GIG CYMRU NHS WALES | Iechyd Cyhoeddus Cymru Public Health Wales

Public Health Wales statement on Novel Coronavirus (COVID-19) outbreak

This statement will be updated daily at midday

Statement: Saturday 19 December 2020

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

"With less than a week to go before Christmas, we are strongly encouraging people to think very carefully about the actions that they are taking at the moment, as they will directly impact on what happens during the festive period.

"The Welsh Government has confirmed that only two households should come together to form an exclusive Christmas bubble during that period.

"We would ask the public to very carefully consider if this is appropriate for them and their households. Particular caution should be applied if there are elderly or vulnerable members of their households who are at greatest risk.

"For those who do plan on forming a Christmas bubble, it is essential that this is planned and agreed with all the households involved. If doing so, we advise the public to now stop mixing with other households.

"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.

"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.

"The number of Coronavirus cases continues to increase, with the seven-day rolling average passing 500 cases per 100,000 in Wales.

"Rates of infection have increased in 20 of the 22 local authorities over the last seven days, with the seven-day rolling average now exceeding 1,000 cases per 100,000 in two areas.

"It is important that everyone continues to follow the advice on keeping Wales safe. Keep contacts with other people to a minimum, keep a two 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.

"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.

"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 19 Rhagfyr 2020

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

"Bellach, mae'r Nadolig wythnos i ffwrdd, a byddem yn annog pobl yn gryf i feddwl yn ofalus iawn am y camau maen nhw'n eu cymryd ar hyn o bryd, gan y byddan nhw'n effeithio'n uniongyrchol ar yr hyn sy'n digwydd yn ystod cyfnod yr Åµyl.

"Mae Llywodraeth Cymru wedi cadarnhau mai dim ond dwy aelwyd ddylai ddod ynghyd i ffurfio swigen Nadolig ar gyfer y cyfnod hwnnw.

"Gofynnwn i'r cyhoedd ystyried yn ofalus a yw hyn yn briodol iddyn nhw a'u haelwydydd. Dylid bod yn arbennig o ofalus os oes unrhyw aelodau hÅ·n neu agored i niwed yn yr aelwydydd hyn, gan eu bod yn wynebu'r risg uchaf o'r haint.

"I'r rhai sy'n bwriadu ffurfio swigen dros y Nadolig, mae'n hanfodol y caiff hyn ei gynllunio ymlaen llaw a bod yr aelwydydd perthnasol yn cytuno ar hyn. Os felly, rydym yn argymell i'r cyhoedd roi'r gorau i gymysgu ag aelwydydd eraill nawr.

"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.

"Rydym yn 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.

"Mae nifer yr achosion o Coronafeirws yn parhau i gynyddu, ac mae'r cyfartaledd treigl saith niwrnod yn fwy na 500 achos i bob 100,000 yng Nghymru.

"Mae cyfraddau'r haint wedi cynyddu mewn 20 o'r 22 awdurdod lleol dros y saith diwrnod diwethaf, ac mae'r cyfartaledd treigl saith diwrnod bellach yn fwy na 1,000 achos i bob 100,000 mewn dwy ardal.

"Mae'n bwysig bod pawb yn parhau i ddilyn y cyngor ar ddiogelu Cymru. Dylech leihau eich cysylltiad Ã¢ phobl eraill gymaint Ã¢ phosibl, cadw pellter o ddau fetr oddi wrth bobl eraill, golchi eich dwylo'n rheolaidd, gwisgo gorchudd wyneb pan fo angen, a hunanynysu pan ofynnir i chi 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.

"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.

"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.