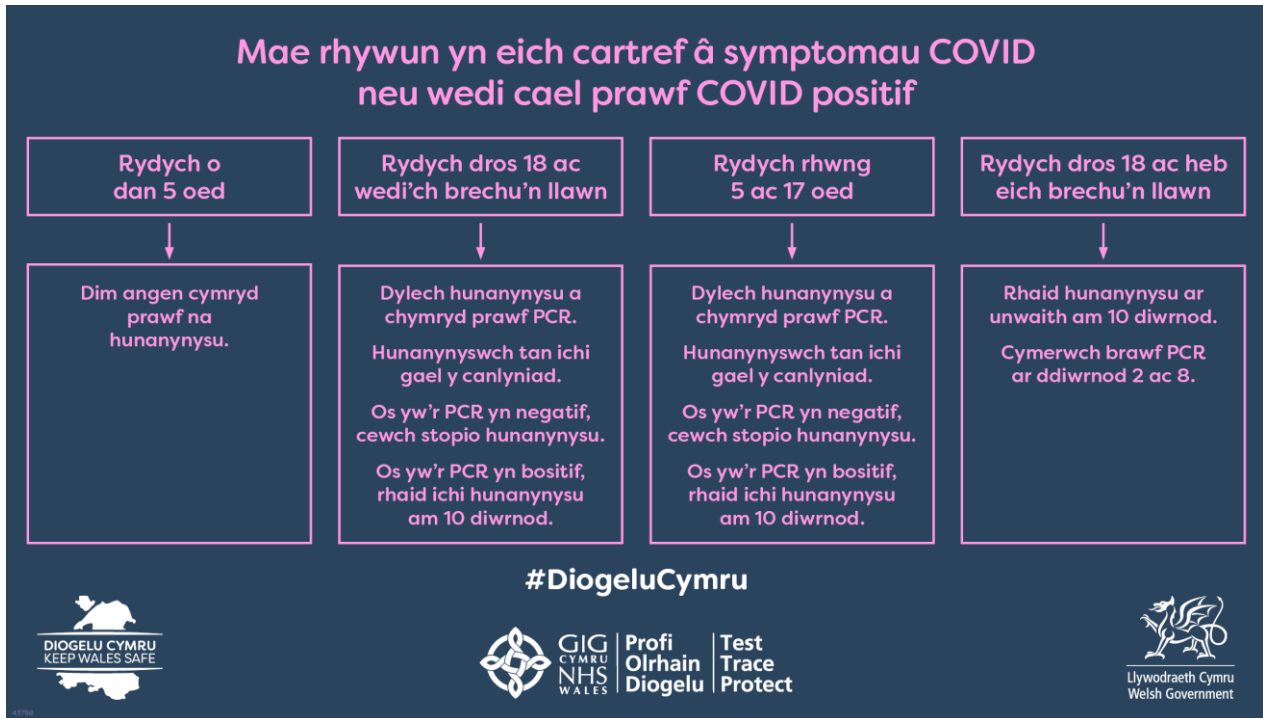


DIWEDDARIAD OS OES GAN RYWUN YN EICH CARTREF SYMPTOMAU COVID NEU WEDI PROFI'N BOSITIF AM COVID



Efallai eich bod eisoes yn ymwybodol y bu rhai newidiadau i ganllawiau Covid-19 Llywodraeth Cymru pan fydd rhywun yn eich cartref sydd naill ai wedi profi'n bositif am Covid-19 neu **yn arddangos symptomau Covid-19**.

Os bydd rhywun yn eich cartref yn profi'n bositif am Covid-19 neu'n datblygu symptomau Covid-19 yna gofynnir i bawb arall ar yr aelwyd (ar wahân i'r rhai dan 5 oed) **ynysu gartref a chymryd prawf PCR cyn gynted â phosibl**. Gall y rhai sy'n cynhyrchu canlyniad negyddol ddychwelyd i'r ysgol neu'r gwaith ar unwaith ar yr amod eu bod wedi'u brechu ddwywaith (ar ôl 14 diwrnod wedi'r ail frechiad) neu o dan 18 oed. Nid yw hyn yn cynnwys plant dan 5 oed ac maent yn gallu mynychu'r ysgol oni bai bod ganddynt unrhyw symptomau Covid-19. Ni chynghorir cysylltiadau cartref i gymryd prawf PCR diwrnod 8 mwyach.

