YSGOL ABERCONWY

Gwybodaeth am achos a gadarnhawyd o'r coronafeirws yn Ysgol Aberconwy

Annwyl Aelod o Dysgwr/Rhiant/Gofalwr

Medi 20fed 2020

Mae gwasanaeth Profi Olrhain a Diogelu GIG Cymru wedi cael gwybod am achos a gadarnhawyd o COVID-19 (y Coronafeirws) yn y chweched dosbarth yn Ysgol Aberconwy.

Rydym yn gweithio'n agos gyda Iechyd Cyhoeddus Cymru, Yr Awdurdod Lleol a gwasanaeth Profi Olrhain a Diogelu GIG Cymru er mwyn sicrhau bod yr holl fesurau priodol ar waith i ddiogelu dysgwyr, staff a'r gymuned ehangach.Yn unol â hynny, rydym wedi cysylltu â phob myfyriwr yn y chweched dosbarth ac wedi eu hysbysu y dylent hunan-ynysu am 14 diwrnod o'r ysgol, ac y bydd eu dysgu yn parhau gartref yn ystod y cyfnod hwnnw. Y mae'r mesurau sydd gennym ar waith yn golygu eu bod wedi cael eu cadw ar wahân i grwpiau eraill, a bod unrhyw rannau o'r safle yr effeithir arnynt yn cael eu glanhau'n drylwyr. Rydym wedi cael sicrwydd y gallwn fel ysgol felly, gario ymlaen fel arfer i bob disgybl nad ydym ni, neu dîm Profi Olrhain a Diogelu GIG Cymru, wedi cysylltu gyda nhw.

Mae'r gwaith olrhain cysylltiadau yn digwydd ar hyn o bryd ac os y bydd unrhyw un arall yn cael eu nodi fel cyswllt o achos gadarnhawyd o COVID-19 yna bydd y tîm Profi Olrhain a Diogelu yn cysylltu â chi.

Serch hynny, yn y cyfamser cadwch lygad am unrhyw rai o symptomau COVID-19:

- Peswch newydd neu gyson
- Tymheredd uchel o >37.8oC
- Colli synnwyr arogleuo neu synnwyr blasu, neu newid iddynt

Os byddwch yn datblygu unrhyw rai o'r symptomau hyn, hyd yn oed os na fyddant yn ddifrifol:

- Trefnwch brawf drwy ffonio 119 neu drwy fynd i'r porth ar-lein: https://www.nhs.uk/ask-for-a-coronavirus-test
- Rhowch wybod i'r ysgol eich bod yn teimlo'n anhwylus gyda symptomau COVID-19 a'ch bod wedi gofyn am brawf
- Dylech hunan ynysu am 10 diwrnod o'r diwrnod y dechreuodd eich symptomau
- Dylai pawb arall sydd ar yr aelwyd ynysu am 14 diwrnod o'r adeg y datblygodd eich symptomau. Yn unol a chanllawiau cenedlaethol, cadwch at fesurau sy'n berthnasol i'r sefyllfa deuluol
- Peidiwch ag ymweld â meddygfa, fferyllfa nac ysbyty ond os bydd angen cyngor meddygol arnoch ffoniwch y GIG ar 111 neu ffoniwch eich meddyg teulu; os bydd argyfwng meddygol ffoniwch 999
- Dilynwch y cyngor a roddir pan fyddwch yn cael canlyniadau eich prawf

Er mwyn lleihau'r risg o ledaenu COVID-19, mae pethau y gall pawb yn eich teulu ei wneud i helpu. Mae'r rhain yn cynnwys y canlynol:

- golchi eich dwylo â dŵr a sebon yn aml, am o leiaf 20 eiliad
- defnyddio hylif diheintio dwylo os nad oes dŵr a sebon ar gael
- golchi eich dwylo cyn gynted ag y byddwch yn cyrraedd gartref
- gorchuddio eich ceg a'ch trwyn â hances neu eich llawes (nid eich dwylo) pan fyddwch yn pesychu neu'n tisian
- rhoi hancesi papur yn y bin ar unwaith ar ôl eu defnyddio a golchi eich dwylo wedyn

Mae rhagor o wybodaeth am symptomau a hunan ynysu ar gael yma https://llyw.cymru/gwiriad-olrhain-cysylltiadau-dyddiol-symptomau-canllawiau-chymorth. Mae rhagor o wybodaeth am y gwasanaeth Profi Olrhain Diogelu ar gael yma https://llyw.cymru/profi-olrhain-diogelu-coronafeirws. I gael gwybodaeth gyffredinol am COVID-19 https://llyw.cymru/amddiffyn-eich-hun-ag-eraill-rhag-y-coronafeirws . Gall gwiriwr symptomau ar-lein COVID-19 ddweud wrthych a oes angen help meddygol arnoch a'ch cynghori ynghylch beth i'w wneud https://llyw.cymru/oes-angen-help-meddygol-arnoch-am-y-coronafeirws

Yn gywir

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YSGOL ABERCONWY

Information regarding a confirmed case of coronavirus in Ysgol Aberconwy

Dear Learner/Parent/Carer

September 20th 2020

NHS Wales Test, Trace, Protect has been informed of a confirmed case of COVID-19 (Coronavirus) in Ysgol Aberconwy's sixth form.

We are working closely with Public Health Wales, the Local Authority and the NHS Wales Test, Trace and Protect (TTP) to ensure that all the appropriate measures are in place to protect learners, staff and the wider community. Accordingly, we have contacted all students in the sixth form and informed them that they should self-isolate for 14 days from school, and that their learning will continue from home during that period. The measures we have in place mean that other contact groups have been kept separate from each other, and that any affected areas of the site are thoroughly cleaned. We are **therefore assured that school can continue as normal for all other students** who have not been contacted already by us, or by the TTP team.

Contact tracing is underway and if anyone else is identified as a contact of the confirmed case of COVID-19, a contact advisor from Test, Trace and protect will be in touch.

However, as a precaution, please be alert for any symptoms of COVID-19:

- A new or continuous cough
- A high temperature of > 37.8ºC
- A loss of, or a change to sense of smell or taste

If you develop any of these symptoms, even if they are mild:

- Book a test by phoning 119 or through the online portal: https://www.nhs.uk/ask-for-a-coronavirus-test
- Inform the School that you are unwell with COVID-19 symptoms and that you have requested a test
- You should self-isolate for 10 days from when your symptoms started
- All other household members should isolate for 14 days from when you developed symptoms. In line with national guidance please adhere to measures relevant to the family situation
- Do not visit a GP surgery, pharmacy or hospital but if you require medical advice please contact NHS 111 or telephone your GP; if there is a medical emergency phone 999
- Please follow the advice provided when you receive your test result

To reduce the risk of COVID-19 spreading, there are things that everyone in your family can do to help. These include:

- washing hands with soap and water often – do this for at least 20 seconds
- using hand sanitiser gel if soap and water are not available
- wash hands as soon as anyone arrives at home
- covering their mouth and nose with a tissue or sleeve (not their hands) when they cough or sneeze
- putting used tissues in the bin immediately and wash hands afterwards

Further information on symptoms and self-isolation can be found here https://gov.wales/symptoms-and-self-isolation-contact-tracing. Further information on Test, Trace, Protect can be found here https://gov.wales/test-trace-protect-coronavirus. For general information on COVID-19 https://gov.wales/protect-yourself-others-coronavirus . The COVID-19 online symptom checker can tell you if you need medical help and advise you what to do https://gov.wales/check-if-you-need-coronavirus-medical-help

Yours sincerely

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