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Bwrdd Iechyd Prifysgol  
Betsi Cadwaladr  
University Health Board



14/05/2021

Annwyl Staff / Dysgwyr / Rhiant / Gofalwr

**Darllenwch yn ofalus os gwelwch yn dda** - mae mwy o bobl bellach yn gymwys i gael profion COVID-19 - mae'r symptomau a'r cyngor wedi newid.  
**Yn dibynnu ar eich symptomau, efallai na fydd yn rhaid i chi ynysu.**

Rydym yn diolch i chi am bopeth rydych chi ac aelodau eich cartref eisoes yn ei wneud yn yr amseroedd heriol hyn. Yng ngoleuni tystiolaeth newydd, penderfynwyd ehangu'r cymhwysedd i gael profion.

Mae **tri phrif symptom** Covid-19 yn parhau, sef:

- Tymheredd uchel (37.8 C neu uwch)
- Peswch
- Newid, neu golli ymdeimlad o flas neu arogl

**Fodd bynnag, GALL fod ystod ehangach o symptomau yn gysylltiedig â haint Covid-19, os ydyn nhw'n newydd, yn barhaus neu'n anghyffredin i chi, ac nad ydyn nhw'n cael eu hachosi neu eu hegluro gan gyflwr fel clefyd y gwair.**

Mae **symptomau ehangach newydd Covid-19** yn:

- ✓ Teimlo'n anarferol o flinedig
- ✓ Poenau cyffredinol tebyg i 'ffliw' (myalgia)
- ✓ Dolur gwddw a/neu grygni
- ✓ Prinder anadl neu wichian
- ✓ Cur pen parhaus
- ✓ Trwyn yn rhedeg neu wedi'i rwystro
- ✓ Teimlo'n sal (cyfogi), chwydu neu ddolur rhydd

Dear Staff / Learner / Parent / Carer

**Please read carefully** - more people are now eligible for COVID-19 testing - the symptoms and advice has changed.  
**Depending on your symptoms, you may not have to isolate.**

We thank you for everything you and your household are already doing in these challenging times. In light of new evidence, it has been decided to widen the eligibility for testing.

The **three main symptoms** of Covid-19 are still:

- Fever (37.8 C or above)
- Cough
- Change or loss of sense of taste or smell

However, **a wider range of symptoms MAY be associated with Covid-19 infection, if they are new, persistent, or unusual for you, and are not caused or explained by a condition such as hay fever.**

The **new wider symptoms** of Covid-19 are:

- ✓ Feeling unusually tired
- ✓ General 'flu-like aches and pains (myalgia)
- ✓ Sore throat and / or hoarseness
- ✓ Shortness of breath or wheezing
- ✓ Persistent headache
- ✓ Runny or blocked nose
- ✓ Feeling sick (nausea), vomiting or diarrhoea

Os oes gennych chi, neu aelod o'ch cartref, un neu fwy o'r 'symptomau ehangach' nid yw o reidrwydd yn golygu bod gennych COVID-19. Fodd bynnag, rydym yn bod yn ofalus iawn ac yn argymhell profi i bobl ag unrhyw un o'r 'symptomau ehangach' uchod.

If you, or a member of your household, has one or more of the 'wider symptoms' it does not necessarily mean you have COVID-19. However, we are being extra cautious and recommend testing to people with any of the 'wider symptoms' above.

Os ydych chi, neu unrhyw un yn eich cartref, yn datblygu **UN NEU FWY O'R TRI PRIF SYMPTOM**

- ✓ Tymheredd uchel (37.8 C neu uwch)
- ✓ Peswch
- ✓ Newid, neu golli ymdeimlad o flas neu arogl

**Yna dylech**

- Drefnu prawf PCR: <https://www.nhs.uk/ask-for-a-coronavirus-test> neu ffoniwch 119.
- **Dylai pob aelod arall o'r cartref ynysu am 10 diwrnod o'r adeg y gwnaethoch ddatblygu symptomau.**
- Peidiwch ag ymweld â meddygfa, fferyllfa neu ysbyty ond os oes angen cyngor meddygol arnoch, cysylltwch â GIG 111 neu ffoniwch eich meddyg teulu; os oes argyfwng meddygol ffoniwch 999.
- Dilynwch y cyngor a roddir i chi pan fyddwch yn derbyn canlyniad eich prawf.
- Os yw eich prawf PCR yn negyddol ond rydych yn dal i deimlo'n sâl, arhoswch gartref nes eich bod yn teimlo'n well. Os yw eich prawf yn negyddol, gall cyfnod ynysu aelodau eich cartref orffen.
- Os cewch unrhyw un o'r tri symptom eto efallai y bydd angen i chi gael eich profi eto.
- Os bydd eich prawf yn bositif, byddwch yn derbyn cyngor pellach.

If you, or anyone in your household, develops **ONE OR MORE OF THE THREE MAIN SYMPTOMS**

- ✓ Fever (37.8 C or above)
- ✓ Cough
- ✓ Change, or loss of, sense of taste or smell

**Then please**

- Book a PCR test: <https://www.nhs.uk/ask-for-a-coronavirus-test> or 'phone 119.
- **Isolate your whole household for 10 days from the date the symptoms started.**
- Do not visit a GP surgery, pharmacy or hospital. If you need medical advice please contact NHS 111 or 'phone your GP; if there's a medical emergency 'phone 999.
- Follow the advice provided when you receive your test result.
- If you have a negative PCR test result but still feel unwell, stay at home until you feel better. If your test is negative, your household can come out of isolation.
- If you get any of the three symptoms again you may need to get tested again.
- If your test is positive, you will receive further advice.

