GIG CYMRU NHS WALES
Iechyd Cyhoeddus Cymru
Public Health Wales

Ebost/Email: BCU.TTPRegionalHub@wales.nhs.uk

Ffôn / Tel: 03000 859992

Ffôn / Tel: Local Track, Trace and Protect (TTP) : 01978 298989

Dyddiad: 07 / 07 / 2021

Annwyl Staff / Ddysgwr / Rhiant / Gofalwr,

Darllenwch yn ofalus - mae mwy o bobl bellach yn gymwys ar gyfer prawf COVID-19 - mae'r symptomau a'r cyngor wedi newid. Yn ddibynnol ar eich symptomau, efallai nad oes angen i chi hunan-ynysu.

Diolch am bopeth yr ydych chi ac aelodau eich tŷ yn ei wneud yn barod yn y cyfnod heriol hwn. Yng ngoleuni'r dystiolaeth newydd, penderfynwyd ehangu'r cymhwysedd ar gyfer profion.

Tri phrif symptom Covid-19 o hyd yw:

- Twymyn (37.8 C neu uwch)
- Peswch
- Newid neu golli blas neu arogl

Fodd bynnag, **EFALLAI bod ystod eang o symptomau'n gysylltiedig â haint Covid-19, os ydynt yn newydd, yn barhaus, neu'n anghyffredin i chi, ac nad ydynt yn cael eu hachosi na'u hegluro gan gyflwr megis clefyd y gwair.**

Symptomau newydd **ehangach** Covid-19 yw:

- ✓ Teimlo'n anarferol o flinedig
- ✓ Poenau ffliw cyffredinol (cyhyrboen)
- ✓ Dolur gwddf a / neu'n grug
- ✓ Diffyg anadl neu wichian wrth anadlu
- ✓ Cur pen parhaus
- ✓ Trwyn yn rhedeg neu wedi blocio
- ✓ Teimlo'n sâl (cyfoglyd), chwydu neu ddolur rhydd

Os oes gennych chi, neu aelod o'ch tŷ, un neu fwy o'r 'symptomau ehangach', nid yw'n golygu o reidrwydd bod gennych COVID-19. Fodd bynnag, rydym yn bod yn hynod wyliadwrus ac yn argymell profi pobl gydag unrhyw un o'r 'symptomau ehangach' uchod.

Parhewch dros y dudalen am fwy o wybodaeth ...

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Os ydych chi, neu unrhyw aelod o'ch tŷ, yn datblygu **UN NEU FWY O'R TRI PHRIF SYMPTOM**

- ✓ Twymyn (37.8 C neu uwch)
- ✓ Peswch
- ✓ Newid neu golli arogl neu flas

Yna,

- Trefnwch brawf PCR: https://www.nhs.uk/ask-for-a-coronavirus-test neu ffoniwch 119.
- **Mae'n rhaid i bob aelod o'r tŷ hunan-ynysu am 10 diwrnod o ddyddiad dechrau'r symptomau.**
- Peidiwch ag ymweld â'ch Meddyg Teulu, yr ysbyty neu'r fferyllfa. Os oes angen cyngor meddygol arnoch, cysylltwch â GIG 111 neu ffoniwch eich Meddyg Teulu; os oes achos meddygol brys, ffoniwch 999.
- Dilynwch y cyngor a ddarperir pan fyddwch yn derbyn canlyniad eich prawf.
- Os ydych yn cael canlyniad prawf PCR negyddol ond yn parhau i deimlo'n sâl, arhoswch gartref nes eich bod yn teimlo'n well. Os yw eich prawf yn negyddol, gall eich tŷ roi'r gorau i hunan-ynysu.
- Os ydych yn cael y tri symptom eto, efallai bod angen i chi gael prawf arall.

Os yw eich prawf yn bositif, byddwch yn derbyn cyngor pellach.

Os ydych chi, neu unrhyw aelod o'ch tŷ, yn datblygu **UN NEU FWY O'R SYMPTOMAU EHANGACH** (**ond nid un o'r tri phrif symptom**)

Yna,

- Trefnwch brawf PCR: <https://www.nhs.uk/ask-for-a-coronavirus-test> a dewiswch *'get a free PCR test'*, yna dewiswch *'My local council or health protection team has asked me to get a test, even though I do not have symptoms'* neu ffoniwch 119.
- **Os oes gennych un neu fwy o'r symptomau ehangach OND NID UN O'R PRIF SYMPTOMAU yna nid oes angen i'r sawl sy'n cael y prawf, nac unrhyw un yn y cartref, hunan-ynysu a gallant fynd i'r ysgol neu weithio fel arfer wrth aros am ganlyniadau eu profion.**
- Fodd bynnag, rhaid i bob aelod o'r tŷ hunan-ynysu os fydd unrhyw un yn datblygu unrhyw un o'r 3 prif symptom COVID-19 wrth aros am ganlyniad y prawf, a gynhaliwyd oherwydd y symptomau ehangach, i gael ei ddychwelyd.
- Os yw canlyniad y prawf yn bositif, yna bydd yr unigolyn angen mynd gartref ar unwaith ac mae'n rhaid i aelodau'r tŷ hunan-ynysu am 10 diwrnod o ddyddiad y swab positif.

- Dylai plant ac oedolion â dolur rhydd a / neu sy'n chwydu gadw draw o'r gwaith neu'r ysgol neu leoliadau gofal plant nes nad oes ganddynt y symptomau am 48 awr, hyd yn oed os yw eu prawf Covid-19 yn negyddol.