Nid yw hwn yn cynnwys unrhyw un sydd wedi profi'n bositif am Covid-19 o fewn y 90 diwrnod diwethaf. Cyn belled â bod yr unigolion hyn wedi cwblhau yr hunan ynysu 10 diwrnod a ddim yn arddangos symptomau, awgrymir bellach bod staff a disgyblion uwchradd yn cymryd Prawf Llif Ochrol ac yn ynysu hyd nes eu bod yn cael canlyniad negyddol. Noder na ddylai disgyblion cynradd ddefnyddio Profion Llif Ochrol a gallant fynychu'r ysgol ar yr amod eu bod yn rhydd o symptomau. Bydd angen i'r rhai dros 18 oed a heb eu brechu'n llawn ynysu am 10 diwrnod hyd yn oed os yw'r prawf PCR ar ôl cysylltu'n agos ag achos cadarnhaol yn negyddol.

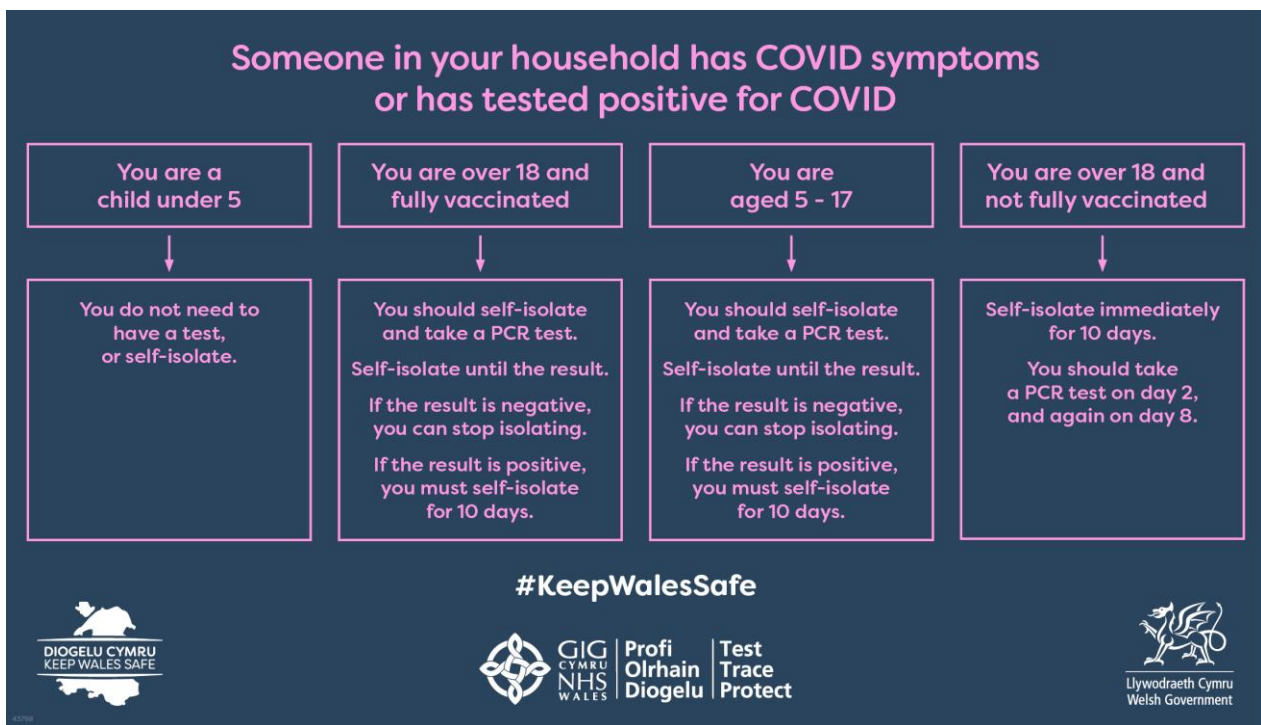
Mae'r newidiadau hyn yn golygu, os anfonir eich plentyn adref oherwydd ei fod yn arddangos symptomau Covid-19 yn yr ysgol, mae'n debygol y bydd yr ysgol yn gofyn i chi gasglu brodyr a chworydd sy'n byw yn yr un cartref a chynghori eu bod yn cymryd prawf PCR hefyd, oni bai bod y brawd neu chwaer o dan 5 oed.

