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

This statement will be updated daily at midday

Statement: Updated at 12pm on Thursday 18 February 2021

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

"Public Health Wales has produced a report analysing inequalities in coverage of COVID-19 vaccination by sex, socioeconomic deprivation and ethnic group.

"Mirroring a trend across the UK the report, which covers the period from 8th December 2020 up to 14th February 2021, highlights emerging inequalities in coverage of COVID-19 vaccination in Wales.

"The report found that the largest inequality in uptake was seen between ethnic groups in adults aged 80+ years. Inequalities were also apparent between adults living in the most and least deprived areas of Wales.

"The full report will be published on the Public Health Wales data dashboard today.

"You can now not travel directly to Wales if you've visited or passed through a country where travel to the UK is banned in the last 10 days. These banned countries are often called 'RED list' (countries where new variant covid strains have been found). You will only be able to enter Wales from RED list countries via a designated port of entry and isolate for 10 days in a nearby managed quarantine hotel. There are no designated ports of entry in Wales.

"For more information on current guidance go to: https://gov.wales/coronavirus-travel

"Vaccinating the adult population of Wales, to protect people from severe disease, continues at a pace but 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 – including those who have been vaccinated - must continue to follow the advice on keeping Wales safe.

"Although the data currently shows that on an all-Wales level the numbers of cases are reducing and that the incidence is now below 85 cases per 100,000 population, the rates in some areas – particularly in North Wales – are still significantly higher, and there have been small increases in others.

"It is encouraging to see that the numbers of people being treated for Coronavirus in our hospitals is reducing, but there are still a large number of people who are extremely ill, which means that the pressure on services is still very high.

"All of Wales remains in lockdown. We recognise that complying with the restrictions can be challenging, but Coronavirus is still active in our communities and can cause severe illness and death. The reduction in the number of cases does not mean that people can meet people from other households (apart from one person for socially distanced exercise), as this can cause the virus to spread.

"As a nation, we have made so many sacrifices throughout the course of the pandemic that we really don't want to squander the gains that have been made in recent weeks.

"We encourage everyone, whatever their background, socio-demographic and ethnicity, to have the Coronavirus vaccine when they are offered it. We also stress the importance of seeking information from a trusted source such as Public Health Wales, the Welsh Government, local health board or GP.

"We continue to work to identify and investigate cases of variant Coronavirus in Wales. To date, 17 cases of the South Africa variant have been identified in Wales. Multi-agency investigations continue into three separate cases that do not have clear links to international travel. There are no cases of the variants associated with Brazil."

"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. Public Health Wales welcomes the recent evidence that the ChadOx1 (AstraZeneca/Oxford Vaccine Group) vaccine is effective against the UK variant.

“We are aware of 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.

“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 Foreign Commonwealth Office (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 18 Chwefror 2021 - I ddilyn

Dywedodd Dr Robin Howe, Cyfarwyddwr

Digwyddiad ar gyfer yr ymateb i'r achos o'r Coronafeirws Newydd (COVID-19) yn Iechyd Cyhoeddus Cymru:

“Mae Iechyd Cyhoeddus Cymru wedi llunio adroddiad yn dadansoddi anghydraddoldebau o ran cwmpas brechu ar gyfer COVID-19 yn ôl rhyw, amddifadedd economaidd-gymdeithasol a grŵp ethnig.

“Gan adlewyrchu tueddiad ledled y DU, mae'r adroddiad, sy'n ymdrin â’r cyfnod rhwng 8 Rhagfyr 2020 a 14 Chwefror 2021, yn tynnu sylw at anghydraddoldebau sy'n dod i'r amlwg o ran brechu ar gyfer COVID-19 yng Nghymru.

“Canfu’r adroddiad fod yr anghydraddoldeb mwyaf o ran y niferoedd a gafodd eu brechu rhwng grwpiau ethnig mewn oedolion 80+ oed. Roedd anghydraddoldebau hefyd yn amlwg rhwng oedolion sy'n byw yn ardaloedd mwyaf a lleiaf difreintiedig Cymru.

