

## **Symptomau a phrofi COVID-19: Arweiniad ar gyfer rhieni a gofalwyr Medi 2020**

### **Os oes gan eich plentyn symptomau**

Yn unol â chanllawiau lechyd Cyhoeddus Cymru, os yw eich plentyn yn arddangos unrhyw un o'r symptomau canlynol naill ai gartref neu yn yr ysgol yna mae angen gweithredu ar frys.

- Tymheredd uchel  $\geq 37.8^{\circ}\text{C}$
- Peswch newydd parhaus
- Colled neu newid yn eu gallu i aroglu neu flasu

Os yw eich plentyn yn arddangos unrhyw un o'r symptomau uchod gartref yna mae angen i chi drefnu prawf Coronafeirws ar frys a pheidio gyrru unrhyw frawd neu chwaer i'r ysgol (hyd yn oed i ysgol wahanol) nes bod canlyniad y prawf wedi'i ddychwelyd.

Os yw eich plentyn yn arddangos un o'r symptomau uchod tra yn yr ysgol yna bydd yr ysgol yn cysylltu gyda chi er mwyn i chi drefnu eu casglu yn brydlon (gan gynnwys eu brodyr a chwiorydd). Yna mae'n rhaid i chi archebu prawf ar unwaith.

### **Beth ydw i'n ei wneud os yw fy mhlentyn yn sâl ac nid yw'n arddangos unrhyw un o'r symptomau cysylltiedig Covid 19 penodol uchod?**

Mae lechyd Cyhoeddus Cymru wedi cadarnhau y dylai ysgolion ddilyn y cyngor cyffredinol ar reoli heintiau y byddent wedi bod yn ei ddilyn fel arfer h.y. ni ddylai myfyrwyr â dolur rhydd/chwydu fod yn yr ysgol am 48 awr yn glir o symptomau, ni ddylai'r rhai â symptomau annwyd fod yn yr ysgol tra'n arddangos symptomau a gallant ddychwelyd i'r ysgol pan fyddant yn teimlo'n well ac nad oes symptomau amlwg.

Ar gyfer pob salwch arall a symptom arall nad yw'n Covid-19, rhaid i chi a'ch ysgol ddilyn y prosesau arferol. Mae gan yr ysgol restr o gyflyrau meddygol a hyd disgwylidig yr absenoldeb wedi ei gyhoeddi gan lechyd Cyhoeddus Cymru. Ffoniwch 119 os nad ydych yn sicr o gyflwr eich plentyn.

### **Sut i archebu prawf**

Gallwch archebu prawf ar-lein i'ch plentyn er mwyn mynychu canolfan profi 'gyrru trwy' Llandudno trwy'r ddolen hon: [www.gov.uk/get-coronavirus-test](http://www.gov.uk/get-coronavirus-test) neu fel arall ar y ddolen gallwch archebu prawf cartref os na allwch gyrraedd safle profi.

O ddiwrnod 1 hyd 4 o symptomau eich plentyn, gallant gael ei profi mewn safle profi neu gartref. Os yw'n ddiwrnod 5 o'ch plentyn yn arddangos y symptomau uchod yna bydd angen i chi fynd i safle profi. Bydd yn rhy hwyr archebu prawf cartref ar y pryd hwn.

**Os yw eich plentyn ddim yn gallu cael prawf yn ystod y 5 diwrnod cyntaf o gael symptomau yna bydd rhaid i holl aelodau y cartref aros gartref (hunan ynysu). Bydd rhaid i aelodau unrhyw swigen gymorth aros gartref hefyd.**

Os nad oes gennych fynediad i'r system ar-lein am unrhyw reswm yna gallwch archebu prawf ar gyfer eich plentyn drwy ffonio **119**. Gall pobl gydag anhawsterau clyw neu leferydd ffonio **18001 119**. Mae'r ganolfan gyswllt ar agor rhwng 7 o'r gloch y bore ag 11eg o'r gloch yr hwyrnos. Os na allwch fynychu canolfan brawf neu trefnu prawf cartref yna cysylltwch gyda'ch ysgol, efallai y gallant ddarparu pecyn profi cartref i chi, o dan rhai amgylchiadau anarferol.

### **Gweithredu y prawf:**

Gyda'r prawf y mae disgwyl i chi gymryd swab o du fewn trwyn ac o gefn gwddw eich plentyn gyda'r teclyn yn y pecyn. Gall eich plentyn wneud y prawf ei hun os yw dros ddeuddeg oed neu gallwch chi ei wneud drostynt. Bydd rhaid i'r rhiant neu ofalwr ei wneud os ydynt yn iau na hynny.

### **Beth i'w wneud ar ôl derbyn canlyniad eich plentyn.**

**Canlyniad negyddol**-gall pob plentyn o'r cartref ddychwelyd i'w ysgol ac aelodau eraill y cartref neu'r swigen roi'r gorau i hunan ynysu.

