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 14 November 2020

Dr Giri Shankar, 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.

"During this 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.

"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 Sul 15 Tachwedd

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

“Mae Iechyd Cyhoeddus Cymru yn cynghori’r cyhoedd yn gryf i ysgwyddo cyfrifoldeb personol am eu gweithredoedd ac i sicrhau ein bod ni i gyd yn gwneud cymaint Ã¢ phosib i gyfyngu ar drosglwyddo’r Coronafeirws.

“Yn ystod y penwythnos cyntaf ers codi cyfyngiadau’r cyfnod atal byr, hoffem atgoffa pawb bod y Coronafeirws yn bodoli o hyd yn ein cymunedau ni ac felly nid yw’n golygu dychwelyd i normalrwydd.

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

“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.

“Mae'n hynod bwysig mai dim ond siwrneiau hanfodol ydym yn eu gwneud, gan gadw at fesurau cadw pellter cymdeithasol llym gyda'r rhai nad ydym yn byw gyda nhw, a lleihau nifer y bobl rydym yn cwrdd Ã¢ hwy. Bydd yr holl gamau hyn yn helpu i dorri’r 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 yn bethau i’w hystyried hefyd.

“Cymerwyd camau yn dilyn adroddiadau gan awdurdodau iechyd yn Nenmarc bod achosion eang o’r Coronafeirws Newydd (COVID-19) wedi’u canfod ar ffermydd minc, a bod feirws amrywiad minc wedi’i ledaenu i'r gymuned leol o ganlyniad i hynny.

“Fel mesur rhagofalol, 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.

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

“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 Ã¢’u hanghenion.

“Os ydych chi’n dioddef o ofid meddyliol difrifol neu’n meddwl am hunanladdiad, cysylltwch Ã¢ Samariaid Cymru am ddim ar 116 123. Hefyd mae ffynonellau o gyngor a chyfarwyddyd ar gael ar ein gwefan ni os oes arnoch chi angen help neu os ydych chi’n bryderus am anwyliaid.

“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. “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.

“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 Ã¢ darparu rhybuddion os ydych chi wedi bod mewn cysylltiad Ã¢ rhywun Ã¢’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.