“Bydd yr adroddiad llawn yn cael ei gyhoeddi heddiw ar ddangosfwrdd data Iechyd Cyhoeddus Cymru.

“Ni chewch deithio’n uniongyrchol i Gymru bellach os ydych wedi ymweld â gwlad neu wedi mynd trwy wlad lle mae teithio i’r DU wedi’i wahardd yn ystod y 10 diwrnod diwethaf. Yn aml, gelwir y gwledydd gwaharddedig hyn yn rhai ‘rhestr GOCH’ (gwledydd lle darganfuwyd straeniau sy'n amrywiolynnau covid). Dim ond trwy borthladd dynodedig y byddwch chi'n gallu dod i mewn i Gymru o wledydd ‘rhestr GOCH’ a bydd angen i chi ynysu am 10 diwrnod mewn gwesty cwarantîn a reolir gerllaw. Nid oes porthladdoedd gyda mynediad dynodedig yng Nghymru.

“I gael rhagor o wybodaeth am y canllawiau cyfredol, ewch i: https://llyw.cymru/teithio-coronafeirws

“Mae brechu oedolion Cymru er mwyn amddiffyn pobl rhag afiechyd difrifol yn parhau ar gyflymder, ond mae’n 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.

“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 nag 85 achos am bob 100,000 o’r boblogaeth, mae’r cyfraddau mewn rhai ardaloedd, yn enwedig yng Ngogledd Cymru, yn dal i fod yn sylweddol uwch, a bu cynnydd bach mewn ardaloedd eraill hefyd.

“Mae’n galonogol gweld bod nifer y bobl sy’n derbyn triniaeth am Coronafeirws yn ein hysbytai yn lleihau. Fodd bynnag, mae nifer fawr o bobl yn ddifrifol sâl o hyd, sy’n golygu bod y pwysau ar wasanaethau yn dal i fod yn uchel iawn.

“Mae'r cyfyngiadau symud yn parhau trwy Gymru gyfan. Rydym yn cydnabod y gall cydymffurfio â’r cyfyngiadau fod yn heriol, ond mae Coronafeirws yn dal i fod ar led yn ein cymunedau a gall achosi salwch difrifol a marwolaeth. Nid yw’r gostyngiad yn nifer yr achosion yn golygu y gall pobl gwrdd â phobl o aelwydydd eraill (ar wahân i un person er mwyn gwneud ymarfer corff wrth gadw pellter cymdeithasol), oherwydd gall hyn achosi i’r feirws ledaenu.

“Fel cenedl, rydym wedi aberthu cymaint yn ystod y pandemig felly dydyn ni wir ddim eisiau difetha’r cynnydd a wnaed dros yr wythnosau diwethaf.

“Rydym yn annog pawb, beth bynnag fo’i gefndir, ei ddemograffeg gymdeithasol a’i ethnigrwydd, i gael brechlyn Coronafeirws pan gynigir hwn iddo. Rydym hefyd yn pwysleisio pwysigrwydd cael gwybodaeth o ffynhonnell ddibynadwy megis Iechyd Cyhoeddus Cymru, Llywodraeth Cymru, bwrdd iechyd lleol neu bractis meddyg teulu.

“Rydym yn parhau i weithio i nodi ac i ymchwilio i achosion o amrywiolynnau Coronafeirws yng Nghymru. “Hyd yn hyn, nodwyd cyfanswm o 17 achos o amrywiolyn De Affrica yng Nghymru. Mae ymchwiliadau amlasiantaeth yn parhau i dri achos gwahanol nad oes ganddynt gysylltiadau clir â theithio rhyngwladol. Nid oes unrhyw achosion o’r amrywiolynnau sy’n gysylltiedig â Brasil.”

“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 Iechyd Cyhoeddus Cymru yn croesawu’r dystiolaeth ddiweddar fod y brechlyn ChadOx1 (Grŵp Brechlyn AstraZeneca/Oxford) yn effeithiol yn erbyn amrywiolyn y DU.

“Rydym yn ymwybodol o nifer o negeseuon e-bost twyllodrus a mwyfwy soffistigedig sydd ar led, 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.

“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.”