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

This statement will be updated daily at pm

Statement: Tuesday 15 December 2020

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

"We are very concerned at the alarming rise in rates of Coronavirus in nearly every part of Wales which is putting NHS Wales under extreme pressure, and shows no signs of abating.

"If at all possible, we would advise the public not to mix with other households now, and to consider carefully if it is still safe to form a Christmas 'bubble' with other households. Coronavirus spreads fastest when we are indoors with others, and gathering together for Christmas represents a significant risk of transmission, and increased cases will result in increased pressures on already stretched NHS services.

"We would advise the public that if they still want to have meaningful and safe interactions within the permitted exclusive Christmas 'bubble', then it is vital that you plan ahead, consider the risks involved and decide what would be safest for you and your loved ones.

"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.

"On Friday 11 December there was planned maintenance of the NHS Welsh Laboratory Information Management System (WLIMS) to allow for essential service upgrades to take place.

"This is affecting our daily reporting of Coronavirus figures, and the data today is not a true reflection of the picture in Wales. There will be a period of data reconciliation and validation that will affect our daily reporting figures for several days.

"Public Health Wales is also making some changes to the way we publish information on our website and data dashboard.

"We have changed the daily 'data correct as of' from 1pm the previous day to 9am the previous day for operational reasons.

"We have brought forward the publication time for our data dashboard and our daily statement from 2pm to the earlier time of 12pm.

"We have extended the lag period for seven day case rate reporting from two to four days. This further improves the accuracy of Coronavirus cases per 100,000 population by local authority area for the most recent 7 day incidence.

"Welsh Government has announced that Coronavirus regulations relating to self-isolation periods have changed 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."

"We would like to wish all those celebrating Hanukkah a very safe and happy celebration. Throughout this year we have all found different ways to mark special occasions and this Hanukkah we can once again find new ways to stay connected. Visit Chabad.org for some great ideas for safely enjoying your favourite Hanukkah traditions at home.

“This week 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.

“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.

“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 Mawrth 15 14 Rhagfyr 2020

Dywedodd Dr Giri Shankar, Cyfarwyddwr Digwyddiad ar gyfer yr ymateb i'r achos o'r Coronafeirws Newydd (COVID-19) yn Iechyd Cyhoeddus Cymru:

“Rydym yn pryderu’n arw ynghylch y cynnydd brawychus yn nifer yr achosion o Coronafeirws ym mron pob rhan o Gymru, sy’n rhoi GIG Cymru dan bwysau eithafol, ac mae'n ymddangos nad yw'r pwysau yn lleihau.

“Os yw’n bosibl, byddem yn cynghori’r cyhoedd i beidio â chymysgu ag aelwydydd eraill nawr, a dylent ystyried yn ofalus a yw’n dal yn ddiogel ffurfio ‘swigen’ Nadolig gydag aelwydydd eraill. Mae Coronafeirws yn lledaenu gyflymaf pan fyddwn dan do gyda phobl eraill, ac mae ymgynnull ar gyfer y Nadolig yn creu risg sylweddol o’i drosglwyddo. Bydd mwy o achosion yn arwain at roi rhagor o bwysau ar wasanaethau'r GIG sydd eisoes dan bwysau.

“Byddem yn cynghori'r cyhoedd, os ydyn nhw am gael rhyngweithio’n ddiogel o fewn y 'swigen' Nadolig unigryw a ganiateir, mae'n hanfodol i chi gynllunio ymlaen llaw, ystyried y risgiau sy’n bodoli a phenderfynu beth fyddai fwyaf diogel i chi a'ch anwyliaid.

“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.

“Ddydd Gwener 11 Rhagfyr gwnaethpwyd gwaith cynnal a chadw ar System Rheoli Gwybodaeth Labordai GIG Cymru (WLIMS) i ganiatáu uwchraddio gwasanaethau hanfodol.

“Mae hyn yn effeithio ar sut rydym yn adrodd am ffigurau'r Coronafeirws bob dydd, ac nid yw’r data heddiw yn adlewyrchiad cywir o’r darlun yng Nghymru. Bydd cyfnod o gysoni a dilysu data a fydd yn effeithio ar ein ffigurau adrodd dyddiol dros gyfnod o sawl diwrnod.

“Mae Iechyd Cyhoeddus Cymru hefyd yn gwneud rhai newidiadau i’r ffordd rydyn ni’n cyhoeddi gwybodaeth ar ein gwefan a’n dangosfwrdd data.

“Rydym wedi newid y ‘data yn gywir am’ dyddiol o 1pm y diwrnod blaenorol i 9am y diwrnod blaenorol oherwydd rhesymau gweithredol.

“Byddwn bellach yn cyhoeddi ein gwybodaeth ar y dangosfwrdd data a’n datganiad am 12pm yn lle 2pm.

“Rydym wedi ymestyn y cyfnod oedi ar gyfer adrodd ar gyfradd achosion saith diwrnod o ddau i bedwar diwrnod. Mae hyn yn gwella mwy ar gywirdeb nifer yr achosion o Coronafeirws fesul 100,000 o'r boblogaeth yn ôl ardal awdurdod lleol ar gyfer yr achosion yn ystod y 7 diwrnod diweddaraf.

“Mae Llywodraeth Cymru wedi cyhoeddi bod rheoliadau Coronafeirws sy'n ymwneud â chyfnodau hunanynysu wedi newid yng Nghymru.

“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."

“Hoffem ddymuno dathliad diogel a hapus iawn i bawb sy'n dathlu Hanukkah. Trwy gydol eleni, rydym i gyd wedi dod o hyd i wahanol ffyrdd o nodi achlysuron arbennig ac yn ystod Hanukkah, gallwn ddod o hyd i ffyrdd newydd o gadw mewn cyswllt. Ewch i Chabad.orgi gael syniadau gwych ar gyfer mwynhau eich hoff draddodiadau Hanukkah yn ddiogel yn y cartref.

“Yr wythnos hon, 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 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.

“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.

GIG CYMRU NHS WALES

Iechyd Cyhoeddus Cymru

Public Health Wales