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: Saturday 7 November 2020

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

"Public Health Wales will work with Welsh Government to monitor the effect of the regulations which will come in at the end of the current fire-break period on 9 November 2020. We support the call for the public to take personal responsibility for their actions and to ensure that we are all doing as much as possible to limit the transmission of Coronavirus.

"Ahead of Remembrance Sunday this weekend, we are reminding the public that outdoor Acts of Remembrance can be held this weekend involving a maximum of 30 people, including event organisers. Indoor services are not permitted, so we would ask people to be responsible when paying their respects to those who have lost their lives in wars.

"Those travelling from overseas should note that Denmark, Germany and Sweden have been removed from the UK's Coronavirus travel corridor list.

"As we approach the end of the fire-break period in Wales, we remind everyone that this does not mean a return to normality.

"Coronavirus is still active in communities across Wales, so we all need to take steps to keep everyone safe and to prevent the transmission of the disease.

"This means staying out of other people's homes, limiting the times and the numbers of people that you meet, maintaining social distancing and hand hygiene, working from home if you can, and self-isolating if you show symptoms of coronavirus or are asked to do so by contact tracers.

"We recognise that many people may be finding life more challenging, resulting in difficulties with mental health. There are many agencies which provide help and support, including the C.A.L.L. helpline on 0800 132 737, which will refer callers to the most appropriate organisation according to their needs.

"If you are in severe mental distress or are having suicidal thoughts, please contact Samaritans Cymru free on 116 123.

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

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.

Datganiad: Dydd Sadwrn 7 Tachwedd

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

“Bydd Iechyd Cyhoeddus Cymru yn gweithio gyda Llywodraeth Cymru i fonitro effaith y rheoliadau a ddaw i rym ar ddiwedd y cyfnod atal byr ar 9 Tachwedd 2020. Rydym yn cefnogi’r cais am i’r cyhoedd ysgwyddo cyfrifoldeb personol am eu gweithredoedd a sicrhau eu bod yn gwneud cymaint â phosib i gyfyngu ar drosglwyddo’r Coronafeirws.

“Cyn Sul y Cofio y penwythnos yma, rydym yn atgoffa’r cyhoedd y gellir cynnal Digwyddiadau Cofio awyr agored sy’n cynnwys uchafswm o 30 o bobl, gan gynnwys trefnwyr y digwyddiad. Ni chaniateir gwasanaethau dan do felly rydym yn gofyn i bobl fod yn gyfrifol wrth dalu teyrnged i’r rhai a gollodd eu bywydau yn y rhyfeloedd.

“Dylai pawb sy’n teithio o dramor nodi bod Denmarc, yr Almaen a Sweden wedi cael eu tynnu oddi ar restr coridorau teithio’r Coronafeirws yn y DU.

“Wrth i ni ddod at ddiwedd y cyfnod atal byr yng Nghymru, rydym yn atgoffa pawb nad yw hyn yn golygu dychwelyd at normalrwydd.

“Mae’r Coronafeirws yn bodoli o hyd mewn cymunedau ledled Cymru, felly rhaid i ni i gyd gymryd camau i gadw pawb yn ddiogel ac atal trosglwyddo’r afiechyd.

“Mae hyn yn golygu cadw o gartrefi pobl eraill, cyfyngu ar y nifer o weithiau a’r nifer o bobl rydych yn eu cyfarfod, cadw pellter cymdeithasol a sicrhau hylendid dwylo, gweithio o gartref os gallwch chi, a hunanynysu os ydych chi’n dangos symptomau’r coronafeirws neu os gofynnir i chi wneud hynny gan olrheinwyr cysylltiadau.

“Rydym yn deall bod llawer o bobl yn teimlo bod bywyd yn fwy heriol ar hyn o bryd, gan arwain at anawsterau gydag iechyd meddwl. Mae llawer o asiantaethau’n darparu help a chefnogaeth, gan gynnwys llinell gymorth C.A.L.L. ar 0800 132 737, a fydd yn cyfeirio pawb sy’n eu ffonio at y sefydliad mwyaf priodol yn unol â’u hanghenion.

“Os ydych chi’n dioddef o ofid meddyliol difrifol neu’n meddwl am hunanladdiad, cysylltwch â Samariaid Cymru am ddim ar 116 123.

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

“Mae’n bwysig o hyd 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 drefnu i gael brechiad ffliw y GIG a mynychu 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 i chi barhau i fynychu apwyntiadau a chael cymorth ar gyfer materion meddygol brys. Gallwch adael eich cartref i gael mynediad at wasanaethau iechyd lleol, gan gynnwys eich practis meddyg teulu, eich deintydd, optometrydd neu wasanaeth iechyd arall.

“Dylech ffonio ymlaen llaw a dilyn unrhyw ganllawiau mae eich practis meddyg teulu lleol, eich 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’r Coronafeirws, fel peswch, tymheredd uchel neu newid i’ch 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 chi wedi bod mewn cysylltiad â rhywun â’r Coronafeirws, bydd yr ap hefyd yn dweud wrthych chi beth yw lefel gyfredol y risg yn eich ardal chi.

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