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: Friday 13 November 2020

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

"Public Health Wales strongly advises 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.

"As we approach the first weekend since the fire-break restrictions have been lifted, we would remind everyone that Coronavirus is still active in our communities, and therefore this does not mean a return to normality.

"We ask the public to observe the new regulations and to limit their contact with other people as much as possible so that we all work together to bring the numbers of positive cases down.

"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.

"It is extremely important that we only make essential journeys, maintain strict social distancing with those we don't live with, and reduce the number of people that we meet. All of these actions will help to break the chains of transmission, reduce the spread of the virus, and keep people safe.

"We understand that people will want to carry on with their Christmas shopping now the fire-break has ended and so we would suggest to try to visit shops during off-peak times, to always maintain social distancing and to wear a face covering if you can. Options such as 'click and collect' or online purchasing may also be something to consider.

"This Saturday is Diwali, a festival which is celebrated by large numbers of people from India and of Indian heritage. We would ask those who are celebrating to do so safely, within your own household, and remember the regulations if you go out. If you choose to use fireworks, please take care and follow the fireworks code to avoid injury. We wish everyone celebrating a happy Diwali.

"Urgent action has been taken following reports from health authorities in Denmark that widespread outbreaks of Novel Coronavirus (COVID-19) has been found in mink farms, with subsequent spread of a mink-variant virus to the local community.

"Denmark was removed from the UK Coronavirus travel corridor list on Friday 6 November. Any travellers returning to the UK will now be required to self-isolate for 14 days according to the national guidance and legislation https://www.gov.uk/uk-border-control/self-isolating-when-you-arrive.

"This decision has been taken as a precautionary measure and will prevent risk to Wales and the UK from this new strain. Public Health Wales will be in touch with Welsh residents who have been in Denmark in the past 14 days to explain that they and their households are required to self-isolate.

"We would also advise all members of the public with pet mink or ferrets to avoid contact with them while symptomatic with any COVID symptoms.

"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 Gwener 13 Tachwedd

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

"Mae Iechyd Cyhoeddus Cymru yn cynghori'r cyhoedd yn gryf i gymryd cyfrifoldeb personol am eu gweithredoedd ac i sicrhau ein bod i gyd yn gwneud cymaint Ã¢ phosibl i gyfyngu ar drosglwyddiad Coronafeirws.

"Wrth inni agosÃ¡u at y penwythnos cyntaf ers i gyfyngiadau'r cyfnod atal byr gael eu codi, byddem yn atgoffa pawb bod Coronafeirws yn dal i ledaenu yn ein cymunedau, ac felly nid yw hyn yn golygu dychwelyd i normalrwydd.

"Gofynnwn i'r cyhoedd gadw at y rheoliadau newydd a chyfyngu eu cyswllt Ã¢ phobl eraill gymaint Ã¢ phosibl fel ein bod i gyd yn gweithio gyda'n gilydd i leihau nifer yr achosion positif.

"Mae hyn yn golygu aros allan o gartrefi pobl eraill, cyfyngu ar faint o weithiau a nifer y bobl rydych chi'n cwrdd Ã¢ nhw, cynnal pellter cymdeithasol a hylendid dwylo, gweithio gartref os gallwch chi, a hunanynysu os oes gennych chi symptomau coronafeirws, neu os gofynnir i chi wneud hynny gan

swyddogion olrhain cysylltiadau.

“Mae'n hynod bwysig ein bod yn gwneud siwrneiau hanfodol yn unig, yn cynnal mesurau cadw pellter cymdeithasol llym gyda'r rhai nad ydym yn byw gyda nhw, ac yn lleihau nifer y bobl rydyn ni'n cwrdd Ã¢ nhw. Bydd yr holl gamau hyn yn helpu i dorri cadwyni trosglwyddo, yn lleihau lledaeniad y feirws, ac yn cadw pobl yn ddiogel.

Rydym yn deall y bydd pobl eisiau parhau Ã¢'u siopa Nadolig gan fod y cyfnod atal byr wedi dod i ben erbyn hyn. Felly, byddem yn awgrymu ceisio ymweld Ã¢ siopau yn ystod adegau tawel, er mwyn gallu cadw pellter cymdeithasol bob amser a gwisgo gorchudd wyneb os gallwch chi. Efallai y bydd opsiynau megis ‘clicio a chasglu’ neu brynu ar-lein hefyd yn bethau i’w hystyried.

“Mae Diwali, sef gÅµyl sy’n cael ei dathlu gan nifer fawr o bobl o India ac o dreftadaeth Indiaidd, y dydd Sadwrn hwn. Gofynnwn i'r rhai sy'n dathlu wneud hynny'n ddiogel, yn eich cartref eich hun, a chofio'r rheoliadau os ewch chi allan. Os dewiswch ddefnyddio tÃ¢n gwyllt, cymerwch ofal a dilynwch y cod tÃ¢n gwyllt i osgoi anaf. Rydym yn dymuno Diwali hapus i bawb sy’n dathlu.

“Cymerwyd camau brys yn dilyn adroddiadau gan awdurdodau iechyd yn Nenmarc y canfuwyd brigiadau eang o achosion o Coronafeirws Newydd (COVID-19) mewn ffermydd minc, a bod feirws amrywiolyn minc yn cael ei ledaenu i'r gymuned leol yn sgil hynny.

“Tynnwyd Denmarc oddi ar restr coridor teithio Coronafeirws y DU ddydd Gwener 6 Tachwedd. Bellach, bydd gofyn i unrhyw deithwyr sy'n dychwelyd i'r DU hunanynysu am 14 diwrnod yn unol Ã¢’r canllawiau a'r ddeddfwriaeth genedlaethol https://www.gov.uk/uk-border-control/self-isolating-when-you-arrive.

“Gwnaethpwyd y penderfyniad hwn fel mesur rhagofalus a bydd yn atal risg i Gymru a’r DU rhag y math newydd hwn o’r feirws. Bydd Iechyd Cyhoeddus Cymru yn cysylltu Ã¢ thrigolion Cymru sydd wedi bod yn Nenmarc yn ystod y 14 diwrnod diwethaf i egluro bod gofyn iddyn nhw a'u cartrefi hunanynysu.

“Byddem hefyd yn cynghori pob aelod o’r cyhoedd sy’n cadw mincod neu ffuredau fel anifeiliaid anwes i osgoi dod i gysylltiad Ã¢ nhw tra bod ganddynt unrhyw symptomau COVID.

“Rydym yn cydnabod y gallai llawer o bobl fod yn cael bywyd yn fwy heriol, a all arwain at anawsterau iechyd meddwl. Mae llawer o asiantaethau sy'n darparu help a chymorth, gan gynnwys llinell gymorth C.A.L.L. ar 0800 132 737, a fydd yn cyfeirio galwyr at y sefydliad mwyaf priodol yn unol Ã¢'u hanghenion.

“Os ydych chi’n wynebu trallod meddwl difrifol, neu os ydych yn meddwl am gyflawni hunanladdiad, cysylltwch Ã¢ Samariaid Cymru yn rhad ac am ddim ar 116 123.

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

“Mae hi’n dal yn bwysig gofalu am eich iechyd 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 Ã¢ darparu rhybuddion os ydych wedi bod mewn cysylltiad Ã¢ rhywun Ã¢ 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.