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: Sunday 25 October 2020

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

"Public Health Wales is reminding people that fire-break restrictions came into effect in Wales at 6pm on Friday 23 October, and will last until the start of Monday 9 November.

"We urge the public to stick to the new rules, which are vital to help us regain control of the virus, to protect the NHS, and save lives.

"Although national and local measures have made a difference, further action is now needed. 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.

"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.

"During the firebreak it is still important to look after your health, and you can you continue to attend appointments and seek help for urgent medical issues.

"Attending a booked NHS flu vaccination appointment and any of Public Health Wales' screening clinics is a legitimate reason to travel during the firebreak.

"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.

"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.

"For those travelling from overseas, as of 4am on Sunday 25 October, the Canary Islands, Denmark, the Maldives and the Greek Island of Mykonos have been added to the Welsh Government's list of countries from where you may travel to Wales without the need to self isolate.

Datganiad: Dydd Sul 25 Hydref 2020

Dywedodd Dr Eleri Davies, y Cyfarwyddwr Digwyddiadau ar gyfer yr ymateb i'r achos o'r Coronafeirws Newydd (COVID-19) yn Iechyd Cyhoeddus Cymru:

"Mae Iechyd Cyhoeddus Cymru yn atgoffa pobl bod cyfyngiadau'r cyfnod atal byr wedi dod i rym yng Nghymru am 6pm nos Wener 23 Hydref, a byddant yn para tan ddydd Llun 9 Tachwedd.

"Rydym yn annog y cyhoedd i gadw at y rheolau newydd, sy'n hanfodol i'n helpu ni i adennill rheolaeth dros y feirws, diogelu'r GIG, ac achub bywydau

"Er bod mesurau cenedlaethol a lleol wedi gwneud gwahaniaeth, mae angen cymryd camau pellach erbyn hyn. Mae'r achosion yn parhau i godi yng Nghymru, mae derbyniadau i'r ysbyty'n cynyddu, gan gynnwys y rhai i ofal critigol, ac yn anffodus, hefyd, mae nifer y bobl sy'n marw o'r feirws yn cynyddu hefyd.

"O dan y rheolau, rhaid i bobl aros gartref, ac eithrio at ddibenion cyfyngedig iawn. Rhaid iddynt beidio ag ymweld ag aelwydydd eraill a pheidio Ã¢ chwrdd Ã¢ phobl eraill nad ydynt yn byw gyda nhw.

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

"Bydd ysgolion uwchradd yn darparu dysgu ar-lein yn unig am yr wythnos ar Ã´l hanner tymor, ac eithrio ar gyfer plant ym mlynyddoedd saith ac wyth. Bydd ysgolion cynradd a lleoliadau gofal plant yn aros ar agor.

"Mae gorchuddion wyneb yn orfodol o hyd yn y mannau cyhoeddus dan do sy'n parhau ar agor, yn amodol ar rai eithriadau, gan gynnwys ar drafnidiaeth gyhoeddus ac mewn tacsis

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

"Yn ystod y cyfnod atal byr mae'n parhau'n bwysig gofalu am eich iechyd, a gallwch barhau i fynychu apwyntiadau a gofyn am help ar gyfer materion meddygol brys.

"Mae mynychu apwyntiad brechiad ffliw y GIG wedi'i drefnu ac unrhyw un o glinigau sgrinio Iechyd Cyhoeddus Cymru yn rheswm dilys dros deithio yn ystod y cyfnod atal byr.

"Mae GIG Cymru yma o hyd i'ch helpu chi os oes angen gofal arnoch, ac mae'n bwysig eich bod yn parhau i fynychu apwyntiadau ac yn gofyn am help ar gyfer materion meddygol brys. Gallwch adael eich cartref i gael mynediad at wasanaethau iechyd lleol, gan gynnwys eich meddygfa, deintydd, optometrydd neu wasanaeth iechyd arall

"Dylech ffonio ymlaen llaw a dilyn unrhyw ganllawiau y mae eich meddygfa, deintydd, optometrydd neu wasanaeth iechyd lleol wedi'u rhoi ar waith i'ch amddiffyn chi a'ch staff, gan gynnwys yr angen am gadw 2m oddi wrth gleifion eraill.

"Mae'n arbennig o bwysig gofalu am ein hiechyd meddwl a'n lles ar hyn o bryd. Gallwch ddod o hyd i

ffynonellau cyngor ac arweiniad ar ein gwefan os oes angen rhywfaint o help arnoch chi neu os ydych yn poeni am anwyliaid.

"Os ydych chi neu aelod o'ch cartref yn datblygu symptomau'r Coronafeirws, fel peswch, tymheredd uchel neu newid yn eich synnwyr blasu neu arogli, rhaid i chi hunanynysu ar unwaith a threfnu prawf Coronafeirws am ddim yn www.gov.uk/get-coronavirus-test neu drwy ffonio 119.

"Mae cyngor a chymorth defnyddiol ar gael drwy ap COVID-19 y GIG. Yn ogystal Ã¢ rhoi rhybuddion os ydych chi wedi bod mewn cysylltiad Ã¢ rhywun sydd Ã¢'r Coronafeirws, bydd yr ap hefyd yn dweud wrthych y lefel risg bresennol yn eich ardal.

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

"I'r rhai sy'n teithio o dramor, o 4am ddydd Sul 25 Hydref ymlaen, mae Ynysoedd y Caneri, Denmarc, y Maldives ac Ynys Mykonos Groeg wedi'u hychwanegu at restr Llywodraeth Cymru o wledydd y gallwch deithio i Gymru ohonynt heb fod angen hunanynysu.