

**Datganiad Newyddion / News Release**

 *29/10/2020*

***Mae Coronafeirws yn dal ar led ym Mhowys***

*Gyda rhai disgyblion yn dychwelyd i'r ysgol yr wythnos nesaf, anogir rhieni Powys i fod ar eu gwyliadwriaeth am Goronafeirws gan gadw plant sâl gartref.*

*Roedd holl ddisgyblion Powys i fod i ddychwelyd i'r ysgol ddydd Llun (Tachwedd 2) ar ôl toriad o bythefnos dros hanner tymor, ond mae cyflwyno cyfyngiadau Clo Llym a Byr Llywodraeth Cymru yn golygu y bydd rhai yn parhau i astudio gartref.*

Bydd ysgolion cynradd ac arbennig yn ailagor fel arfer gyda blynyddoedd ysgol uwchradd saith ac wyth a phlant agored i niwed yn dychwelyd. Bydd disgyblion yn gallu mynychu ysgolion ar gyfer arholiadau, ond bydd yn rhaid i ddisgyblion ym Mlynyddoedd 9 ac uwch barhau i ddysgu o gartref am wythnos.

*Dywedodd Aelod Portffolio’r Cabinet ar faterion Addysg, y Cynghorydd Phyl Davies: "Gyda rhai disgyblion yn gallu dychwelyd i'r ysgol mae'n hanfodol ein bod yn gwneud popeth o fewn ein gallu i atal y firws rhag lledu. Anogaf deuluoedd i helpu trwy sicrhau bod aelodau sy'n sâl ac yn dangos unrhyw symptomau yn aros gartref ac yn dilyn cyngor meddygol. Mae angen inni wneud popeth o fewn ein gallu i atal cynnydd pellach mewn achosion o’r coronafeirws. "*

*"Mae'n bwysig i bob un ohonom gofio bod Coronafeirws yn dal i fod yn fygythiad gwirioneddol i iechyd y cyhoedd, a'r ffordd orau o atal y gadwyn heintio yw dod i gysylltiad â llai o bobl. Mae hyn yn arbennig o bwysig gyda chyfyngiadau cyfnod clo llym byr Llywodraeth Cymru yn parhau tan 9 Tachwedd."*

*Prif symptomau Coronafeirws yw:*

* *tymheredd uchel: mae hyn yn golygu bod eich brest neu’ch cefn yn teimlo'n boeth o’i gyffwrdd (nid oes angen i chi fesur eich tymheredd)*
* *peswch newydd, parhaus: mae hyn yn golygu pesychu llawer am fwy nag awr, neu dri neu fwy o gyfnodau o besychu o fewn 24 awr (os oes gennych beswch fel arfer, gall fod yn waeth nag arfer)*
* *eich gallu i arogli neu flasu yn diflannu neu’n newid: mae hyn yn golygu eich bod wedi sylwi na allwch arogli na blasu unrhyw beth, neu mae pethau'n arogli neu'n blasu'n wahanol i’r arfer.*

*Mae gan y rhan fwyaf o bobl â chlefyd coronafeirws o leiaf un o'r symptomau hyn.*

*Os oes gennych unrhyw symptomau, sicrhewch eich bod chi a'ch cartref uniongyrchol yn hunanosod ar unwaith. Ewch* [*https://gov.wales/apply-coronavirus-covid-19-test*](https://eur03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fgov.wales%2Fapply-coronavirus-covid-19-test&data=04%7C01%7Cjohn.m.evans%40powys.gov.uk%7C7639295cf60e41ca993108d87a7854cd%7Cc01d9ee10eb0475499ae03ae8a732b50%7C0%7C0%7C637394004632978753%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=IgiBaI2hqgGQDB%2BJ2VDsWGI7m2CIQjq1ZEQDNO%2B%2Bu4o%3D&reserved=0) *neu ffoniwch 119 i archebu prawf.*

