Dyddiad: 14.12.20

Annwyl Rieni/Ofalwyr,

**Par: Cyswllt achos a gadarnhawyd o COVID-19 yn Ysgol Bodhyfryd**

Mae gwasanaeth Profi Olrhain Diogelu GIG Cymru yn olrhain pawb sydd wedi bod mewn cysylltiad â pherson sydd wedi cael canlyniad positif i brawf COVID-19 (y Coronafeirws).

Nodwyd fod eich plentyn yn **gyswllt achos a gadarnhawyd o COVID-19** a bydd nawr angen ichi **hunan ynysu am 10 diwrnod o 11.12.20**. **Mae hyn yn golygu bod y cyfnod ynysu yn parhau hyd at a gan gynnwys Dydd Llun y 21ain o Ragfyr. Ni fydd angen felly i’ch plentyn ynysu o Ddydd Mawrth yr 22ain o Ragfyr.** Drwy nodi cysylltiadau a gofyn iddynt hunan ynysu am 10 diwrnod, byddwn yn lleihau'r risg bosibl o ledaenu COVID-19 o'r cysylltiadau hynny i'w teulu, ffrindiau a'r gymuned ehangach.

Mae'r cyngor ar hunan ynysu yn ei **gwneud yn** **ofynnol ichi aros gartref**, peidio mynd allan i wneud ymarfer corff, ymweld â siopau, teulu na ffrindiau, na mynd i fannau cyhoeddus eraill. Peidiwch â gwahodd pobl i'ch tŷ. Ceir rhagor o wybodaeth am hunan ynysu yn y ddolen ar waelod y llythyr hwn.

Os byddwch yn aros yn iach ni fydd angen i aelodau eraill eich aelwyd ynysu a gallant barhau â'u gweithgareddau arferol. Os byddwch yn dal i fod yn iach ar ddiwedd y cyfnod hunan ynysu o 10 diwrnod, gallwch ddychwelyd i'ch gweithgareddau arferol.

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

**Cadwch lygad am symptomau COVID-19**, sef:

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

**Os byddwch yn datblygu unrhyw rai o'r symptomau hyn, hyd yn oed os na fyddant yn ddifrifol:**

* Rhowch wybod i'r tîm Profi Olrhain Diogelu (POD) a fydd mewn cysylltiad dyddiol â chi
* Os bydd POD yn dweud wrthych am wneud hynny, trefnwch brawf 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 eich bod yn teimlo'n anhwylus gyda symptomau COVID-19 a'ch bod wedi gofyn am brawf
* Dylech barhau i hunan ynysu
* Wrth aros am ganlyniadau'r prawf, dylai pawb sydd ar yr aelwyd ynysu am 10 diwrnod o'r adeg y gwnaethoch ddatblygu symptomau
* 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
* Os bydd angen cyngor meddygol arnoch ar gyfer symptomau COVID-19 neu am reswm arall, dywedwch wrth y gweithiwr gofal iechyd eich bod yn gyswllt achos o COVID-19 a'ch bod yn hunan ynysu
* Dilynwch y cyngor a roddir pan fyddwch yn cael canlyniadau eich prawf

Mae rhagor o wybodaeth am y gwasanaeth Profi Olrhain Diogelu ar gael yma <https://llyw.cymru/profi-olrhain-diogelu-coronafeirws>

Mae rhagor o wybodaeth am symptomau a hunan ynysu ar gael yma <https://llyw.cymru/gwiriad-olrhain-cysylltiadau-dyddiol-symptomau-canllawiau-chymorth>

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 wrthych a oes angen help meddygol arnoch a'ch cynghori ynghylch beth i'w wneud <https://llyw.cymru/oes-angen-help-meddygol-arnoch-am-y-coronafeirws>

Cofion gorau,

Cyhoeddwyd dan gyfarwyddyd: Miss Davies

Swydd: Pennaeth Ysgol Bodhyfryd

Ar ran Tîm Diogelu Iechyd Iechyd Cyhoeddus Cymru

Date: 14.12.20

Dear Parent/Carer

**Re: Contact of confirmed case of COVID-19 in Ysgol Bodhyfryd**

NHS Wales Test, Trace, Protect trace everyone who have been in contact with a person who has tested positive for COVID-19 (Coronavirus).

Your child has been identified as **a contact of a confirmed case of COVID-19** and will now need to **self-isolate for 10 days** **from 11.12.20. The isolation period is up to and including Monday the 21st of December, which means that they do not need to isolate from Tuesday the 22nd of December.** By identifying contacts and asking them to self-isolate for 10 days, we will reduce the possible spread of COVID-19 from those contacts to their family, friends and the wider community.

Self-isolation advice **requires you to stay at home**, not to go outdoors to exercise, to visit shops, family or friends, or to other public spaces. Please do not invite people to your house. Further information on self-isolation can be found in the link at the bottom of this letter.

If you remain well then the other members of your household do not need to isolate and can continue with their normal activities. If you are still well at the end of the 10-day period of self-isolation, you can return to your usual activities.

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

Please be **alert for symptoms of COVID-19,** which are:

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

**If you develop any of these symptoms, even if they are mild:**

* Inform the Test, Trace and Protect (TTP) team who will be in daily contact with you
* If advised by TTP, book a test by phoning 119 or through the online portal: <https://www.nhs.uk/ask-for-a-coronavirus-test>
* Inform the schoolthat you are unwell with COVID-19 symptoms and that you have requested a test
* Continue to self-isolate
* Whilst the test result is awaited, all household members should self-isolate for 10 days from when you 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
* If you require medical advice for COVID-19 symptoms or another reason, please inform the healthcare worker that you are a contact of a case of COVID-19 and in self-isolation
* Please follow the advice provided when you receive your test result

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

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

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,

Issued under the instruction of: Miss Nerys Davies

Position: Headteacher Ysgol Bodhyfryd

On behalf of Public Health Wales Health Protection Team