Llythyr Hysbysu o Lywodraeth Cymru

Annwyl Riant / Ofalwr

Mae achos o COVID-19 wedi'i gadarnhau yn nosbarth eich plentyn, Blwyddyn 3. Dylai eich plentyn barhau i fynychu'r ysgol a heblaw ei fod yn cael ei gadarnhau fel cyswllt agos gan Profi, Olrhain, Diogelu nid oes angen iddynt ddefnyddio Profion Llif Ochrol (LFTs) bob dydd. Fodd bynnag, gofynnwn ichi fod ar eich gwyliadwriaeth am symptomau COVID-19 yn eich plentyn.

Dyma **dri phrif symptom** COVID-19:

- tymheredd uchel: bydd brest neu gefn eich plentyn yn boeth i'w cyffwrdd
- peswch cyson, newydd: bydd eich plentyn yn peswch llawer am fwy nag awr, neu'n cael 3 neu fwy o byliau peswch mewn 24 awr
- colli synnwyr arogli neu flasu, neu newid yn y synnwyr arogli neu flasu: bydd eich plentyn wedi sylwi nad yw'n gallu arogli neu flasu unrhyw beth, neu fod pethau yn arogli neu'n blasu'n wahanol i'r arfer.

Os oes **unrhyw un o'r tri phrif symptom hyn** ar eich plentyn, peidiwch â'i anfon i'r ysgol a threfnwch brawf PCR ar ei gyfer ar unwaith. Gallwch archebu prawf PCR ar-lein drwy wefan y GIG yn gov.uk/get-coronavirus-test neu drwy ffonio 119. Dylai unrhyw un arall yn eich cartref sydd ag **unrhyw un o'r tri phrif symptom hyn** hefyd ynysu a chymryd prawf PCR.

Noder os gwelwch yn dda, os yw'ch plentyn o dan 5 oed, ni ddylent gymryd prawf COVID-19 oni bai bod meddyg yn cyfarwyddo iddynt wneud hynny neu os ydych chi'n credu bod prawf yn gwbl angenrheidiol ac er budd gorau eich plentyn. Fodd bynnag, dylent aros i ffwrdd o'r ysgol tra bod ganddyn nhw symptomau.

Os yw unrhyw aelod o'ch cartref wedi profi'n bositif am COVID-19, rydym hefyd yn argymell y dylai plant 5 oed a hŷn ddefnyddio prawf LFT yn ddyddiol am saith diwrnod. Dylai hyn ddechrau ar y diwrnod y cadarnheir bod aelod o'ch cartref yn bositif o ganlyniad prawf llif ochrol neu brawf PCR.

Dylai unrhyw un sy'n cael canlyniad prawf positif ddilyn y rheolau yn https://www.llyw.cymru/canllawiau-hunanynysu. Os yw'r canlyniad yn negyddol, gall eich plentyn ddychwelyd i'r ysgol cyn gynted ag y bydd yn teimlo'n well.

Fel ysgol, nid ydym bob amser yn ymwybodol o amgylchiadau personol, a gallai fod yna oedolion neu blant yn eich cartref neu eich grŵp cyswllt estynedig sydd â chyflyrau sy'n cynyddu risg COVID-19. Efallai y byddwch am gyfyngu ar eich cysylltiad ag unrhyw un sydd mewn perygl mwy o effeithiau COVID-19 rhag ofn.

Er gwybodaeth y mae'r llythyr hwn, er mwyn ichi fod ar eich gwyliadwriaeth am symptomau COVID-19. Mae'n bosibl y cewch ohebiaeth bellach gan y tîm Profi, Olrhain, Diogelu gyda rhagor o wybodaeth a chyfarwyddyd.

Rydym yn gwybod cymaint y mae'r flwyddyn ddiwethaf hon wedi tarfu ar fywydau pawb. Eleni, rydym am gadw eich plentyn yn yr ysgol gymaint â phosibl, ond rydym hefyd am gadw ein hysgolion a'n cymunedau yn saff rhag effeithiau COVID-19.

Inform Letter from Welsh Government

Dear Parent / Carer

There has been a confirmed case of COVID-19 in your child's class, Year 3. Your child should continue to attend school and unless confirmed as a close contact by TTP does not need to conduct daily Lateral Flow Tests (LFTs). However we ask that you look out for symptoms of COVID-19 in your child.

The **three key symptoms** of COVID-19 are:

- a high temperature: this means that they feel hot to touch on their chest or back
- a new, continuous cough: this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours
- a loss or change to their sense of smell or taste: this means they've noticed they cannot smell or taste anything, or things smell or taste different to normal.

If your child has **any of these three key symptoms**, please do not send your child to school and arrange a PCR test for them immediately. You can book a PCR test online through the NHS website at gov.uk/get-coronavirus-test or by calling 119. Anyone else in your household with **any of these three key symptoms** should also isolate and take a PCR test.

Please note that if your child is under the age of 5 years old they should not take COVID-19 tests unless directed to do so by a doctor or if you believe a test is absolutely necessary and in the best interests of your child. They should however remain off school if they have a high temperature until it returns to normal and they feel better.

If any member of your household has tested positive for COVID-19, we also recommend that children 5 and over should take a daily lateral flow test every day for seven days. This should start on the day a member of your household is confirmed positive from a lateral flow or PCR test result.

Anyone with a positive test result should follow the rules set out at gov.wales/self-isolation. If the test is negative, your child can return to school as soon as they feel better.

As a school we are not always aware of personal circumstances and there may be adults or children with conditions that increase the risk from COVID-19 in your household or extended contact group. You may choose to limit contact with anyone at greater risk from the effects of COVID-19 infection as a precaution.

This letter is for information so you are aware to look out for any symptoms of COVID-19. You may receive further correspondence from the Test Trace Protect (TTP) team who may provide you with further information and instructions.

We know how disruptive the last year has been for everyone. This year we want to keep your child in school as much as possible, but we also want to keep our schools and communities safe from the effects of COVID-19.

Diolch yn fawr