



CYNGOR SIR  
YNYS MÔN  
ISLE OF ANGLESEY  
COUNTY COUNCIL

4/10/2020

Annwyl Riant neu Ofalwr,

**Par:Cyswllt achos a gadarnhawyd o COVID-19 yn Ysgol Gynradd Parc y Bont.**

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 bod eich plentyn yn **gyswllt achos a gadarnhawyd o COVID-19** a bydd nawr angen iddo **hunan ynysu am 14 diwrnod o 1/10/2020**. Drwy nodi cysylltiadau a gofyn iddynt hunan ynysu am 14 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 i'ch plentyn 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 bydd eich plentyn yn aros yn iach ni fydd angen i aelodau eraill yr aelwyd ynysu a gallant barhau â'u gweithgareddau arferol. Os bydd eich plentyn yn dal yn iach ar

Annwen Morgan  
Prif Weithredwr  
Chief Executive

CYNGOR SIR YNYS MÔN ISLE  
OF ANGLESEY COUNTY  
COUNCIL

Swyddfa'r Sir LLANGEFNI

Ynys Môn

Anglesey

LL77 7TW

Gofynnwch am

Please ask for:

E-Bost-E-mail:

Ein Cyf - Our Ref.

Eich Cyf - Your Ref.

4/10/2020

Dear Parent or Carer,

**Re:Contact of confirmed case of COVID-19 in Ysgol Gynradd Parc y Bont.**

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 14 days from 1/10/2020**. By identifying contacts and asking them to self-isolate for 14 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 your child 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 your child remains well then the other members of the household do not need to isolate and can continue with their normal activities. If your child is still well at the end

ddiwedd y cyfnod hunan ynysu o 14 diwrnod, gall ddychwelyd i **Ysgol Gynradd Parc y Bont** a'i weithgareddau arferol eraill.

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 yn eich plentyn, sef:**

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

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

- Rhowch wybod i'r tîm Profi Orlhain Diogelu (POD) a fydd mewn cysylltiad dyddiol â chi
- Os bydd POD yn dweud wrthy ch am wneud hynny, trefnwch brawf iddo drwy ffonio 119 neu drwy fynd i'r porth ar-lein: <https://www.nhs.uk/ask-for-a-coronavirus-test>
- Rhowch wybod i **Ysgol Gynradd Parc y Bont** ei fod yn teimlo'n anhwylyd gyda symptomau COVID-19 a'ch bod wedi gofyn am brawf
- Dylai eich plentyn barhau i hunan ynysu

of the 14-day period of self-isolation, they can return to **Ysgol Gynradd Parc y Bont** and their other 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 in your child, which are:**

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

**If your child develops 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 for them by phoning 119 or through the online portal: <https://www.nhs.uk/ask-for-a-coronavirus-test>
- Inform **Ysgol Gynradd Parc y Bont** that they are unwell with COVID-19 symptoms and that you have requested a test
- Your child should remain in self-isolation

- Dylai pawb arall sydd ar yr aelwyd ynysu am 14 diwrnod o'r adeg y datblygodd eich plentyn 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 bod eich plentyn yn gyswllt achos o COVID-19 a'i fod yn hunan ynysu
- Dilynwch y cyngor a roddir pan fydd eich plentyn yn cael canlyniadau ei brawf
- All other household members should isolate for 14 days from when your child 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 your child is a contact of a case of COVID-19 and in self-isolation
- Please follow the advice provided when your child receives their test result

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

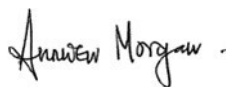
Further formation on Test, Trace, Protect can be found here <https://gov.wales/test-trace-protect-coronavirus>

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>

Yn gywir / Your sincerely



Annwen Morgan  
Prif Weithredwr / Chief Executive

Cyhoeddwyd dan gyfarwyddyd: Tim rhanbarthol Profi, Olrhain a Diogelu Ar ran Tîm Diogelu Iechyd Iechyd Cyhoeddus Cymru

Issued under the instruction of: Test Trace and Protect regional hub On behalf of Public Health Wales Health Protection Team