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: Thursday 26 November 2020

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

"Public Health Wales notes the decision of the four nations of the UK regarding the relaxation of restrictions over the Christmas period, enabling up to three households to meet.

"The festive period is important for people across Wales who want to be with loved ones during the holidays, particularly after a very difficult year, but we would remind everyone that we must each continue to take personal responsibility to limit the spread of the virus and protect our loved ones, particularly if they are vulnerable or extremely vulnerable. For many, this will mean that it isn't possible to celebrate Christmas in the way you normally would.

"Public Health Wales is encouraging everyone who lives, works or studies in Merthyr Tydfil to attend the mass testing service at the Leisure Centre as soon as they can â€" even if they do not have symptoms.

"Thank you to those who have already attended and undertaken a test, as this will help us to break the chains of transmission in the area. However, in order for the exercise to be as successful as possible then we need as many people in the area as possible to be tested.

"For more information about the testing exercise, visit the MTCBC website.

"Anyone aged 11+ without any symptoms can have a test, but children under 18 will need parental consent. The more people who get tested, the more chances we have to reduce the spread of the virus.

"People with symptoms should also get tested but need to book a test either by calling 119 or by clicking here.

"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 26 Tachwedd 2020

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 nodi penderfyniad pedair gwlad y DU ynghylch llacio cyfyngiadau dros gyfnod y Nadolig, sy'n galluogi hyd at dair aelwyd i gwrdd.

"Mae cyfnod y Nadolig yn bwysig i bobl ledled Cymru sydd eisiau treulio amser gyda'u hanwyliaid yn ystod y gwyliau, yn enwedig ar Ã´l blwyddyn anodd iawn, ond byddem yn atgoffa pawb bod yn rhaid i bob un ohonom barhau i gymryd cyfrifoldeb personol i gyfyngu ar ledaeniad y feirws ac i ddiogelu ein hanwyliaid, yn enwedig os ydyn nhw'n agored i niwed neu'n eithriadol o agored i niwed. I lawer o bobl, bydd hyn yn golygu nad yw'n bosibl dathlu'r Nadolig yn y ffordd y byddech chi fel arfer yn ei wneud.

"Mae Iechyd Cyhoeddus Cymru yn annog pawb sy'n byw, yn gweithio neu'n astudio ym Merthyr Tudful i fynychu'r gwasanaeth profi torfol yn y ganolfan hamdden cyn gynted ag y gallant - hyd yn oed os nad oes symptomau ganddynt.

"Diolch i'r rhai sydd eisoes wedi mynychu ac wedi cael prawf. Bydd hyn yn ein helpu i dorri'r cadwyni trosglwyddo yn yr ardal. Fodd bynnag, er mwyn i'r ymarfer fod mor llwyddiannus Ã¢ phosibl, mae angen i ni brofi cynifer o bobl yr ardal Ã¢ phosib.

"I gael rhagor o wybodaeth am yr ymarfer profi, ewch i wefan MTCBC.

"Gall unrhyw un dros 11 oed sydd heb unrhyw symptomau gael prawf, ond bydd angen caniatÃ¢d rhiant ar blant dan 18 oed. Po fwyaf o bobl sy'n cael eu profi, po fwyaf y siawns sydd gennym o leihau lledaeniad y feirws.

"Gall pobl sydd Ã¢ symptomau gael eu profi hefyd, ond bydd angen iddynt archebu prawf naill ai drwy ffonio 119 neu drwy glicio yma.

"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.

"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.

"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 nawr bod y cyfnod atal byr wedi dod i ben. Byddem yn awgrymu ceisio ymweld Ã¢ 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 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¢ 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. 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 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.