Profi, Olrhain a Diogelu

O 1 Mehefin ymlaen bydd Cymru'n cyflwyno system Profi ac Olrhain.

Caiff y system ei rhoi ar waith os bydd unigolyn yn datblygu un neu fwy o'r tri symptom allweddol canlynol sy'n gysylltiedig â'r coronafeirws:

- **tymheredd uchel** – teimlo'n dwym i'w gyffwrdd ar y frest neu'r cefn (nid oes rhaid mesur tymheredd)
- **peswch newydd, parhaus** – mae hyn yn golygu pesychu llawer am fwy nag awr, neu dri pwl o beswch neu fwy mewn 24 awr (os oes gan rywun beswch fel arfer, gallai fod yn waeth nag arfer)
- **colli synnwyr arogli neu flasu neu hynny'n newid** – ni all unigolyn arogli na blasu dim byd, neu mae pethau'n arogli neu'n blasu'n wahanol i'r arfer

Os bydd plentyn neu aelod o'r staff yn datblygu unrhyw un o'r symptomau uchod tra bydd mewn canolfan ofal, rhaid i'r pennaeth:

- anfon yr aelod o staff adref yn syth
- ynysu'r disgybl a gofyn i'r rhiant ei gasglu'n syth
- dilyn y gweithdrefnau ar gyfer cau'r ystafell(oedd) perthnasol am 72 awr a glanhau'n drylwyr

Dylid cynghori staff i beidio â mynd i leoedd fel y feddygfa, y fferyllfa, neu'r ysbyty os ydynt yn credu efallai fod coronafeirws arnynt. Dylid dweud wrthynt i ddilyn y cyngor presennol gan Gyngor Sir Caerfyrddin:

"Os bydd gweithiwr yn dweud wrthych fel rheolwr llinell nad yw'n teimlo'n dda a'i fod yn dioddef symptomau Coronafeirws (Covid-19), dylech ei gynghori i atgyfeirio ei hun i gael prawf drwy ffonio 0300 303 8322 neu drwy anfon e-bost at: Covidenquiries.hdd@wales.nhs.uk. Yna bydd y GIG yn mynd drwy'r broses gyda'r aelod o staff i sicrhau ei fod yn bodloni'r meini prawf ar gyfer profi.

Fel ei reolwr llinell, mae'n ofynnol i chi anfon e-bost sy'n nodi Enw'r Gweithiwr a'r Is-adran ac Adran mae'n gweithio ynddynt at: COVID-19testing@sirgar.gov.uk gan nodi bod y gweithiwr yn atgyfeirio ei hun i gael prawf. Mae hyn yn sicrhau bod gennym gofnod o nifer y ceisiadau sydd wedi'u gwneud ar gyfer yr awdurdod.

Sicrhewch fod y gweithiwr yn ymwybodol mai ei gyfrifoldeb ef/hi yw rhoi'r wybodaeth ddiweddaraf i chi am ei iechyd cyffredinol a chanlyniadau'r prawf yn ystod y cyfnod hwn. Bydd canlyniadau'n cael eu dychwelyd yn uniongyrchol i'r gweithiwr o fewn 72 awr.

Eich cyfrifoldeb chi fel rheolwr llinell yw sicrhau eich bod yn diweddaru Resourcelink yn ddyddiol."

Cais am Brawf gan y Cyhoedd

Gall y cyhoedd, yn cynnwys plant dan bump oed, gael prawf gartref yn awr naill ai drwy ffonio 119 am ddim neu wneud cais am un ar-lein am ddim ar y GIG drwy fynd yma. Gall pobl ag anawsterau clyw neu leferydd ffonio 18001 119.

Y cyngor a roddir gan Lywodraeth Cymru i bobl yw cael y prawf yn ystod y pum diwrnod cyntaf ar ôl dechrau datblygu'r symptomau. Y peth gorau yw gwneud cais am y prawf yn y tri diwrnod cyntaf oherwydd gall gymryd diwrnod neu ddau i'w drefnu.

Olrhain Cysylltiadau

Bydd tîm o olrheinwyr yn ffonio, yn e-bostio neu'n anfon neges destun at y person heintiedig, yn gofyn iddynt rannu manylion cyswllt y sawl maent wedi bod mewn cysylltiad agos â nhw, a'r lleoedd maent wedi bod. Byddant wedyn yn dod o hyd i'r bobl hynny ac yn dweud wrthynt fod yn rhaid iddynt aros gartref am 14

diwrnod, hyd yn oed os nad oes ganddynt unrhyw symptomau, er mwyn osgoi lledaenu'r feirws yn ddiarwybod.