I ostwng y risg o ledaenu COVID-19, mae pethau y gall pawb yn eich teulu wneud i helpu. Rhaid i bawb barhau i:

- Olchi eich dwylo gyda sebon a dŵr yn aml, gwnewch hyn am o leiaf 20 eiliad.
- Defnyddio gel diheintio dwylo os nad oes dŵr a sebon ar gael.
- Golchi eich dwylo cyn gynted â'ch bod yn cyrraedd gartref.
- Gorchuddio eich trwyn a'ch ceg gyda hances neu'ch llawes (nid eich dwylo) pan fyddwch yn pesychu neu'n tisian.
- Rhoi hen hancesi yn y bin yn syth a golchi eich dwylo wedyn.
- Dilyn y rheolau ar gwrdd â phobl a phellhau cymdeithasol bob amser.

Gallwch ddod o hyd i wybodaeth bellach ar hunan-ynysu yma: https://llyw.cymru/gwiriad-olrhain-cysylltiadau-dyddiol-symptomau-canllawiau-chymorth

Gellir dod o hyd i fwy o wybodaeth ar Profi, Olrhain, Diogelu yma: https://llyw.cymru/profi-olrhain-diogelu-coronafeirws

Am wybodaeth gyffredinol ar COVID-19: https://llyw.cymru/amddiffyn-eich-hun-ag-eraill-rhag-y-coronafeirws

Gall y gwiriwr symptom ar-lein COVID-19 ddweud wrthych os oes angen cymorth meddygol a chyngor ar beth y dylech ei wneud: https://llyw.cymru/os-oes-symptomau-gyda-chi-oes-angen-help-meddygol-arnoch-am-y-coronafeirws

Diolch yn fawr i chi am eich cymorth a chefnogaeth barhaus.

Yn gywir,

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Date: 07 / 07 / 2021

Dear Staff / Learner / Parent / Carer,

Please read carefully - more people are now eligible for COVID-19 testing - the symptoms and advice has changed. Depending on your symptoms, you may not have to isolate.

We thank you for everything you and your household are already doing in these challenging times. In light of new evidence, it has been decided to widen the eligibility for testing.

The **three main symptoms** of Covid-19 are still:

- Fever (37.8 C or above)
- Cough
- Change or loss of sense of taste or smell

However, **a wider range of symptoms MAY be associated with Covid-19 infection, if they are new, persistent, or unusual for you, and are not caused or explained by a condition such as hay fever.**

The **new wider symptoms** of Covid-19 are:

- ✓ Feeling unusually tired
- ✓ General 'flu-like aches and pains (myalgia)
- ✓ Sore throat and / or hoarseness
- ✓ Shortness of breath or wheezing
- ✓ Persistent headache
- ✓ Runny or blocked nose
- ✓ Feeling sick (nausea), vomiting or diarrhoea

If you, or a member of your household, has one or more of the 'wider symptoms' it does not necessarily mean you have COVID-19. However, we are being extra cautious and recommend testing to people with any of the 'wider symptoms' above.

Please continue over the page for more information …

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If you, or anyone in your household, develops **ONE OR MORE OF THE THREE MAIN SYMPTOMS**

- ✓ Fever (37.8 C or above)
- ✓ Cough
- ✓ Change, or loss of, sense of taste or smell

Then please

- Book a PCR test: https://www.nhs.uk/ask-for-a-coronavirus-test or 'phone 119.
- **Isolate your whole household for 10 days from the date the symptoms started.**
- Do not visit a GP surgery, pharmacy or hospital. If you need medical advice please contact NHS 111 or 'phone your GP; if there's a medical emergency 'phone 999.
- Follow the advice provided when you receive your test result.
- If you have a negative PCR test result but still feel unwell, stay at home until you feel better. If your test is negative, your household can come out of isolation.
- If you get any of the three symptoms again you may need to get tested again.
- If your test is positive, you will receive further advice.

If you, or anyone in your household, develops **ONE OR MORE OF THE WIDER SYMPTOMS** (**but not one of the three main symptoms**)

Then please

- Book a PCR test: https://www.nhs.uk/ask-for-a-coronavirus-test and select *'get a free PCR test'*, then select *'My local council or health protection team has asked me to get a test, even though I do not have symptoms'* or 'phone 119.
- **If you have one or more of the wider symptoms BUT NOT ONE OF THE THREE MAIN SYMPTOMS then neither the person taking the test, nor anyone in their household, needs to isolate and can go to school or work as usual while waiting for their test results.**
- However, households must isolate if anyone develops any of the 3 main COVID-19 symptoms while waiting for a test result, taken because of wider symptoms to come back.
- If the test result is positive, then the person will need to go home straight away and the household will need to isolate for 10 days from the date of the positive swab.
- Children and adults with diarrhoea and / or vomiting should remain off work or school until they are symptom free for 48 hours, even if their Covid-19 test is negative.

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To reduce the risk of COVID-19 spreading, there are things that everyone in your family can do to help. Please continue to:

- Wash your hands with soap and water often, and for at least 20 seconds.
- Use hand sanitiser gel if soap and water aren't available.
- Wash your hands as soon as you arrive home.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze.
- Put used tissues in the bin straight away, then wash your hands.
- Follow the rules on meeting people and social distancing at all times.

Further information on self-isolation can be found here: https://gov.wales/symptoms-and-self-isolation-contact-tracing

Further formation on Test, Trace, Protect can be found here: https://gov.wales/test-trace-protect-coronavirus

For general information on COVID-19: https://gov.wales/protect-yourself-others-coronavirus

The COVID-19 online symptom checker can tell you if you need medical help and advise you what to do: https://gov.wales/check-if-you-need-coronavirus-medical-help

Thank you very much for your continued help and support.

Yours sincerely,