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Iechyd Cyhoeddus
Cymru
Public Health
Wales

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

Ffôn/Tel: 03000 859992

Dyddiad: 18/10/2020

Annwyl Riant neu Ofalwr,

Par:Gwybodaeth am achos a gadarnhawyd o'r coronafeirws yn Ysgol Y Llys

Mae gwasanaeth Profi Olrhain Diogelu GIG Cymru wedi cael gwybod am achos a gadarnhawyd o COVID-19 (y Coronafeirws) yn **Ysgol Y Llys**

Mae'r ysgol yn parhau ar agor. Mae'n gweithio'n agos gydag Iechyd Cyhoeddus Cymru, yr Awdurdod Lleol a gwasanaeth Profi Olrhain Diogelu GIG Cymru er mwyn sicrhau bod yr holl fesurau priodol ar waith i ddiogelu myfyrwyr, staff a'r gymuned ehangach. Diben y llythyr hwn yw eich hysbysu am y sefyllfa bresennol a rhoi cyngor ar sut y gallwch gefnogi eich plentyn.

Nodwyd holl gysylltiadau agos yr achos ac maent wedi cael cyngor priodol i hunan ynysu. **Ni nodwyd bod eich plentyn yn gysylltiad agos ac felly nid oes angen iddo hunan ynysu na chael prawf COVID-19.** Gall barhau i fynychu yr ysgol ôl yr arfer.

Fodd bynnag, dim ond rhag ofn, cadwch lygad am unrhyw rai o symptomau COVID-19:

- Peswch newydd neu gyson
- Tymheredd uchel
- Colli synnwyr arogleuo neu synnwyr blasu, neu newid iddynt

Os bydd eich plentyn yn datblygu unrhyw rai o'r symptomau hyn, hyd yn oed os na fyddant yn ddifrifol:

- Trefnwch brawf iddo drwy ffonio 119 neu drwy fynd i'r porth ar-lein: <https://www.nhs.uk/ask-for-a-coronavirus-test>
- Rhowch wybod i'r Ysgol ei fod yn teimlo'n anhwylyus gyda symptomau COVID-19 a'ch bod wedi gofyn am brawf
- Dylai eich plentyn hunan ynysu am 10 diwrnod o'r diwrnod y dechreuodd ei symptomau
- Dylai pawb arall sydd ar yr aelwyd ynysu am 14 diwrnod o'r adeg y datblygodd eich plentyn symptomau



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- Peidiwch ag ymweld â meddygfa, fferyllfa nac ysbyty ond os bydd angen cyngor meddygol arnoch ffoniwch y GIG ar 111 neu ffoniwch eich meddyg teulu; os bydd argyfwng meddygol ffoniwch 999
- Dilynwch y cyngor a roddir pan fydd eich plentyn yn cael canlyniadau ei brawf

Er mwyn lleihau'r risg o ledaenu COVID-19, mae pethau y gall pawb yn eich teulu eu gwneud i helpu. Mae'r rhain yn cynnwys y canlynol:

- golchi eich dwylo â dŵr a sebon yn aml, am o leiaf 20 eiliad
- defnyddio hylif diheintio dwylo os nad oes dŵr a sebon ar gael
- golchi eich dwylo cyn gynted ag y byddwch gartref
- gorchuddio eich ceg a'ch trwyn â hances neu eich llawes (nid eich dwylo) pan fyddwch yn peswch neu'n tisian
- rhoi hancesi yn y bin ar unwaith ar ôl eu defnyddio a golchi eich dwylo wedyn

Mae rhagor o wybodaeth am symptomau a hunan ynysu ar gael yma

<https://llyw.cymru/gwiriad-olrhain-cysylltiadau-dyddiol-symptomau-canllawiau-chymorth>

Mae rhagor o wybodaeth am y gwasanaeth Profi Olrhain Diogelu ar gael yma

<https://llyw.cymru/profi-olrhain-diogelu-coronafeirws>

I gael gwybodaeth gyffredinol am COVID-19 <https://llyw.cymru/amddiffyn-eich-hun-ag-eraill-rhag-y-coronafeirws>

Gall gwiriwr symptomau ar-lein COVID-19 ddweud wrthy ch a oes angen help meddygol arnoch a'ch cyngori ynghylch beth i'w wneud <https://llyw.cymru/oes-angen-help-meddygol-arnoch-am-y-coronafeirws>

Cofion gorau,

Dyfan Phillips

PENNAETH

Ar ran Tîm Diogelu Iechyd Iechyd Cyhoeddus Cymru



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Date: 18/10/2020

Dear Parent or Carer,

Re: Information regarding a confirmed case of coronavirus in Ysgol y Llys

NHS Wales Test, Trace, Protect has been informed of a confirmed case of COVID-19 (Coronavirus) in **Ysgol Y Llys**

Ysgol Y Llys remains open. It is working closely with Public Health Wales, the Local Authority and NHS Wales Test, Trace and Protect to ensure that all the appropriate measures are in place to protect students, staff and the wider community. This letter is to inform you of the current situation and to provide advice on how to support your child.

All close contacts of the case have been identified and have received appropriate advice to self-isolate. **Your child has not been identified as a close contact and therefore does not need to self-isolate and does not require testing for COVID-19.** They can continue to attend school as usual.

However, as a precaution, please be alert for any symptoms of COVID-19:

- A new or continuous cough
- A high temperature
- A loss of or change to sense of smell or taste

If your child develops any of these symptoms, even if they are mild:

- Book a test for them by phoning 119 or through the online portal: <https://www.nhs.uk/ask-for-a-coronavirus-test>
- Inform **the school** that they are unwell with COVID-19 symptoms and that you have requested a test
- Your child should self-isolate for 10 days from when their symptoms started
- All other household members should isolate for 14 days from when your child developed symptoms
- Do not visit a GP surgery, pharmacy or hospital but if you require medical advice please contact NHS 111 or telephone your GP; if there is a medical emergency phone 999
- Please follow the advice provided when your child receives their test result



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

- washing hands with soap and water often – do this for at least 20 seconds
- using hand sanitiser gel if soap and water are not available
- washing hands as soon as they get home
- covering their mouth and nose with a tissue or sleeve (not their hands) when they cough or sneeze
- putting used tissues in the bin immediately and washing hands afterwards

Further information on symptoms and 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>

With best wishes,

Dyfan Phillips

Head Teacher

On behalf of Public Health Wales Health Protection Team