Dyddiad: 16.12.20

Annwyl Riant /Aelod o staff

**Gwybodaeth am achos a gadarnhawyd o'r coronafeirws yn Ysgol Bodhyfryd**

Mae gwasanaeth Profi Olrhain a Diogelu GIG Cymru wedi cael gwybod am achos a gadarnhawyd o COVID-19 (y Coronafeirws) mewn 1 o ddosbarthiadau Blwyddyn 5 a 6 ysgol.

Mae Ysgol Bodhyfryd yn gweithio'n agos gydag Iechyd Cyhoeddus Cymru, yr Awdurdod Lleol a gwasanaeth Profi Olrhain a Diogelu GIG Cymru er mwyn sicrhau bod yr holl fesurau priodol ar waith i ddiogelu myfyrwyr, staff a'r gymuned ehangach. Mae’r gwaith nodi cysylltiadau yn digwydd ar hyn o bryd ac os ydi unrhywun yn cael eu nodi fel **cyswllt a achos a gadarnhawyd o COVID-19** bydd y tim Profi Olrhain a Diogelu yn gysylltu a chi.

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

* 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 Ysgol Bodhhyfryd eich bod yn teimlo'n anhwylus gyda symptomau COVID-19 a'ch bod wedi gofyn am brawf
* Dylech hunan ynysu am 10 diwrnod o'r diwrnod y dechreuodd eich symptomau
* Dylai pawb arall sydd ar yr aelwyd ynysu am 10 diwrnod o'r adeg y datblygodd eich 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
* Dilynwch y cyngor a roddir pan fyddwch yn cael canlyniadau eich prawf

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 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:Tim rhanbarthol Profi, Olrhain a Diogelu.

Ar ran Tîm Diogelu Iechyd Iechyd Cyhoeddus Cymru

Date: 16/12/20

Dear Staff/Parent

**Re: Information regarding a confirmed case of coronavirus in Ysgol Bodhyfryd**

NHS Wales Test, Trace, Protect has been informed of a confirmed case of COVID-19 (Coronavirus) in 1 of the classes in Year 5 and 6**.**

**Ysgol Bodhyfryd** 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. Contact tracing is underway and if anyone is identified as **a contact of a confirmed case of COVID-19,** a contact advisor from Test, Trace and protect will be in touch.

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

* Book a test by phoning 119 or through the online portal: <https://www.nhs.uk/ask-for-a-coronavirus-test>
* Inform Ysgol Bodhyfrydthat you are unwell with COVID-19 symptoms and that you have requested a test
* You should self-isolate for 10 days from when your symptoms started
* All other household members should 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
* Please follow the advice provided when you receive your test result
* 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 wash 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,

Issued under the instruction of: **Test Trace and Protect regional hub**

On behalf of Public Health Wales Health Protection Team