Achos wedi'i gadarnhau o Covid-19

Disgybl/aelod o staff yn sâl gyda pheswch newydd, parhaus neu dymheredd uchel neu golli blas neu arogl

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Achos Posibl

Bydd yr unigolyn yn cael ei anfon adref ar unwaith a'i gynghori i gael prawf (drwy https://llyw.cymru/gwneud-cais-i-gael-prawf-coronafeirws-covid-19 neu drwy ffonio 119, am ddim rhwng 7am ac 11pm).

Mae angen i unigolyn hunanynysu am o leiaf 10 diwrnod o ddyddiad cychwyn y symptomau (dylai cyd-aelodau eu cartref hunanynysu am 14 diwrnod).

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Prawf positif

Rhaid i'r unigolyn hunanynysu am 10 diwrnod o ddyddiad dechrau'r symptomau.

Dylai'r bobl sy'n byw gyda nhw hefyd hunanynysu am 14 diwrnod.

Prawf positif - Cysylltiadau agos posibl

- Bydd rhieni/cynhalwyr disgyblion sydd yn yr un dosbarth neu grŵp cyswllt â rhywun sydd wedi profi'n bositif am COVID -19 yn derbyn llythyr gan yr ysgol yn eu cynghori i hunanynysu am 24 awr. (Bydd y broses olrhain cysylltiadau yn cael ei wneud yn ystod y cyfnod yma).

- Bydd rhieni/cynhalwyr yn cael gwybod trwy lythyr gan yr ysgol o fewn y 24 awr nesaf i ddweud a oes modd i blentyn ddychwelyd i'r ysgol a rhoi'r gorau i hunanynysu, neu a yw wedi'i nodi fel cyswllt agos ac angen hunanynysu am 13 diwrnod arall.

- Mae modd i aelodau eraill o'r cartref, gan gynnwys plant eraill, barhau â gweithgareddau arferol.

Prawf positif - Cysylltiadau agos sydd wedi'u cadarnhau

Os yw'r broses olrhain cysylltiadau yn nodi bod plentyn yn gyswllt agos ag achos sydd wedi'i gadarnhau:

- Bydd swyddog olrhain cysylltiadau o'r Gwasanaeth Olrhain Cysylltiadau Rhanbarthol neu'r ysgolion mewn cysylltiad ynghylch gofynion hunanynysu.

- **Rhaid** i'r plentyn hunanynysu a pheidio â dychwelyd i'r ysgol tan ddyddiad a gynghorir yn ysgrifenedig gan yr ysgol. (Yn ôl canllawiau cenedlaethol, rhaid i gysylltiadau agos ag achos a gadarnhawyd o COVID-19 hunanynysu am 14 diwrnod ers y tro diwethaf iddyn nhw ddod i gysylltiad â'r achos a gadarnhawyd).

- Mae modd i aelodau eraill o'r cartref, gan gynnwys plant eraill, barhau â gweithgareddau arferol ar yr amod nad yw'r plentyn yn datblygu symptomau o fewn y cyfnod hunanynysu. Dylen nhw ddilyn y canllawiau cadw pellter cymdeithasol cyffredinol a chanllawiau cyswllt gyda'r cartref estynedig yn ystod y cyfnod ynysu.

- Rhaid cadw llygad ar blant rhag ofn iddyn nhw ddatblygu symptomau yn ystod y cyfnod ynysu.

- Os bydd unrhyw un yn y cartref yn datblygu unrhyw symptomau, rhaid iddyn nhw aros gartref (10 diwrnod i'r person â symptomau a 14 diwrnod i weddill yr aelwyd), a cheisio trefnu prawf cyn gynted â phosibl.

- Os yw'r plentyn yn iach ar ddiwedd y cyfnod hunanynysu, caiff ddychwelyd i'r ysgol.

PWYNTIAU PWYSIG:-

- Bydd ysgolion yn aros ar agor i'r holl ddisgyblion eraill (nad yw'n ofynnol iddyn nhw hunanynysu) gyda'r holl ganllawiau'n cael eu dilyn yn ofalus er mwyn cadw'r holl blant a staff yn ddiogel.

- Dim ond os ydyn nhw'n datblygu symptomau y dylai unigolion ofyn am brawf (nid os ydyn nhw'n amau eu bod wedi dod i gysylltiad ag achos positif). Os bydd person sydd wedi dod i gysylltiad ag achos a gadarnhawyd yn dechrau datblygu symptomau o fewn eu cyfnod hunanynysu 14 diwrnod, dylai wneud cais i gael prawf. Os bydd person sydd wedi dod i gysylltiad ag achos a gadarnhawyd yn datblygu symptomau, rhaid i bawb sy'n byw gydag ef neu hi hunanynysu am 14 diwrnod.

- **Mae symptomau** COVID-19 yn cynnwys:
  - tymheredd uchel (yn uwch na 37.8°C);
  - peswch cyson, newydd; a/neu
  - methu arogli neu flasu neu unrhyw newid yn y synhwyrau yma.

