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

This statement will be updated daily at midday

Statement: Updated at 12pm on Monday 25 January 2021

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

"Public Health Wales is working with Public Health England and other UK partners to monitor the impact and spread of the UK variant, and to detect and monitor other virus variants. As reported last week, there is evidence which suggests that the UK variant of concern may lead to a higher risk of death than the non-variant.

"We continue to investigate and respond to the spread of the variant and its impact in Wales. Evidence is still emerging and more work is underway to fully understand how it behaves.

"It is important to remember that all current variants of COVID-19 are still spreading and can cause severe illness and death. Therefore it is important to stay at home, and to reduce opportunities for spread by keeping your distance, washing hands regularly, and covering your face.

"All of Wales remains in lockdown. We ask that the public adopts the same mindset for this lockdown as they did in March 2020. We understand that people are fatigued but because the new, more infectious variant of coronavirus is circulating across Wales it is vital that we all keep to the lockdown restrictions and do not meet other people.

"This means that you must stay at home. If exercising outdoors, please do this alone or with members of your household or support bubble only. Shop online, but if you do need to visit essential retail then do this alone, if possible, to minimise numbers of people in retail spaces, and avoid stopping to chat with people outside your household. If you must leave home keep your distance, wash your hands regularly, and wear a face mask when required according to the regulations.

"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.

"UK nationals returning home from travel abroad must provide evidence of a negative COVID-19 test result taken up to 3 days before departure.

"Under current UK COVID-19 restrictions, you must stay at home. You must not leave home or travel, including internationally, unless you have a legally permitted reason to do so.

"If you are due to travel out of the UK, please be aware of the changing situation and keep an eye on the FCO website for up to date details.

"Public Health Wales is working closely with the Welsh Government as they deploy Coronavirus vaccinations through local health boards. Welsh Government is leading on the deployment of the vaccine in Wales.

"Vaccinating the adult population of Wales, to protect people from severe disease, is a significant task, and the vaccine will take time to reach everyone. The effects of the vaccines may not be seen nationally for some time, and we must continue to follow the advice on keeping Wales safe.

"Members of the public should not phone your GP, pharmacy or hospital asking when they will get a vaccine. When someone is in one of the groups eligible for the vaccine, they will be invited to attend a dedicated clinic which will have been set up to ensure patient safety and that of the healthcare professionals.

"If you or a member of your household develop a cough, fever or change in sense of taste or smell, you must self-isolate immediately and book a free Coronavirus test, either by calling 119 or by clicking here.

Datganiad: Diweddarwyd yh Dydd Llun Ionawr

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

“Mae Iechyd Cyhoeddus Cymru yn gweithio gyda Public Health England a phartneriaid eraill yn y DU i fonitro effaith a lledaeniad amrywiolyn y DU, ac i ganfod a monitro amrywiolion eraill o’r feirws. Fel yr adroddwyd amdano yr wythnos diwethaf, mae tystiolaeth sy’n awgrymu y gallai amrywiolyn y DU, sy’n peri pryder, arwain at risg uwch o farwolaeth o’i gymharu â’r straen gwreiddiol.

“Rydym yn parhau i ymchwilio ac ymateb i ledaeniad yr amrywiolyn a’i effaith yng Nghymru. Mae tystiolaeth yn dal i ymddangos ac mae rhagor o waith yn mynd rhagddo i ddeall yn llawn sut mae’n ymddwyn.

“Mae’n bwysig cofio bod holl amrywiolion presennol COVID-19 yn dal i ledaenu ac y gallant achosi salwch difrifol a marwolaeth. Felly, mae’n bwysig aros gartref a lleihau’r cyfleoedd i’w ledaenu, drwy gadw eich pellter, golchi eich dwylo’n rheolaidd a gorchuddio eich wyneb.

“Mae'r cyfyngiadau symud yn parhau trwy Gymru gyfan. Gofynnwn i’r cyhoedd fabwysiadu’r un meddylfryd ar gyfer y cyfyngiadau symud cyfredol ag y gwnaethant ym mis Mawrth 2020. Deallwn fod pobl wedi cael digon ond, oherwydd bod amrywiolyn newydd, mwy heintus o’r Coronafeirws yn mynd ar led ar draws Cymru, mae’n hanfodol ein bod ni i gyd yn glynu wrth y cyfyngiadau symud ac nad ydym yn cwrdd â phobl eraill.

“Mae hyn yn golygu bod yn rhaid i chi aros gartref. Os byddwch yn gwneud ymarfer corff yn yr awyr agored, gwnewch hyn ar eich pen eich hun neu gydag aelodau o’ch aelwyd neu’ch swigen gefnogaeth yn unig. Dylech siopa ar-lein, ond os oes angen i chi ymweld â mannau manwerthu hanfodol, gwnewch hyn ar eich pen eich hun os yn bosibl, er mwyn lleihau nifer y bobl mewn mannau manwerthu, ac osgowch stopio i siarad â phobl y tu allan i’ch aelwyd. Os oes rhaid i chi adael eich cartref, cadwch eich pellter, golchwch eich dwylo’n rheolaidd a gwisgwch fasg wyneb pan fo angen, yn unol â’r rheoliadau.

“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.

“Rhaid i wladolion y DU sy’n dychwelyd adref o deithio dramor ddarparu tystiolaeth o ganlyniad prawf COVID-19 negatif a gymerwyd hyd at 3 diwrnod cyn gadael.

“O dan gyfyngiadau cyfredol COVID-19 y DU, rhaid i chi aros gartref. Rhaid i chi beidio â gadael eich cartref na theithio, gan gynnwys yn rhyngwladol, oni bai bod gennych reswm a ganiateir yn gyfreithiol i wneud hynny.

“Os ydych i fod i deithio y tu allan i’r DU, byddwch yn ymwybodol o’r sefyllfa sy’n newid a chadwch lygad ar wefan Y Swyddfa Dramor a Chymanwlad am y manylion diweddaraf.

“Mae Iechyd Cyhoeddus Cymru yn gweithio’n agos gyda Llywodraeth Cymru wrth iddynt ddarparu brechiadau Coronafeirws drwy’r byrddau iechyd lleol. Mae Llywodraeth Cymru yn arwain y gwaith o ddarparu’r brechlyn yng Nghymru.

“Mae brechu oedolion Cymru er mwyn amddiffyn pobl rhag afiechyd difrifol yn dasg sylweddol a bydd yn cymryd amser i frechu pawb. Efallai na fydd effeithiau’r brechlynnau i’w gweld yn genedlaethol am beth amser, a rhaid i ni barhau i ddilyn y cyngor ar gadw Cymru’n ddiogel.

“Ni ddylai aelodau’r cyhoedd ffonio eu meddyg teulu, fferyllfa nag ysbyty yn gofyn pryd fyddant yn cael brechlyn. Pan fydd rhywun yn un o'r grwpiau sy'n gymwys i gael y brechlyn, fe'u gwahoddir i fynd i glinig pwrpasol a fydd wedi'i sefydlu i sicrhau diogelwch cleifion a gweithwyr gofal iechyd proffesiynol.

“Os byddwch chi neu aelod o'ch aelwyd yn datblygu 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.