



# Ysgol Gymraeg Llangennech

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<http://www.ysgolgymraegllangennech.cymru>

## **Rydym wedi diweddarau ein canllawiau i rieni ar yr hyn ddylent ei wneud os oes gan eu plentyn symptomau COVID-19 neu os oes angen i'w plentyn hunanynysu:**

Ni ddylech, dan unrhyw amgylchiadau, anfon eich plentyn i'r ysgol:

- os yw'n teimlo'n sâl, gydag unrhyw un o'r tri symptom COVID-19 a nodwyd (peswch parhaus newydd, tymheredd uchel neu golli blas neu arogl) neu mae wedi cael prawf COVID-19 positif yn ystod y 14 diwrnod diwethaf.
- os yw'n byw mewn cartref gyda rhywun sydd â symptomau COVID-19 neu sydd wedi cael prawf COVID-19 positif yn ystod y 14 diwrnod diwethaf.

Os yw eich plentyn yn mynd yn sâl neu angen hunanynysu, gallwch roi gwybod i ni am hyn 24/7 drwy ffonio 0300 333 2222, neu drwy e-bostio [TTP@deltawellbeing.org.uk](mailto:TTP@deltawellbeing.org.uk) a fydd yn rhoi gwybod i'r ysgol ar eich rhan.

I gael gwybodaeth am sut i wneud cais am brawf ar eich cyfer chi eich hun neu ar gyfer rhywun yn eich cartref sydd â symptomau gan gynnwys plant o dan 5 oed, ewch i wefan [Llywodraeth Cymru https://llyw.cymru/gwneud-cais-i-gael-prawf-coronafeirws](https://llyw.cymru/gwneud-cais-i-gael-prawf-coronafeirws).

Os ydych chi neu eich plentyn yn teimlo'n anhwylyd ac angen cyngor meddygol, ffoniwch NHS 111 i gael cyngor neu ewch i'r [wefan https://111.wales.nhs.uk/default.aspx?locale=cy](https://111.wales.nhs.uk/default.aspx?locale=cy) neu ffoniwch eich Meddyg Teulu.

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## **We've updated our guidance on what parents should do if their child is showing symptoms of COVID-19 or needs to self-isolate:**

Under no circumstances should you send your child to school if they:

- feel unwell, have any of the three identified COVID-19 symptoms (a new continuous cough, a high temperature or loss of taste or smell) or they have tested positive to COVID-19 in the past 14 days.
- live in a household with someone who has symptoms of COVID-19 or has tested positive to COVID-19 in the past 14 days.

If your child becomes unwell or needs to self-isolate, please report this to us 24/7 by calling 0300 333 2222 or by emailing [TTP@deltawellbeing.org.uk](mailto:TTP@deltawellbeing.org.uk) who will notify the school on your behalf.

For information on how to apply for a test for yourself or someone in your household with symptoms including children under 5s please visit the Welsh Government website <https://gov.wales/apply-coronavirus-test>.

If you or your child feels unwell and need medical advice, please telephone NHS 111 for advice or visit their [website https://111.wales.nhs.uk/default.aspx?locale=en](https://111.wales.nhs.uk/default.aspx?locale=en) or telephone your GP.