hyd i'ch helpu os oes angen gofal arnoch, ac mae'n bwysig i chi barhau i fynychu apwyntiadau a cheisio cymorth ar gyfer materion meddygol brys. Gallwch adael eich cartref i gael mynediad at wasanaethau iechyd lleol, gan gynnwys eich practis meddyg teulu, deintydd, optometrydd neu wasanaeth iechyd arall. Dylech ffonio ymlaen llaw a dilyn unrhyw ganllawiau mae eich practis meddyg teulu lleol, deintydd, optometrydd neu wasanaeth iechyd wedi'u rhoi ar waith i'ch diogelu chi a staff, gan gynnwys yr angen i gadw 2m i ffwrdd oddi wrth gleifion eraill.

"Mae Iechyd Cyhoeddus Cymru yn cefnogi'r cyhoeddiad gan Lywodraeth Cymru ddydd Llun diwethaf am 'gyfnod atal' cenedlaethol am bythefnos i darfu ar drosglwyddiad Coronafeirws yng Nghymru. Bydd y cyfyngiadau newydd hyn yn dod i rym am 6pm ddydd Gwener 23 Hydref, a byddant yn parhau tan ddechrau dydd Llun 9 Tachwedd.

"Mae achosion yn parhau i gynyddu yng Nghymru, mae derbyniadau i'r ysbyty yn cynyddu, gan gynnwys i ofal critigol, ac, yn anffodus, felly hefyd mae nifer y bobl sy'n marw o'r feirws.

"Er bod mesurau cenedlaethol a lleol wedi gwneud gwahaniaeth, mae angen gweithredu ymhellach nawr. Mae'r rheolau newydd hyn yn hanfodol i adennill rheolaeth ar y feirws, i ddiogelu'r GIG, ac i achub bywydau.

"O dan y rheolau, rhaid i bobl aros gartref, ac eithrio at ddibenion cyfyngedig iawn. Rhaid iddynt beidio ag ymweld ag aelwydydd eraill na chwrdd â phobl eraill nad ydyn nhw'n byw gyda nhw.

"Rhaid i rai busnesau a lleoliadau, gan gynnwys bariau, bwytai a'r mwyafrif o siopau gau.

"Bydd ysgolion uwchradd yn dysgu ar-lein yn unig dros yr wythnos ar ôl hanner tymor, heblaw am blant ym mlynyddoedd saith ac wyth. Bydd ysgolion cynradd a lleoliadau gofal plant yn aros ar agor.

"Mae gorchuddion wyneb yn parhau i fod yn orfodol yn y lleoedd cyhoeddus dan do sy'n dal i fod ar agor, ar wahân i rai eithriadau, gan gynnwys ar drafnidiaeth gyhoeddus ac mewn tacsis.

"Mae rhagor o wybodaeth am y rheolau newydd ar gael ar wefan Llywodraeth Cymru.

"Mae'n arbennig o bwysig gofalu am ein hiechyd meddwl a'n llesiant yn ystod yr adeg hon. Os oes angen rhywfaint o help arnoch, neu os ydych chi'n poeni am anwyliaid, gallwch ddod o hyd i ffynonellau cyngor ac arweiniad ar ein gwefan.

"Os byddwch chi neu aelod o'ch aelwyd yn datblygu symptomau Coronafeirws, fel peswch, twymyn neu newid i synnwyr blasu neu arogli, rhaid i chi hunanynysu ar unwaith ac archebu prawf Coronafeirws am ddim yn www.gov.uk/get -coronavirus-test neu drwy ffonio 119.

"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.