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Public Health Wales statement on Novel Coronavirus (COVID-19) outbreak

This statement will be updated daily at 2pm

Statement: Thursday 19 November 2020

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

"Today is International Men's Day, which highlights positive role models and raises awareness of men's well-being. This year the theme is "better health for men and boys" and it encourages men to talk about things that are bothering them to normalise discussions about emotions. This is especially important at the moment with the toll that the pandemic is taking on our mental health and wellbeing.

"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.

"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.

"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. 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.

"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.

"As a precautionary measure, 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>.

"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. You can also find sources of advice and guidance on our [website](#) if you need some help or are worried about a loved one.

"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 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.

"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 Iau 19 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'n Ddiwrnod Cenedlaethol y Dynion heddiw, sy'n tynnu sylw at y rhai sy'n esiampl gadarnhaol ac sy'n codi ymwybyddiaeth o lesiant dynion. Y thema eleni yw "iechyd gwell i ddynion a bechgyn" ac mae'n annog dynion i siarad am bethau sy'n eu poeni er mwyn normaleiddio trafodaethau am emosiynau. Mae hyn yn arbennig o bwysig ar hyn o bryd gyda'r effaith y mae'r pandemig yn ei chael ar ein hiechyd meddwl a'n llesiant.

"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 â phosibl i gyfyngu ar drosglwyddiad Coronafeirws.

"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 â phobl eraill gymaint â 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 â 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.

"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 â'u siopa Nadolig nawr bod y cyfnod atal byr wedi dod i ben. Byddem yn awgrymu ceisio ymweld â siopau yn ystod amseroedd y tu allan i'r oriau brig, 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.

"Cymerwyd camau 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.

"Fel mesur rhagofalus, 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 â'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 â 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 â'u hanghenion.

"Os ydych chi'n wynebu trallod meddwl difrifol, neu os ydych yn meddwl am gyflawni hunanladdiad, cysylltwch â Samariaid Cymru yn rhad ac am ddim ar 116 123. Os oes angen rhywfaint o help arnoch, neu os ydych chi'n poeni am anwyliaid, gallwch ddod o hyd i ffynonellau cyngor ac arweiniad hefyd ar ein [gwefan](#).

"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. 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.

"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 wrthy ch 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.