

Ysgol Gymraeg Llangennech

Maes y Dderwen,

Llangennech,

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Annwyl Rieni,

Mae pob un ohonom yn ymwybodol bod Covid dal gyda ni. Gallaf gadarnhau bod yr ysgol yn gwneud popeth y gallwn i ddiogelu pawb o fewn yr adeilad. Gall rieni, hefyd, helpu'r gymuned gadw'r lledaeniad yn isel drwy gadw pellter cymdeithasol, gwisgo gorchudd wyneb ac ati.

Ar wahân i'r 3 prif symptom o Covid-19 (tymheredd uchel, peswch parhaus, colli blas neu arogl) mae yna mân symptomau eraill ar blant sydd â chysylltiad â'r feirws:

- Blinder
- Poen yn y cyhyrau
- Llwnc tost
- Pen tost
- Trwyn sy'n rhedeg
- Cyfog
- Chwydu neu ddolur rhydd

Os yw eich plentyn yn dangos symptomau, dylech ystyried yn gryf mynd â'ch plentyn am brawf PCR COVID-19. Dylai'r plentyn gadw draw o'r ysgol wrth aros am ganlyniad y prawf.

Gallwch fwcio prawf trwy: ffonio 119 neu ar-lein: <https://www.gov.uk/get-coronavirus-test>

Dear Parents,

We are all aware that Covid is still with us. Rest assured we are doing all that we can in school to ensure everyone's safety. Parents can, however, help the community to keep transmission rates low by socially distancing, wearing a three-layer face mask etc.

Apart from the 3 main symptoms of Covid-19 (high temperature, continuous cough, loss of taste or smell) there are other minor symptoms in children which may be linked to the virus. These are:

- Fatigue
- Muscle ache/pain
- Sore throat
- Headache
- Runny nose
- Nausea
- Vomiting or diarrhoea

If your child is displaying these symptoms you should strongly consider taking your child for a Covid PCR test. If awaiting a test result, the child should stay off school.

You can book a test by: telephoning 119 or online by visting <https://www.gov.uk/get-coronavirus-test>

Yn gywir,

G Anderson