

Annwyl Rhiant / Gwarcheidwad,

**Parthed: Pryderon coronafirws**

Fel y gwyrddoch mae ymlediad coronafirws (COVID-19) yn creu problemau cynyddol ar draws nifer o wledydd. Rydym ni'n cymryd iechyd a diogelwch ein disgyblion a'n staff o ddifrif, felly rydym yn awyddus i rannu arweiniad gan Iechyd Cyhoeddus Cymru ar y camau y dylech chi fod yn eu cymryd.

Dywed GIG mai peswch, tymheredd uchel a diffyg anadl yw symptomau Covid-19, y salwch a achosir gan y coronafirws - ond gallent hefyd nodi afiechydon cyffredin eraill fel annwyd neu'r fflw

**Sut y gallwch atal achosion o'r COVID-19 rhag lledaenu?**

- Ar ôl i chi beswch neu disian a chyn cyffwrdd a bwyta bwyd, dylech olchi'ch dwylo â sebon a dŵr am o leiaf 20 eiliad neu ddefnyddio diheintydd dwylo sy'n cynnwys >60% alcohol.
- Os oes angen i chi beswch neu disian, dylech ei ddal â hances bapur, ei daflu i'r bin, ac yna olchi eich dwylo â sebon a dŵr neu ddiheintydd dwylo. Os nad oes hances bapur, peswch i mewn i'ch penelin.
- Osgoi cysylltiad agos â phobl sy'n ymddangos yn sâl ac osgoi rhannu eitemau personol.
- Glanhewch a diheintiwch wrthrychau / arwynebau a gyffyrddir yn aml yn y cartref ac amgylcheddau gwaith.

**Ar hyn o bryd nid oes achos pryder yn yr ysgol. Byddwn yn eich hysbysu am unrhyw ddatblygiadau.**

Gallai'r tabl canlynol fod o gymorth i reini / gwarcheidwaid o ran camau i'w cymryd yn dibynnu ar y gwledydd / ardaloedd penodol. Os ydych chi'n teithio y tu allan i'r DU, mae'n hollbwysig eich bod yn gwirio'r wybodaeth fwyaf diweddar [cyn](#) i'ch plentyn ddychwelyd i'r ysgol.

<https://icc.gig.cymru/newyddion1/datganiad-iechyd-cyhoeddus-cymru-ar-achos-coronafeirws-newydd-yn-tsiena/>

CATEGORI 1 DIFFINIAD	CATEGORI 2 DIFFINIAD
Dylai teithwyr hunan-ynysu ar unwaith, hyd yn oed os ydynt yn anghymesur, a ffonio GIG 111 i hysbysu am deithio diweddar	<b>Nid oes</b> angen i deithwyr gymryd unrhyw fesurau arbennig, ond os ydynt yn datblygu symptomau dylent hunan-ynysu a ffonio GIG 111.
Categori 1	Categori 2
Dinas Wuhan a Thalaith Hubei (China)	Cambodia
Iran	China
Daegu neu Cheongdo (Republic of Korea)	Hong Kong
Unrhyw dref Eidalaidd o dan fesurau cyfyngu	Italy: north*
Yn Rhanbarth Lombardia:	Japan
• • Bertonico	Laos
• • Casalpusterlengo	Macau
• • Castelgerundo	Malaysia
• • Castiglione D'Adda	Myanmar
• • Codogno	Republic of Korea*
• • Fombio	Singapore
• • Maleo	Taiwan
• • San Fiorano	Thailand
• • Somaglia	Vietnam
• • Terranova dei Passerini	
Yn Rhanbarth Veneto:	
• Vo	

Mae'r wybodaeth yma yn gywir ar 27ain o Chwefror 2020. Diolch am eich cydweithrediad.

Yr gywir,

Dear Parent/Guardian,

**Re: Coronavirus concerns**

As you will be aware the spread of coronavirus (COVID-19) is causing increasing problems across many countries. We take the health and safety of our pupils and staff very seriously, so we're sharing guidance from Public Health Wales on steps you should be taking.

The NHS says the symptoms of Covid-19, the illness caused by the coronavirus, are a cough, a high temperature and shortness of breath - but they could also indicate other common illnesses such as a cold or flu.

**How can you stop COVID-19 spreading?**

- After you cough or sneeze and before touching food, wash your hands with soap and water for at least 20 seconds or use a hand disinfectant containing >60% alcohol.
- If you need to cough or sneeze, catch it in a tissue, throw it into the bin, wipe it off by washing your hands with soap and water or a hand disinfectant. If there is no tissue, cough into your elbow
- Avoid close contact with people who appear unwell and avoid sharing personal items.
- Clean and disinfect frequently touched objects /surfaces in the home and work environments

**There's currently no cause for concern at the school. We will in turn keep you informed about any developments.**

The following table might be of help to parents/guardians with regard to action to take depending on countries/areas visited. It is of utmost importance that if you travel outside of the UK that you check the most up to date information before your child return to school.

<https://phw.nhs.wales/news/public-health-wales-statement-on-novel-coronavirus-outbreak-in-china/>

CATEGORY 1 DEFINITION	CATEGORY 2 DEFINITION
Travelers should immediately self-isolate, even if asymptomatic, and call NHS 111 to inform of recent travel	Travelers <b>do not need</b> to undertake any special measures, but if they develop symptoms they should self-isolate and call NHS 111.
Category 1	Category 2
Wuhan city and Hubei Province (China)	Cambodia
Iran	China
Daegu or Cheongdo (Republic of Korea)	Hong Kong
Any Italian town under containment measures	Italy: north*
In the Lombardy Region:	Japan
<ul style="list-style-type: none"><li>• Bertinico</li><li>• Casalpusterlengo</li><li>• Castelgerundo</li><li>• Castiglione D'Adda</li><li>• Codogno</li><li>• Fombio</li><li>• Maleo</li><li>• San Fiorano</li><li>• Somaglia</li><li>• Terranova dei Passerini</li></ul>	Laos
In the Veneto Region:	Macau
<ul style="list-style-type: none"><li>• Vo</li></ul>	Malaysia
	Myanmar
	Republic of Korea*
	Singapore
	Taiwan
	Thailand
	Vietnam

Please be aware that this information is correct as of the 27th of February. Thank you for your cooperation.

Yours sincerely,