**Canlyniad cadarnhaol**-rhaid i'r plentyn/plant hunan ynysu yn unol â chanllawiau cyfredol Llywodraeth Cymru. Yn ogystal bydd rhaid i unrhyw aelod o'r cartref neu'r swigen hunan-ynysu am y cyfnod yn unol â chanllawiau cyfredol Llywodraeth Cymru. Pe bai aelod pellach o'r cartref/swigen yn datblygu symptomau yn ddiweddarach yna bydd rhaid iddynt hunan ynysu am 10 diwrnod ac archebu prawf.

**\* Os yw canlyniad eich plentyn yn bositif yna bydd rhaid i chi gysylltu gyda'i ysgol ac unrhyw ysgol arall y mae ei frodyr neu chwiorydd yn mynychu.**

### **Beth fydd yn digwydd yn yr ysgol?**

**Nid fydd angen cau yr ysgol ac nid oes disgwyl i rieni eraill gadw eu plant gartref o'r ysgol.**

Os yw'r prawf yn bositif yna bydd y tîm 'Profi, Olrhain a Diogelu (TTP)' yn cynghori'r ysgol pa gamau fydd angen eu cymryd. Bydd y tîm hefyd yn gwneud cyswllt efo'r holl gysylltiadau perthnasol ac yn eu harwain ar unrhyw ofynion pellach. Dim ond ar ôl cadarnhad bod canlyniad prawf positif y bydd ystyriaeth yn cael ei wneud ar gau rhan neu'r ysgol gyfan.

## **COVID-19-symptoms and testing: A Guidance for Parents/Carers September 2020**

### **If your child has symptoms**

In line with Public Health Wales Guidance, if your child experiences any of the following symptoms either at home or at the school setting, urgent action is required.

- A high temperature  $\geq 37.8^{\circ}\text{C}$
- A new continuous cough
- Loss of, or a change in sense of smell or taste

If your child experiences any of the above symptoms at home you need to urgently arrange a Coronavirus test and not send your child or any sibling into school (even if it's a different school) until the test result has been returned.

If your child experiences any of the above symptoms while at school, the school will make immediate contact with you to collect your child (and their siblings). You must then book a test immediately.

### **What do I do if my child is unwell and not displaying any of the above specific Covid 19 related symptoms?**

Public Health Wales have confirmed that schools should be following the general infection control advice which they would have been following pre Covid i.e. students with diarrhoea/vomiting should not be in school until 48 hour symptom free, those with cold symptoms should not be in school whilst exhibiting symptoms and can return to school when they feel well enough.

For all other illnesses and symptoms which are not Covid-19, you and your school must follow the usual processes. Your school has a list of medical conditions and the expected length of absence published by Public Health Wales. Telephone 119 if you are unsure about your child's condition.

### **How to book a test**

You can book an online test for your child to attend the Llandudno 'drive-thru' centre through this link <https://www.gov.uk/get-coronavirus-test> or alternatively on the same link you can order a home test kit if you cannot physically get to a test site.

From day 1 to 4 of your child's symptoms, you can get tested at a testing site or at home. If it's day 5 of your child experiencing the above symptoms then you need to go to a test site. It's then too late to order a home test kit.

**If your child is unable to get a test in the first 5 days of having symptoms, anyone within the household must stay at home ([self-isolate](#)). Anyone in your support bubble must also stay at home.**

If for any reason you have no access to the online system then you can alternatively book a test for your child by telephoning **119**. People with hearing or speech difficulties can call **18001 119**. The contact centre is open from 7am until 11pm. If you have been unable to access a testing facility or request a home test then contact your schools, they might be able to provide you with a home testing kit under certain circumstances.

### **What the test involves:**

The test involves taking a swab from the inside of your child's nose and the back of the throat, using a long cotton bud. Your child is able to do the swab (if aged 12 or over) or you can choose to swab your child. Parents/ carers must swab test children aged 11 or under.

### **What to do after you receive your child's result:**

**Negative result** – all pupils from household can return to school and other members of the house and bubble can stop self-isolating.

**Positive results** – the pupils must self-isolate in line with the most up to date Welsh Government guidance. In addition any household members or bubble must self-isolate in line with Welsh Government guidelines. Should any further household/bubble member subsequently develop symptoms themselves at a later stage, then they must self-isolate in line with Welsh Government guidelines for 10 days from their symptoms and book a test.

**\* If your child's test returns positive, you will need to make contact with the child's school and inform other schools where siblings attend.**

### **What happens at the school?**

**There will be no need to close the school or part of the school and no expectation that other parents will need keep their children home from school.**

If the test is positive, the 'Test Trace and Protect (TTP)' team will advise the school on what action will be required. The team will also get in touch with all relevant contacts and advise them on any further requirements. It is only after a positive case has been confirmed that consideration will be given to closing part of the school or the whole school.