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

This statement will be updated daily at pm

Statement: Saturday 5 December 2020

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

“New Welsh Government restrictions come into force at 6pm yesterday, covering travel and the hospitality sector.

“People living in Wales cannot travel to areas of England in tier three or areas of Scotland in level three or above. In these circumstances, travel out of Wales is only allowed under limited circumstances, such as for work or education.

“People you don’t live with cannot come into your home, unless you have formed an extended household (or “bubble”) with them (except in very limited circumstances).

“Pubs, restaurants, bars and cafes will need to close at 6pm apart from takeaway services, and will not be able to serve alcohol.

“Indoor entertainment venues such as cinemas, bingo halls, soft play centres and bowling alleys must close from the same date, as must indoor visitor attractions such as museums, galleries and heritage sites.

“It is now clear from the data that the Coronavirus cases are rising in most parts of Wales, reversing the downward trend we had observed as a result of the fire break.

“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.

“Public Health Wales urges everyone to follow the rules, to avoid transmission of Coronavirus and to protect everyone in our communities, including the most vulnerable.

“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.

“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 Medicines and Healthcare Products Regulatory Agency (MHRA) has now authorised the first COVID-19 vaccine as safe and effective on the basis of detailed independent expert review of evidence from large scale clinical trials.

“The Pfizer BioNTech vaccine has become the first to receive MHRA clearance in the UK and 40 million doses of the vaccine will shortly be available for delivery across the UK, with Wales getting its allocation based on population.

“This is welcome news, however the effects of the vaccine may not be seen nationally for many months and it is extremely important that everyone continues to follow the advice on keeping Wales safe; keep contacts with other people to a minimum, keep a 2 metre distance from others, wash hands regularly, wear a face covering where required, and self-isolating when asked to do so.

“Due to high numbers of positive cases in Torfaen, Aneurin Bevan University Health Board is operating a number of mobile COVID-19 testing units across Torfaen. The mobile units will provide a walk up testing service for residents who live nearby, and more details can be found on the Torfaen council and ABUHB social media channels.

“Torfaen residents who experience even mild symptoms of coronavirus – a fever, continuous cough or loss of taste or smell – or feel generally unwell, should call 0300 30 31 222 or visit https://www.gov.uk/get-coronavirus-test to book a test.

"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 – 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.

"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 testeither by calling 119 or by clicking here.

"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.

"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 Sadwrn 5 Rhagfyr 2020

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

"Daeth cyfyngiadau newydd Llywodraeth Cymru sy'n cynnwys teithio a'r sector lletygarwch i rym neithiwr am 6pm heddiw.

"Ni all pobl sy'n byw yng Nghymru deithio i ardaloedd o Loegr sydd yn haen tri nac ardaloedd yn yr Alban sydd ar lefel tri neu'n uwch. O dan yr amgylchiadau hyn, dim ond dan amgylchiadau cyfyngedig y caniateir teithio allan o Gymru, fel ar gyfer gwaith neu addysg.

"Ni all pobl nad ydynt yn byw gyda chi ddod i mewn i'ch cartref, oni bai eich bod wedi ffurfio aelwyd estynedig (neu "swigen") gyda hwy (ac eithrio o dan amgylchiadau cyfyngedig iawn).

"Bydd angen i dafarndai, bwytai, bariau a chaffis gau am 6pm ar wahân i wasanaethau tecawê, ac ni fyddant yn gallu gweini alcohol.

"Rhaid i leoliadau adloniant dan do fel sinemâu, neuaddau bingo, canolfannau chwarae meddal ac alïau bowlio gau o'r un dyddiad, yn yr un modd ag atyniadau ymwelwyr dan do fel amgueddfeydd, orielau a safleoedd treftadaeth.

"Erbyn hyn, mae'r data yn ei gwneud hi'n amlwg bod achosion o'r Coronafeirws ar gynnydd yn y rhan fwyaf o Gymru, gan wyrdroi'r duedd i'r ffigurau ostwng yr oeddem wedi'i gweld o ganlyniad i'r cyfnod atal dros dro.

"Gofynnwn i'r cyhoedd gadw at y rheoliadau a chyfyngu ar 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.

“Mae Iechyd Cyhoeddus Cymru yn annog pawb i ddilyn y rheolau, i osgoi trosglwyddo Coronafeirws ac i ddiogelu pawb yn ein cymunedau, gan gynnwys y rhai mwyaf agored i niwed.

“Mae cyfnod y Nadolig yn bwysig i bobl ledled Cymru sydd eisiau treulio amser gyda’u hanwyliaid yn ystod y gwyliau, yn enwedig ar ôl 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.

“Rydym yn deall y bydd pobl eisiau gwneud eu siopa Nadolig yr adeg hon o’r flwyddyn. 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 fel ‘clicio a chasglu’ neu brynu ar-lein hefyd yn bethau i’w hystyried.

“Mae Asiantaeth Rheoleiddio Meddyginiaethau a Chynhyrchion Gofal Iechyd (MHRA) bellach wedi awdurdodi'r brechlyn COVID-19 cyntaf fel un diogel ac effeithiol ar sail adolygiad arbenigol annibynnol manwl o dystiolaeth o dreialon clinigol ar raddfa fawr.

“Brechlyn Pfizer BioNTech yw’r cyntaf i gael ei gymeradwyo gan MHRA yn y DU a bydd 40 miliwn dos o’r brechlyn ar gael i’w dosbarthu ledled y DU cyn bo hir. Bydd Cymru’n cael ei dyraniad yn seiliedig ar ei phoblogaeth.

“Mae hwn yn newyddion i’w groesawu, fodd bynnag, efallai na fydd effeithiau’r brechlyn yn amlwg yn genedlaethol am fisoedd lawer ac mae’n hynod bwysig bod pawb yn parhau i ddilyn y cyngor ar gadw Cymru’n ddiogel; dod i gysylltiad â phobl eraill cyn lleied ag y gallwch, cadw pellter 2 fetr oddi wrth bobl eraill, golchi dwylo'n rheolaidd, gwisgo gorchudd wyneb lle bo angen, a hunanynysu pan ofynnir ichi wneud hynny.

“Oherwydd niferoedd uchel o achosion positif yn Nhorfaen, mae Bwrdd Iechyd Prifysgol Aneurin Bevan yn gweithredu nifer o unedau profi COVID-19 symudol ledled Torfaen. Bydd yr unedau symudol yn darparu gwasanaeth profi galw i mewn i breswylwyr sy'n byw gerllaw, a gellir dod o hyd i ragor o fanylion ar sianeli cyfryngau cymdeithasol Cyngor Torfaen a BIPAB.

“Dylai trigolion Torfaen, hyd yn oed os ydynt yn profi symptomau ysgafn coronafeirws - twymyn, peswch parhaus neu golli synnwyr blasu neu arogli - neu sy’n teimlo’n sâl yn gyffredinol, ffonio 0300 30 31 222 neu dylent ymweld ag https://www.gov.uk/get-coronavirus-test i archebu prawf.

“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 â phosibl, mae angen i ni brofi cynifer o bobl yr ardal â 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 caniatâd 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.

“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 naill ai drwy ffonio 119 neu drwy glicio yma.

“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.

“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 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.

Iechyd Cyhoeddus Cymru

Public Health Wales