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

This statement will be updated daily at pm

Statement: Sunday November

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

“Public Health Wales welcomes the decision of the Welsh Government to introduce restrictions on indoor venues ahead of Christmas period, in order to reduce the opportunities for the virus to spread in our communities and to keep people safe.

“We await details of Welsh Government’s deliberations on any further restrictions.

“We understand that people will want to do their Christmas shopping at this time of year. 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.

“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 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.

“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 Sul 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 croesawu penderfyniad Llywodraeth Cymru i gyflwyno cyfyngiadau ar leoliadau dan do cyn cyfnod y Nadolig, er mwyn lleihau’r cyfleoedd i’r feirws ledaenu yn ein cymunedau ac i gadw pobl yn ddiogel.

“Rydyn ni’n aros am fanylion trafodaethau Llywodraeth Cymru ar unrhyw gyfyngiadau pellach.

“Rydyn ni’n deall y bydd pobl eisiau gwneud eu siopa Nadolig yr adeg hon o’r flwyddyn. 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.

“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 amddiffyn 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 a chyfyngu ar 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.

“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.

GIG CYMRU NHS WALES
Iechyd Cyhoeddus Cymru
Public Health Wales