*Gallwn oll helpu i leihau lledaeniad y coronafeirws:*

* *Arhoswch gartref*
* *Golchwch eich dwylo'n rheolaidd.*
* *Cadwch bellter cymdeithasol oddi wrth eraill.*
* *Peidiwch â chyfarfod unrhyw un nad yw’n byw gyda chi*
* *Gwisgwch orchudd wyneb mewn siopau, mewn mannau cyhoeddus dan do ac ar drafnidiaeth gyhoeddus, oni bai bod esgus rhesymol dros beidio â gwneud hynny*
* *Gweithiwch gartref os gallwch.*

*"Mae pob un ohonom yn rhannu’r cyfrifoldeb personol o reoli lledaeniad y feirws. Gall y sefyllfa newid yn gyflym iawn. Drwy ddilyn canllawiau Llywodraeth Cymru, gallwn helpu i gadw Powys yn ddiogel."*

*Mae ein tîm Profi, Olrhain, Diogelu yma ym Mhowys yn gweithio'n ddiflino i sicrhau ei fod yn olrhain achosion cadarnhaol, a bod cysylltiadau'n cael cynnig profion. Os ydych wedi'ch nodi fel cyswllt wedi'i gadarnhau, bydd ein tîm olrhain cyswllt ym Mhowys yn eich ffonio o 02921 961133.*

*Os cewch eich galw gan olrheiniwr cyswllt, helpwch nhw yn eu gwaith hanfodol i Gadw Powys yn Ddiogel.*

*DIWEDD*

***Coronavirus is still circulating in Powys***

*With some pupils returning to school next week Powys parents are being urged to be on their guard for Coronavirus and keep unwell children at home.*

*All Powys pupils were due to return to school on Monday (November 2) after a two-week half-term break, but the introduction of Welsh Government’s national Firebreak restrictions mean that some will continue to study at home.*

Primary and special schools will reopen as normal with secondary school years seven, eight and vulnerable children returning. Pupils will be able to attend schools for exams, but pupils in Years 9 and above will have to continue their learning from home for a week.

*Cabinet Member for Education, Councillor Phyl Davies said: “With some pupils able to return to school it is vital that we do all that we can to prevent the spread of the virus. I urge families to help and ensure that those who are unwell and show any symptoms stay at home and follow medical advice. We need to do all that we can to prevent a further rise in coronavirus cases. “*

*“It is important for all of us to remember that Coronavirus is still a very real threat to public health and the best way to stop the chain of infection is to come into contact with fewer people. This is particularly important with the Welsh Government’s national Firebreak restrictions continuing until 9 November.”*

*The main symptoms of coronavirus are:*

* *a high temperature: this means you feel hot to touch on your chest or back (you do not need to measure your temperature)*
* *a new, continuous cough: this means coughing a lot for more than an hour, or three or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)*
* *a loss or change to your sense of smell or taste: this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal.*

*Most people with coronavirus have at least one of these symptoms.*

*If you have any symptoms, ensure that you and your immediate household self-isolate immediately. Visit* [*https://gov.wales/apply-coronavirus-covid-19-test*](https://eur03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fgov.wales%2Fapply-coronavirus-covid-19-test&data=04%7C01%7Cjohn.m.evans%40powys.gov.uk%7C7639295cf60e41ca993108d87a7854cd%7Cc01d9ee10eb0475499ae03ae8a732b50%7C0%7C0%7C637394004632978753%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=IgiBaI2hqgGQDB%2BJ2VDsWGI7m2CIQjq1ZEQDNO%2B%2Bu4o%3D&reserved=0) *or call 119 to book a test.*

*We can all help to reduce the spread of coronavirus:*

* *Stay at home*
* *Wash your hands regularly.*
* *Keep a social distance from others.*
* *Do not meet anyone you do not live with*
* *Wear a face covering in shops, in indoor public spaces and on public transport unless there is a reasonable excuse not to do so*
* *Work from home if you can.*

*“We all share a personal responsibility to controlling the spread of the virus. The situation can change very quickly. By following Welsh Government guidance, we can help keep Powys safe.”*

*Our Test Trace Protect team here in Powys is working tirelessly to ensure that positive cases are contact traced, and that symptomatic contacts are offered testing. If you are identified as a confirmed contact, our Powys contact tracing team will call you from 02921 961133.*

*If you are called by a contact tracer, please help them in their vital work to Keep Powys Safe.*

*ENDS*