



CYNGOR SIR
YNYS MÔN
ISLE OF ANGLESEY
COUNTY COUNCIL

Annwen Morgan
Prif Weithredwr
Chief Executive

CYNGOR SIR YNYS MÔN
ISLE OF ANGLESEY COUNTY
COUNCIL
Swyddfa'r Sir Llangefni
Ynys Môn
Anglesey
LL77 7TW

18/03/2021

Annwyl Riant neu Ofalwr,

Par: Cyswilt achos a gadarnhawyd o COVID-19 yn Ysgol Parc y Bont (Dosbarth Derbyn a Meithrin).

Nodwyd bod eich plentyn yn **gyswilt achos a gadarnhawyd o COVID-19** a bydd nawr angen iddo **hunan ynysu tan ac yn cynnwys 28/03/2021**. Drwy nodi cysylltiadau a gofyn iddynt hunan ynysu am 10 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 ysgol yn cyd-weithio yn agos gydag lechyd Cyhoeddus Cymru, yr Awdurdod Lleol, a tîm Profi, Orlhain a Diogelu (POD) GIG Cymru i sicrhau fod pob cam perthnasol wedi ei ddilyn. Fe fydd yr ysgol a/neu'r tîm POD yn eich hysbysu petae'r sefyllfa yn newid.

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.

18/03/2021

Dear Parent or Carer,

Re: Contact of confirmed case of COVID-19 in Ysgol Parc y Bont (Dosbarth Derbyn a Meithrin).

Your child has been identified as **a contact of a case of COVID-19** and will now need to **self-isolate until and including 28/03/2021**. By identifying contacts and asking them to self-isolate for 10 days, we will reduce the possible spread of COVID-19 from those contacts to their family, friends and the wider community.

The school is working closely with Public Health Wales, the Local Authority and NHS Wales Test, Trace and Protect (TTP) to ensure that all the appropriate measures are in place. You will be informed of any changes by the school and/or the TTP team.

Self-isolation **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.

Mae'n ofynnol, yn ôl y gyfraith, i hunan ynysu. Os y bydd unrhyw un yn anwybyddu'r gorchymyn i hunan ynysu bydd Heddlu Gogledd Cymru yn cael eu hysbysu.

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 ddiwedd y cyfnod hunan ynysu o 10 diwrnod, gall eich plentyn ddychwelyd i'r ysgol a gweithgareddau 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:

- Trefnwch brawf iddo drwy ffonio 119 neu drwy fynd i'r porth ar-lein: <https://www.nhs.uk/ask-for-a-coronavirus-test>

It is a legal requirement to self-isolate. Anyone known to ignore the request will be reported to North Wales Police.

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 of the 10-day period of self-isolation, they can return to the school and 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:

- Book a test for them by phoning 119 or through the online portal: <https://www.nhs.uk/ask-for-a-coronavirus-test>

- Rhowch wybod i'r ysgol ei fod yn teimlo'n anhwylyd gyda symptomau COVID-19 a'ch bod wedi gofyn am brawf.
- Dylai eich plentyn barhau i hunan ynysu.
- Dylai pawb arall sydd ar yr aelwyd ynysu am 10 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 y prawf.
- Inform the school that they are unwell with COVID-19 symptoms and that you have requested a test.
- Your child should remain in self-isolation.
- All other household members should isolate for 10 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.

Rwy'n sylweddoli bod hwn yn gyfnod pryderus, ac mae croeso ichi gysylltu â ni os bydd angen cymorth ac arweiniad pellach arnoch. Mae taliadau hunan ynysu o £500 ar gael i unigolion, rhieni a gofalmwyr ar incwm isel sydd angen gofalu am blant (sy'n mynychu lleoliad gofal plant neu ysgol hyd at Flwyddyn 8, neu'r rheini ag anghenion cymhleth ychwanegol hyd at 25 oed) sy'n hunan ynysu. Mae rhagor o wybodaeth am y meini prawf a'r broses ymgeisio ar gyfer y cynllun cymorth hunan ynysu ar gael yma <https://llyw.cymru/cynllun-cymorth-hunanynysu>.

Efallai y bydd angen y llythyr hwn fel tystiolaeth bod angen i'ch plentyn/chi hunan ynysu.

Mae rhagor o wybodaeth am y gwasanaeth Profi Olrhain Diogelu ar gael yma: <https://llyw.cymru/profi-olrhain-diogelu-coronafeirws>

I appreciate that this is a concerning time and we are here to provide support and guidance should you require it. Self-isolation payments of £500 are available to individuals, parents and carers on low incomes who need to care for children (attending childcare or school up to Year 8, or those with complex additional needs up to the age of 25) who are self-isolating. Further information on the criteria and application process for the Self-isolation support scheme is available here <https://gov.wales/self-isolation-support-scheme>.

This letter may be required to evidence the need for your child to self-isolate.

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

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 wrthy ch 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>

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



Anwen 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

Gwefan www.ynysmon.gov.uk | Website: www.anglesey.gov.uk
E-bost/email: Covid19Referrals@ynysmon.gov.uk