



Annwyl Rien/ Gwarchodwyr,

Yn sgil cyhoeddiad diweddaraf Mark Drakeford am y newidiadau i hunan ynysu, gweler isod yr hyn sy'n ddisgwyliedig bellach;

Prif negeseuon:

Os oes gan rywun yn eich cartref symptomau Corona feirws neu wedi profi'n positif:

• Os ydych wedi'ch brechu'n llawn neu o dan 18 oed (ac eithrio plant 0 – 4 oed)

Rhaid i chi hunan ynysu a chymryd prawf PCR. Os yw eich prawf yn negyddol gallwch roi'r gorau i ynysu a dychwelyd i'r ysgol. Yn yr achosion hyn, cynghorir disgyblion ysgol uwchradd I gymryd profion LFD dyddiol am 7 diwrnod ar ôl iddynt ddychwelyd i'r ysgol.

Os bydd unrhyw ganlyniad LFD yn dychwelyd canlyniad cadarnhaol, dylid uwchlwytho'r canlyniad i'r porth Cenedlaethol a dylid cynnal prawf PCR.

Pan fo canlyniad yn gadarnhaol, rhaid i'r unigolyn ynysu am 10 diwrnod.

• Os nad ydych wedi'ch brechu'n llawn a 18 oed neu'n hŷn

Rhaid i chi hunanynysu am 10 diwrnod. Dylech gael prawf PCR ar ddiwrnod 2 a diwrnod 8 hyd yn oed os yw'r rhain yn negyddol rhaid i chi barhau i ynysu am y 10 diwrnod llawn.

• Plant o dan 5 oed

Does dim rhaid i blant o dan 5 oed ynysu na chymryd prawf os ydynt wedi bod yn gyswllt ag achos cadarnhaol – cartref neu'r thu hwnt. Fodd bynnag, ni ddylent fynychu meithrinfa na lleoliad gofal plant os ydynt yn symptomatig neu'n sâl.

Cofiwch:

Os oes gennych chi unrhyw rai o **symptomau Corona feirws** (tymheredd uchel, peswch cyson newydd, colli blas neu arogl – neu newid yn y synhwyrau hynny), dylech hunanynysu gartref a **chael prawf**. Ni ddylech fynd i feddygfa, fferyllfa nac ysbyty. Mae hunanynysu yn berthnasol i oedolion a phlant o bob oed. Mae hunanynysu yn golygu nad ydych chi'n gadael y tŷ. Dylech hunanynysu ar unwaith os oes gennych chi symptomau a pharhau i hunanynysu hyd nes y cewch ganlyniad prawf PCR COVID-19.

Os ydych wedi cael canlyniad positif am COVID-19, neu os yw gwasanaeth Profi, Olrhain, Diogelu GIG Cymru wedi gofyn i chi hunanynysu, rhaid i chi aros gartref. Rydych chi'n torri'r gyfraith a gallech chi gael dirwy os nad ydych chi'n aros gartref ac yn hunanynysu.

Hyn oll wrth gwrs er mwyn edrych ar ôl ein gilydd a chadw ein cymunedau mor ddiogel â phosibl.

Yn gywir,

Hefin Jones





Dear Parents/ Guardians,

In light of Mark Drakeford's latest announcement regarding the changes to self-isolation, see below what is expected;

Key messages:

If someone in your household has symptoms of coronavirus or has tested positive:

• **If you are fully vaccinated or under the age of 18 (excluding children aged 0 – 4)**
You must self-isolate and take a PCR test. If your test result is negative you can stop isolating and return to school. In these instances, secondary school pupils are still advised to take daily LFD tests for 7 days following their return to school.

If any LFD result returns a positive result, the result should be uploaded onto the National portal and a PCR test should be undertaken.

Where a result is positive, the individual will need to isolate for 10 days.

• **If you are not fully vaccinated and aged 18 or over**

You must self isolate for 10 days. You should get a PCR test on day 2 and day 8 even if these are negative you must continue to isolate for the full 10 days.

• **For a child under 5**

A child under 5 years of age does not have to isolate or take a Covid test if they have been a contact of a positive case – household or other. However, they should not attend nursery /childcare setting if they are symptomatic or unwell.

Please remember:

If you have any coronavirus symptoms (a high temperature, a new continuous cough or a loss or change of taste or smell), you should self-isolate at home and get a test. You should not go to a GP surgery, pharmacy or hospital. Self-isolation applies to adults and children of all ages.

Self-isolation means that you do not leave the house. You should self-isolate straight away if you have symptoms and until you receive the results of a COVID-19 PCR test.

If you have tested positive for COVID-19, or have been told to self-isolate by the NHS Wales Test, Trace, Protect (TTP) service, you must stay at home. You are breaking the law and could be fined if you do not stay at home and self-isolate.

All this of course, to look after each other and keep our communities as safe as possible.

Sincerely,
Hefin Jones