Os ydych chi, neu unrhyw un yn eich cartref, yn datblygu **UN NEU FWY O'R SYMPTOMAU EHANGACH** (ond dim un o'r tri phrif symptom)

#### Yna dylech

- Drefnu prawf PCR: <https://www.nhs.uk/ask-for-a-coronavirus-test> a dewisiwch 'get a free PCR test', ac yna dewisiwch 'My local council or health protection team has asked me to get a test, even though I do not have symptoms' neu 'ffoniwch 119.'
- Os oes gennych un neu fwy o'r symptomau ehangach **OND DIM UN O'R PRIF SYMPTOMAU** yna nid oes angen i'r sawl sy'n gwneud y prawf, nac unrhyw un yn eu cartref, ynysu a gallant fynd i'r ysgol neu weithio fel arfer tra'n aros am ganlyniad eu prawf.
- Fodd bynnag, rhaid i aelodau'r cartref ynysu os bydd unrhyw un yn datblygu unrhyw un o'r 3 phrif symptom COVID-19 wrth aros am ganlyniad prawf, a gymerir oherwydd bod symptomau ehangach yn dychwelyd.
- Os yw canlyniad y prawf yn bositif, yna bydd angen i'r unigolyn fynd adref ar unwaith a bydd angen i aelodau'r cartref ynysu am 10 diwrnod o ddyddiad y swab positif.
- Dylai plant ac oedolion â dolur rhydd a / neu chwydu aros i ffwrdd o'r gwaith neu'r ysgol nes eu bod yn rhydd o symptomau am 48 awr, hyd yn oed os yw eu prawf Covid-19 yn negyddol.

If you, or anyone in your household, develops **ONE OR MORE OF THE WIDER SYMPTOMS** (but not one of the three main symptoms)

#### Then please

- Book a PCR test: <https://www.nhs.uk/ask-for-a-coronavirus-test> and select 'get a free PCR test', then select 'My local council or health protection team has asked me to get a test, even though I do not have symptoms' or 'phone 119.'
- If you have one or more of the wider symptoms **BUT NOT ONE OF THE THREE MAIN SYMPTOMS** then neither the person taking the test, nor anyone in their household, needs to isolate and can go to school or work as usual while waiting for their test results.
- However, households must isolate if anyone develops any of the 3 main COVID-19 symptoms while waiting for a test result, taken because of wider symptoms to come back.
- If the test result is positive, then the person will need to go home straight away and the household will need to isolate for 10 days from the date of the positive swab.
- Children and adults with diarrhoea and / or vomiting should remain off work or school until they are symptom free for 48 hours, even if their Covid-19 test is negative.

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

- Golchi dwylo gyda sebon a dŵr yn aml – gwnewch hyn am o leiaf 20 eiliad.
- Defnyddio diheintydd dwylo os nad oes sebon a dŵr ar gael.
- Golchi dwylo cyn gynted ag y bydd unrhyw un yn cyrraedd adref.
- Gorchuddio eich ceg a'ch trwyn â hances bapur neu llawes (nid eu dwylo) pan fyddwch yn pesychu neu'n tisian.
- Rhoi hancesi papur a ddefnyddiwyd yn y bin ar unwaith a golchi dwylo wedyn.
- Dilyn y rheolau o ran cyfarfod pobl a chynnal pellter cymdeithasol bob amser.

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

- Wash your hands with soap and water often, and for at least 20 seconds.
- Use hand sanitiser gel if soap and water aren't available.
- Wash your hands as soon as you arrive home.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze.
- Put used tissues in the bin straight away, then wash your hands.
- Follow the rules on meeting people and social distancing at all times.

Mae rhagor o wybodaeth am hunanynysu ar gael yma:

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

Gellir dod o hyd i wybodaeth pellach ar Profi, Olrhain, Diogelu 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 rhoi gwybod i chi beth i'w wneud: <https://llyw.cymru/os-oes-symptomau-gyda-chi-oes-angen-help-meddygol-arnoch-am-y-coronafeirws>

Diolch yn fawr am eich help a'ch cefnogaeth barhaus.

Yn gywir,

**Teresa Owen**

Cyfarwyddwr Gweithredol Iechyd Cyhoeddus  
Executive Director of Public Health, BCUHB

Further information on 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>

Thank you very much for your continued help and support.

Yours sincerely,

**Dr Lowri Vaughan Brown**

Pennaeth Gwasanaethau Addysg (Prif Swyddog Addysg)  
Head of Education Services (Chief Education Officer)

**Cyfeiriad Gohebiaeth ar gyfer y Cadeirydd a'r Prif Weithredwr/Correspondence address for Chairman and Chief Executive:**

Swyddfa'r Gweithredwyr / Executives' Office, Ysbyty Gwynedd, Penrhosgarnedd, Bangor, Gwynedd LL57 2PW

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