- Diffiniad **cyswllt agos** yw:
  - unigolyn sydd wedi bod yn nes nag un metr atoch chi ac rydych chi wedi cael sgwrs wyneb yn wyneb â fe, wedi cyffwrdd â chroen yr unigolyn, mae'r unigolyn wedi peswch arnoch chi, neu mae wedi cael cyswllt o fath arall â chi o fewn un metr am funud neu fwy;
  - unigolyn sydd wedi bod yn nes na 2 fetr atoch chi am fwy na 15 munud;
  - unigolyn rydych chi wedi teithio mewn cerbyd gyda fe, neu wedi eistedd yn agos iddo ar drafnidiaeth gyhoeddus.

- **Prawf negatif** - Os bydd cyswllt agos ag achos a gadarnhawyd yn cael canlyniad negatif ei hunan - bydd angen iddo hunanynysu am 14 diwrnod o'r cyswllt diwethaf ag achos a gadarnhawyd.

- **Prawf positif** - Os bydd cyswllt agos ag achos a gadarnhawyd yn cael canlyniad positif ei hunan - rhaid iddo ddechrau cyfnod hunanynysu newydd o 10 diwrnod. Rhaid i'w aelwyd hunanynysu am 14 diwrnod gan ddechrau o'r diwrnod cyntaf o ddechrau'r symptomau.

- **Mae modd dod o hyd i ganllawiau pellach ynghylch gofynion hunanynysu yma:-**

  https://llyw.cymru/hunanynysu-canllawiau-aros-gartref-i-aelwydydd-coronafeirws-posibl-covid-19.

Confirmed Case of COVID-19

Pupil/member of staff unwell with new continuous cough or high temperature or loss of taste or smell

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Suspected case

Individual immediately sent home and advised to get a test (via https://gov.wales/apply-coronavirus-covid-19-test or by calling the free phone number 119 between the hours of 7am to 11pm).

Individual needs to self-isolate for at least 10 days from the date of symptom onset (their fellow household members should self-isolate for 14 days).

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Positive test

Individual must self-isolate for 10 days from the date of onset of symptoms.

Their household should self-isolate for 14 days.

Positive test – Potential close contacts

- Parents/carers of pupils in the same class or contact group as someone who has tested positive for COVID -19 will receive a letter from the school advising them to self-isolate for 24 hours. (Contact tracing undertaken during this period).
- Parents/carers will be notified by a letter from the school within the next 24 hours whether a child can return to school and stop self-isolating, or whether they have been identified as a close contact and need to self-isolate for a further 13 day period.
- Other members of the household including other children can continue normal activities.

Positive test – Confirmed close contacts

If the contact tracing process identifies child is a close contact of a confirmed case:

- A contact tracer from the Regional Contact Tracing Service or the schools will be in touch regarding self-isolation requirements.

- Child **must** self-isolate and not return to school until a date advised in writing by the school. (The national guidance requires close contacts with a confirmed COVID-19 case, to self-isolate for 14 days since the last contact with the confirmed case).

- Other members of household including other children can continue normal activities provided child does not develop symptoms within the self-isolation period, but should follow the general social distancing and extended household contact guidance during the isolation period.

- Monitor child for symptoms during isolation period.

- If anyone in household develops any symptoms, they must stay at home (10 days for the person with symptoms and 14 days for the rest of the household), and seek a test as soon as possible.

- If child is well at the end of the self-isolation, period, they can then return to school.

IMPORTANT POINTS TO NOTE:-

- Schools will remain open for all other pupils (who are not required to self-isolate) with all guidelines being followed vigilantly so as to keep all children and staff safe.

- Individuals should only request a test if they develop symptoms (not if they suspect contact with a positive case). If a contact of a positive case starts to develop symptoms within their 14 day isolation period, they should book a test. If a confirmed contact develops symptoms, their household must self-isolate for 14 days.

- **Symptoms** of COVID-19 include:
  - fever (greater than 37.8°C);
  - new persistent/continuous cough; and/or
  - loss or change in sense of taste or smell.

- A **close contact** is defined as:
  - someone within 1 metre of you with whom you have had a face-to-face conversation, had skin-to-skin physical contact, you have coughed on, or been on other forms of contact within 1 metre for 1 minute or longer;
  - someone within 2 metres of you for more than 15 minutes;
  - someone you have travelled in a vehicle with, or seated near you in public transport.

- **Negative test** - If a close contact of a confirmed case receives a negative test result themselves - they will still need to isolate for 14 days from the last point of contact with a confirmed case.

- **Positive test** - If a close contact of a confirmed case receives a positive test themselves - they must commence a new 10 day self-isolation period. Their household must complete 14 days of self-isolation starting from day one of the onset of their child's symptoms.

- **Further guidance regarding self-isolation requirements can be found at:-**

  https://gov.wales/self-isolation-stay-home-guidance-households-possible-coronavirus.