Diffinnir y bobl hyn fel rhywrai sydd wedi:

- bod o fewn metr i'r person heintiedig, sydd wedi cael eu pesychu arnynt, sydd wedi cael sgwrs wyneb-yn-wyneb, sydd wedi cael cyswllt corfforol croen-i-groen, neu wedi cael cyswllt o fath arall o fewn metr am funud neu hirach;
- bod o fewn dau fetr i'r person heintiedig am fwy na 15 munud;
- teithio mewn cerbyd gyda - neu mewn awyren yn ymyl - y person heintiedig.
- Yna, dywedir wrth y bobl maent wedi dod i gysylltiad â nhw am ynysu am 14 diwrnod - hyd yn oed os nad oes ganddynt unrhyw symptomau a bod eu prawf yn negyddol.

Effaith ar Ganolfannau Gofal

Os oes symptomau gan aelod o staff neu ddisgybl mewn canolfan ofal a'i fod wedyn yn cael prawf positif ar gyfer coronafeirws, gall olrheiniwr gysylltu ag unrhyw staff neu ddisgyblion yn y ganolfan sy'n bodloni unrhyw un o'r "meini prawf cyswllt" uchod a gofyn iddynt hunanynysu am 14 diwrnod. (

Nid oes angen profi staff na disgyblion y gofynnir iddynt hunanynysu oni bai eu bod yn datblygu symptomau. Nid oes angen prawf arnynt i allu dychwelyd i'r ganolfan ofal os nad ydynt wedi datblygu unrhyw symptomau wrth hunanynysu.

Nid yw'n ofynnol i staff hunanynysu'n wirfoddol oni bai eu bod yn datblygu symptomau neu'n cael cyngor i wneud hynny gan olrheiniwr.

Test, Trace and Protect

From 01st June Wales is introducing a system of Test and Trace.

It is triggered by an individual developing one or more of the following three key symptoms of coronavirus:

- **a high temperature** –feeling hot to touch on chest or back (there is no requirement to measure 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 a person usually has a cough, it may be worse than usual)
- **loss or change to a sense of smell or taste** – a person cannot smell or taste anything, or things smell or taste different to normal

If a child or member of staff develops any of the above symptoms while at a Hub, the head teacher must:

- send the member of staff home immediately
- isolate a pupil and request the parent to collect them immediately
- follow the procedures for closing off the relevant room(s) for 72 hours and carry out an enhanced clean

Staff should be advised not to go to places like a GP surgery, pharmacy or hospital if they think they might have coronavirus. They should be told to follow the current advice from Carmarthenshire County Council:

"If an employee comes to you as their line manager to say they are not feeling well and have symptoms of Coronavirus (COVID-19) you should advise them to refer themselves for a test by calling 0300 303 8322 or sending an email to: Covidenquiries.hdd@wales.nhs.uk. The NHS will then go through the process with the member of staff to ensure they meet the criteria for testing.

As their line manager you are required to send an email noting Employee Name / Division and Department that they work in to: COVID-19testing@carmarthenshire.gov.uk informing that the employee is referring themselves to be tested. This is to ensure we have a record of how many requests have been made for the authority.

Ensure the employee is aware that it is their responsibility to keep you updated with their general health and test results during this time. Results will be sent back directly to the employee within 72 hours.

It is your responsibility as a line manager to ensure you keep Resourcelink updated daily."

Members of the Public Requesting a Test

Members of the public, including children under five, can now get a home test either by calling the free number 119 or applying for one online free on the NHS by going here. People with hearing or speech difficulties can call 18001 119.

The Welsh Government advises people to take the test in the first five days of having symptoms. It is best to apply for the test in the first three days as it may take one or two days to arrange.

Contact Tracing

A team of tracers will call, email or send a text to the infected person asking them to share contact details of the people they have been in close contact with and the places they have visited. They will then find those close contacts and tell them they must stay home for 14 days even if they have no symptoms to avoid unknowingly spreading the virus

A contact is defined as someone who has been:

- within one metre of the infected person, has been coughed on, has had a face-to-face conversation, had skin-to-skin physical contact, or been in other forms of contact within one metre for one minute or longer;
- within two metres of the infected person for more than 15 minutes;
- have travelled in a vehicle with – or in a plane near – the infected person.
- The contacts who they have come into contact with will then be told to isolate for 14 days – even if they have no symptoms and test negative.

Impact on Hubs

If a member of staff or a pupil in a Hub is symptomatic and subsequently tests positive for Coronavirus, any staff or pupils at their Hub that meet any of the "contact criteria" above may be contacted by a tracer and asked to self-isolate for 14 days. (

Staff or pupils who are requested to self-isolate do not need to be tested unless they develop symptoms. They do not need a test to be able to return to the Hub if they have not developed any symptoms while they have been in self isolation.

Staff are not required to voluntarily self-isolate unless they develop symptoms or are advised by a tracer.