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

This statement will be updated daily at pm

Statement: Wednesday 9 December 2020

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

"Welsh Government has today announced that from 10 December, Coronavirus regulations relating to self-isolation periods will change in Wales.

"Under the revised regulations, people who have tested positive or have come in to close contact with someone who has had a positive test for Coronavirus will be required by law to self-isolate for 10 days. Previously, close contacts were required to self-isolate for 14 days.

"This change has been made to reflect the latest evidence around transmission of the virus.

"These regulations will apply retrospectively, so anyone on days 11-14 of self-isolation will be immediately released. This applies to all settings, so will mean that school bubbles can return.

"This new 10 day requirement also applies to people who are isolating after travelling from a non-exempt country."

"Yesterday, we welcomed the news that the first Coronavirus vaccine rollout had begun. We stress that the effects of this vaccine may not be seen nationally for many months and it is therefore 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.

"Coronavirus cases are rising in many parts of Wales, reversing the downward trend we had observed as a result of the fire break.

"If we are to have meaningful and safe interactions within the permitted exclusive Christmas 'bubble', then everyone should immediately start to limit their interactions with others as much as possible in the lead up to the festive period.

"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.

"The rising rate of Coronavirus in parts of Rhondda Cynon Taff is causing significant concern and a mass testing exercise in the Lower Cynon Valley area started on Saturday and will run until 20 December.

"Public Health Wales is encouraging everyone who lives, studies or works in the area (Abercynon, Penrhiwceiber, Mountain Ash West, Mountain Ash East, and Aberaman South) to attend either the Cynon Valley Bowls Club or Abercynon Leisure Centre between 9am and 7pm for a free test.

"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.

"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.

“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 Mercher 9 Rhagfyr 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 Llywodraeth Cymru wedi cyhoeddi heddiw y bydd rheoliadau Coronafeirws sy'n ymwneud â chyfnodau hunanynysu yn newid yng Nghymru o 10 Rhagfyr.

O dan y rheoliadau diwygiedig, bydd yn ofynnol yn ôl y gyfraith i bobl sydd wedi profi'n bositif, neu sydd wedi dod i gysylltiad agos â rhywun sydd wedi cael prawf positif am Coronafeirws, hunanynysu am 10 diwrnod. Cyn hyn, roedd angen i gysylltiadau agos hunanynysu am 14 diwrnod.

Gwnaethpwyd y newid hwn i adlewyrchu'r dystiolaeth ddiweddaraf ynghylch trosglwyddiad y feirws.

Bydd y rheoliadau hyn yn berthnasol yn ôl-weithredol, felly bydd unrhyw un ar ddiwrnodau 11-14 o’i gyfnod hunanynysu yn cael ei ryddhau ar unwaith. Mae hyn yn berthnasol i bob lleoliad, felly bydd yn golygu y gall swigod ysgol ddychwelyd.

Mae'r gofyniad 10 diwrnod newydd hwn hefyd yn berthnasol i bobl sy'n ynysu ar ôl teithio o wlad nad yw wedi'i heithrio."

“Ddoe, gwnaethom groesawu’r newyddion bod cyflwyno'r brechlyn Coronafeirws cyntaf wedi dechrau. Hoffem bwysleisio na fydd effeithiau’r brechlyn yn amlwg yn genedlaethol am fisoedd lawer ac felly mae'n hynod bwysig i bawb barhau 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.

“Mae achosion o’r Coronafeirws ar gynnydd mewn llawer o rannau o Gymru, gan wyrdroi’r duedd i’r ffigurau ostwng yr oeddem wedi’i gweld o ganlyniad i’r cyfnod atal dros dro.

“Os ydym am ryngweithio mewn ffordd werthfawr ac yn ddiogel o fewn y ‘swigen Nadolig’ unigryw a ganiateir, yna dylai pawb ddechrau cyfyngu ar ryngweithio â phobl eraill gymaint â phosibl ar unwaith wrth i gyfnod yr ŵyl agosáu.

“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.

“Mae’r gyfradd gynyddol o Coronafeirws mewn rhannau o Rondda Cynon Taf yn achosi pryder sylweddol a dechreuodd ymgyrch profi torfol yn ardal isaf Cwm Cynon ddydd Sadwrn a bydd ar waith tan 20 Rhagfyr.

“Mae Iechyd Cyhoeddus Cymru yn annog pawb sy’n byw, yn astudio neu’n gweithio yn yr ardal (Abercynon, Penrhiw-ceibr, Gorllewin Aberpennar, Dwyrain Aberpennar a De Aberaman) naill ai i fynd i Glwb Bowlio Cwm Cynon neu Ganolfan Hamdden Abercynon rhwng 9am a 7pm i gael prawf am ddim.

“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.

“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 megis ‘clicio a chasglu’ neu brynu ar-lein hefyd yn bethau i’w hystyried.

“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.