Eich penderfyniad chi yw profi eich plentyn neu beidio ond gofynnwn ichi gymryd y cyngor hwn er mwyn cefnogi ein hysgolion i gadw pawb mor ddiogel â phosibl. Sylwch y bydd gofyn iddynt hunan-ynysu am 10 diwrnod os ydynt yn datblygu symptomau a'ch bod yn dewis peidio cymryd prawf.

Gofynnwn i chi barhau i roi gwybod i ysgol eich plentyn ar unwaith os ydynt yn datblygu unrhyw un o symptomau 'clasurol' Covid-19 (tymheredd uchel, peswch parhaus newydd neu golled neu newid mewn blas/arogl) a'u cadw i ffwrdd o'r ysgol, neu os ydynt yn profi'n bositif am Covid-19.

Wrth i ni barhau i weld cyfraddau achosion uchel yn ein hardal ac ar draws Cymru, hoffwn eich atgoffa ein bod yn dal i annog rhieni a gofalwyr i wisgo gorchuddion wyneb tra byddant ar safle'r ysgol.

UPDATE IF SOMEONE IN YOUR HOUSEHOLD HAS COVID SYMPTOMS OR HAS TESTED POSITIVE FOR COVID



You may already be aware that there have been some changes to the Welsh Government's Covid-19 guidance when there is someone in your household who either has tested positive for Covid-19 **or has displayed Covid-19 symptoms**.

With immediate effect, if someone in a household tests positive for Covid-19 or develops symptoms for Covid-19 then everyone else in the household (apart from the under 5s) is asked to **isolate at home** and **take a PCR test as soon as possible**. Those who produce a negative result can then immediately return to school or work provided they are double vaccinated (post 14 days after the second vaccination) or are under 18 years old. This does not include children under 5 years old and they are able to attend to school unless they have any Covid-19 symptoms. Household contacts are no longer advised to take a day 8 PCR test.

It also does not include anyone who has tested positive for Covid-19 within the last 90 days. As long as these individuals have completed their 10 day isolation and are free of symptoms, it is now suggested that staff and secondary pupils take a Lateral Flow Test and isolate until they have a negative result. Please note that primary pupils should not use Lateral Flow Tests and can attend school provided they are free of symptoms. Those over 18 and not fully vaccinated will need to isolate for 10 days even if the PCR test after close contact with a positive case is negative.

These changes mean that if your child is sent home because they are displaying Covid-19 symptoms in school, it is likely that the school will request that you take siblings who live in the same household home and advise that they also have a PCR test, unless the sibling is under 5.

The decision whether or not to have your child PCR tested is your own but we ask you to strongly consider taking this advice in order to support our schools in keeping everyone as safe as possible. Please note that they will be required to self-isolate for 10 days if they develop symptoms and you choose not to have them tested.

We ask you to continue to inform your child's school immediately if they develop any of the 'classic' symptoms of Covid-19 (a high temperature, a new continuous cough or loss or change in taste/smell) and keep them away from school, or if they test positive for Covid-19.

As we continue to see high case rates in our locality and across Wales, I would remind you that we still strongly encourage parents and carers to wear face coverings whilst on the school site.