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

This statement will be updated daily at midday

Statement: Updated at 12pm on Thursday 4 February 2021

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

“Although the data currently shows that on an all-Wales level the numbers of cases are reducing and that the incidence is now below 130 cases per 100,000 population, the rates in some areas â€“ particularly in North Wales â€“ are still at more than double that.

“The pressure on our hospitals is still severe, so it is extremely important that everyone sticks to the rules and stays at home as much as possible.”

“The announcement by Welsh Government last week that Foundation Phase pupils will be able to return to face to face learning in schools after half term is dependent on the numbers of cases continuing to reduce.

“A total of 13 cases of the South African variant of Coronavirus have been identified in Wales. Ten of these have a travel link to Southern Africa or to international travel. Public Health Wales continues to work with the Welsh Government, Betsi Cadwaladr and Swansea Bay University Health Boards, and Anglesey, Conwy and Neath Port Talbot County Borough Councils to investigate the other three cases with no known travel history to the region or relevant contacts.”

“Today is time to talk day, the theme for which is the power of the small. This is a really important message during these difficult times. Connecting with others, having those all important daily conversations and opening up about how you are feeling, are a really important part of taking care of your mental health while you stay at home. Time to Change Wales have some great ideas for activities to do today, including a great walk and talk initiative.

“The vaccination programme, run by Welsh Government and the local health boards, is continuing at pace, with more than 400,000 people in the first four priority groups having now received their first vaccination.

“The UK variant of Coronavirus prevalent in many parts of Wales is up to 70 per cent more transmissible, and as reported recently there is evidence which suggests that it may lead to a higher risk of death than the non-variant.

“This is a crucial time. We must ensure that we stick to the rules over the next few weeks so that the number of cases continues to reduce and that hospitals can start to recover, while the vaccination programme is underway to protect the most vulnerable in our communities.

“It is important to remember that all current variants of Coronavirus 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. 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 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.

“We have been alerted to a number of increasingly sophisticated ‘scam’ emails in circulation claiming to be from the NHS which purport to offer appointments for vaccination. Coronavirus vaccines currently can’t be bought privately in the UK. Do not share any of your personal information. Correspondence will only come from your health board and your vaccination will be free.

“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 everyone â€“ including those who have been vaccinated - must continue to follow the advice on keeping Wales safe.

“Members of the public should not phone their 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.

“UK nationals returning home from travel abroad must provide evidence of a negative Coronavirus test result taken up to three days before departure.

“Under current UK Coronavirus 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.

“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 visiting www.gov.wales/getting-tested-coronavirus-covid-19.”

Datganiad: Diweddarwyd 12yh Dydd Iau 4 Chwefror 2021

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

“Er bod y data yn dangos bod nifer yr achosion yn lleihau ar lefel Cymru gyfan ar hyn o bryd a bod nifer yr achosion bellach yn is na 130 o achosion fesul 100,000 o’r boblogaeth, mae’r cyfraddau mewn rhai ardaloedd, yn enwedig yng Ngogledd Cymru, yn dal i fod yn fwy na dwbl hynny.

“Mae’r pwysau ar ein hysbytai yn dal i fod yn ddifrifol, felly, mae’n hynod bwysig bod pawb yn cadw at y rheolau ac yn aros gartref gymaint â phosibl.”

“Mae’r cyhoeddiad gan Lywodraeth Cymru yr wythnos diwethaf, a oedd yn nodi y bydd disgyblion Cyfnod Sylfaen yn gallu dychwelyd i ddysgu wyneb yn wyneb mewn ysgolion ar ôl hanner tymor, yn ddibynnol ar ostyngiad yn nifer yr achosion.

“Nodwyd cyfanswm o 13 achos o amrywiolyn De Affrica o’r Coronafeirws yng Nghymru. Mae gan ddeg o’r rhain gysylltiad teithio â De Affrica neu deithio rhyngwladol. Mae Iechyd Cyhoeddus Cymru yn parhau i weithio gyda Llywodraeth Cymru, Byrddau Iechyd Prifysgol Betsi Cadwaladr a Bae Abertawe a Chynghorau Bwrdeistref Sirol Ynys Môn, Conwy a Chastell-nedd Port Talbot i ymchwilio i’r tri achos arall nad oes ganddynt unrhyw hanes teithio hysbys â’r rhanbarth nac unrhyw gysylltiadau perthnasol.”

“Heddiw yw Diwrnod Amser i Siarad, a’i thema yw Pŵer y Pethau Bychain. Mae hon yn neges bwysig iawn yn ystod y cyfnod anodd hwn. Mae cysylltu ag eraill, cael y sgyrsiau dyddiol hollbwysig hynny a siarad yn agored am sut rydych yn teimlo yn rhan bwysig iawn o ofalu am eich iechyd meddwl wrth i chi aros gartref. Mae gan Amser i Newid Cymru rai syniadau gwych ar gyfer gweithgareddau y gallwch eu gwneud heddiw, gan gynnwys menter cerdded a siarad ardderchog.

“Mae’r rhaglen frechu, sy’n cael ei rhedeg gan Lywodraeth Cymru a’r byrddau iechyd lleol, yn parhau ar gyflymder ac mae dros 400,000 o bobl yn y pedwar grŵp blaenoriaeth cyntaf bellach wedi derbyn eu brechiad cyntaf.

“Mae amrywiolyn y DU o’r Coronafeirws sy’n gyffredin mewn sawl rhan o Gymru hyd at 70 y cant yn fwy trosglwyddadwy ac, fel yr adroddwyd amdano yn ddiweddar, mae tystiolaeth sy’n awgrymu y gallai arwain at risg uwch o farwolaeth o’i gymharu â’r straen gwreiddiol.

“Mae hwn yn amser tyngedfennol. Rhaid inni sicrhau ein bod yn cadw at y rheolau dros yr wythnosau nesaf fel bod nifer yr achosion yn parhau i leihau ac y gall ysbytai ddechrau dod dros y gwaethaf, tra bod y rhaglen frechu yn mynd rhagddi i ddiogelu’r rhai mwyaf agored i niwed yn ein cymunedau.

“Mae’n bwysig cofio bod holl amrywiolion presennol y Coronafeirws 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. 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 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 nifer o negeseuon e-bost twyllodrus a mwyfwy soffistigedig sydd ar led wedi dod i’n sylw, sy’n honni eu bod nhw gan y GIG a’u bod yn cynnig apwyntiadau brechu. Yn bresennol, ni ellir prynu brechlynnau Coronafeirws yn breifat yn y DU. Peidiwch â rhannu unrhyw wybodaeth bersonol. Dim ond gohebiaeth gan eich bwrdd iechyd y byddwch yn ei derbyn, a bydd eich brechiad yn rhad ac am ddim.

“Mae brechu oedolion Cymru er mwyn amddiffyn pobl rhag afiechyd difrifol yn dasg sylweddol a bydd yn cymryd amser i frechu pawb. Ar lefel genedlaethol, mae’n bosibl na fydd effeithiau’r brechlynnau i’w gweld am beth amser. Mae rhaid i bawb, gan gynnwys y rhai sydd wedi’u brechu, barhau i ddilyn y cyngor er mwyn cadw Cymru’n ddiogel.

“Ni ddylai aelodau’r cyhoedd ffonio eu meddyg teulu, fferyllfa nac 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.

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

“O dan gyfyngiadau cyfredol Coronafeirws 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.

“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 ymweld â https://llyw.cymru/cael-prawf-coronafeirws-covid-19.”

GIG CYMRU NHS WALES

Iechyd Cyhoeddus Cymru

Public Health Wales