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: Wednesday 28 October 2020

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

"Today, Public Health Wales is reporting that 37 people have lost their lives from Coronavirus. Rising case numbers are likely to result in rising hospitalisations and, sadly, to an increase in reported COVID-19 deaths.

"These numbers demonstrate once again how serious this disease is, and why it is so important to follow the regulations of the fire-break, as well as practising social distancing.

"As Halloween approaches, Public Health Wales is publishing guidance on joining in the Halloween spirit safely while we all stay at home to protect those we care about. This will include guidance for planning activities at home and ways to connect with others remotely. Keep an eye out on our social media channels for more information over the coming days.

"Public Health Wales and Betsi Cadwaladr University Health Board are looking for volunteers to participate in a clinical trial studying an investigational vaccine against Coronavirus. More information is available on the vaccine trial website.

"Public Health Wales is reminding people that fire-break restrictions came into effect in Wales 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 Mykanos 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 Mercher 28 Hydref 2020

Dywedodd Dr Chris Williams, Cyfarwyddwr Digwyddiad ar gyfer yr ymateb i'r achos o'r Coronafeirws Newydd (COVID-19) yn Iechyd Cyhoeddus Cymru:

“Heddiw, mae Iechyd Cyhoeddus Cymru yn adrodd bod 37 o bobl wedi colli eu bywydau o ganlyniad i Coronafeirws. Mae niferoedd cynyddol o achosion yn debygol o arwain at fwy o bobl yn gorfod mynd i’r ysbyty ac, yn anffodus, at gynnydd yn y marwolaethau o ganlyniad i COVID-19.

“Mae’r niferoedd hyn yn dangos unwaith eto pa mor ddifrifol yw’r afiechyd hwn a pham ei bod mor bwysig dilyn rheoliadau’r cyfnod atal byr, yn ogystal â chadw pellter cymdeithasol.

“Wrth i Galan Gaeaf agosáu, mae Iechyd Cyhoeddus Cymru yn cyhoeddi canllawiau ar ddathlu Calan Gaeaf yn ddiogel wrth i ni i gyd aros gartref er mwyn diogelu’r rhai rydym yn poeni amdanynt. Bydd hyn yn cynnwys canllawiau ar gynllunio gweithgareddau gartref a ffyrdd i gysylltu â phobl eraill o bell. Cadwch lygad ar ein sianeli cyfryngau cymdeithasol am ragor o wybodaeth dros y dyddiau nesaf.

“Mae Iechyd Cyhoeddus Cymru a Bwrdd Iechyd Prifysgol Betsi Cadwaladr yn edrych am wirfoddolwyr i gymryd rhan mewn treial clinigol sy’n astudio brechlyn ymchwiliadol yn erbyn Coronafeirws. Mae rhagor o wybodaeth ar gael ar wefan y treial brechlyn.

“Mae Iechyd Cyhoeddus Cymru yn atgoffa pobl y daeth cyfyngiadau cyfnod atal byr i rym yng Nghymru ddydd Gwener 23 Hydref, ac y byddant yn parhau tan ddechrau dydd Llun 9 Tachwedd.

“Rydym yn annog y cyhoedd i gadw at y rheolau newydd, sy'n hanfodol i'n helpu ni i adennill rheolaeth ar y feirws, i ddiogelu’r GIG, ac i achub bywydau

“Er bod mesurau cenedlaethol a lleol wedi gwneud gwahaniaeth, mae angen gweithredu ymhellach nawr. 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.

“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 hi’n dal yn bwysig gofalu am eich iechyd yn ystod y cyfnod atal byr, a gallwch barhau i fynychu apwyntiadau a cheisio cymorth ar gyfer materion meddygol brys.

“Mae mynychu apwyntiad wedi’i archebu i gael brechiad ffliw y GIG a mynychu unrhyw un o glinigau sgrinio Iechyd Cyhoeddus Cymru yn rheswm dilys i deithio yn ystod y cyfnod atal byr.

“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'i roi ar waith i'ch diogelu chi a staff, gan gynnwys yr angen i gadw 2m i ffwrdd oddi wrth gleifion eraill.

“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.

“Ar gyfer y rhai sy’n teithio o dramor, o 4am ddydd Sul 25 Hydref, ychwanegwyd Yr Ynysoedd Dedwydd, Denmarc, y Maldives ac Ynys Gwlad Groeg Mykonos at restr Llywodraeth Cymru o’r gwledydd y gallwch deithio i Gymru ohonynt heb fod angen hunanynysu.”