

Llythyr Hysbysu o Lywodraeth Cymru

Annwyl Riant / Ofalwr

Mae achos o COVID-19 wedi'i gadarnhau ym mlwyddyn eich plentyn, BLWYDDYN 5. Dylai eich plentyn barhau i fynychu'r ysgol. 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 flasau, neu newid yn y synnwyr arogli neu flasau: bydd eich plentyn wedi sylwi nad yw'n gallu arogli neu flasau 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 iddynt ddefnyddio prawf llif unffordd. Gallwch archebu prawf ar-lein drwy wefan y GIG yn gov.uk/order-coronavirus-rapid-lateral-flow-tests 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 llif unffordd.

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.

Dylai unrhyw un sy'n cael canlyniad prawf positif ddilyn y canllawiau yn 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, Orlhain, Diogelu gyda rhagor o wybodaeth a chyfarwyddyd.

Diolch am eich cefnogaeth barhaus.

Inform Letter from Welsh Government

Dear Parent / Guardian

There has been a confirmed case of COVID-19 in your child's year group, YEAR 5. Your child should continue to attend school. 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 for them to take a LFD test. You can order a test online through the NHS website at [gov.uk/order-coronavirus-rapid-lateral-flow-tests](https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests) or by calling 119. Anyone else in your household with **any of these three key symptoms** should also isolate and take a LFD 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.

Anyone with a positive test result should follow the guidance set out at [gov.wales/self-isolation](https://www.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.

Thank you for your continued support.