

## Llythyr ‘Rhybuddio ac Hysbysu’ o Lywodraeth Cymru

Annwyl Riant / Ofalwr,

Mae dau neu fwy o achosion positif o COVID-19 wedi bod ym mlwyddyn eich plentyn, BLWYDDYN 4.

Er bod yna risg y byddwch chi/bydd eich plentyn yn cael COVID-19, gallwch chi/eich plentyn barhau i fynychu'r ysgol cyn belled â'ch bod chi/eich plentyn yn teimlo'n iach. Os yw eich plentyn yn dechrau arddangos unrhyw un o symptomau COVID-19 dylent ddefnyddio prawf llif unffordd.

Os yw canlyniad yr LFD yn bositif, dylech [gofnodi'r canlyniad](#) a dylai eich plentyn hunanynysu gan ddilyn y [canllawiau hunanynysu](#). Nid oes angen i chi bellach drefnu prawf PCR i gadarnhau. Os yw'r canlyniad yn negyddol gall eich plentyn fynychu'r ysgol os ydynt yn teimlo'n ddigon da i wneud hynny.

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

Yn gyffredinol, ry'n ni yn gwybod nad yw COVID-19 yn effeithio ar bobl ifanc mewn ffordd mor ddifrifol ag y mae ar eraill yn ein teuluoedd a'n cymuned. Ond er mwyn helpu i gadw eraill yn ddiogel, mae yna rai pethau y gallwch chi/gall eich plentyn eu gwneud i leihau'r risg o ledaenu'r haint. Dros y 10 diwrnod nesaf, rydym yn argymhell eich bod chi/bod eich plentyn yn dilyn y cyngor isod.

- **Osgoi cyswllt ag unrhyw un sydd mewn perygl uwch o effeithiau COVID-19.** Mae hyn yn cynnwys pobl hŷn, y rheini sydd â chyflyrau iechyd hirdymor, ac unrhyw un sydd heb gael cwrs llawn o frechlyn COVID-19.
- **Bod ar wyliaidwriaeth am symptomau newydd.** Os byddwch chi/bydd eich plentyn yn dechrau teimlo'n anhwylyd, pa mor ysgafn bynnag yw'r symptomau, dylech chi / dylai eich plentyn gadw draw o'r ysgol a defnyddio prawf llif unffordd.
- **Cyfyngu ar gysylltiad â grwpiau mawr o bobl gymaint â phosibl.** Ceisiwch gadw nifer y bobl sydd mewn cysylltiad agos â chi/eich plentyn mor isel â phosibl. Osgowch gynulliadau mawr tu allan i'r ysgol, digwyddiadau cymdeithasol (e.e. partiön pen-blwydd) a gweithgareddau ar ôl ysgol.
- **Parhau i olchi eich dwylo yn rheolaidd.** Mae hon yn dal i fod yn ffordd bwysig o gyfyngu ar ledaeniad llawer o heintiau, gan gynnwys COVID-19.

Os byddwch chi/bydd eich plentyn yn dal i fod yn iach, ar ôl 10 diwrnod cewch ailgydio yn eich gweithgareddau arferol.

Diolch i chi am eich cefnogaeth barhaus.

## **‘Warn and Inform’ Letter from Welsh Government**

Dear Parent / Carer,

There have been two or more positive cases of COVID-19 in your child’s year group, YEAR 4.

Although there is still a risk of you/your child getting COVID-19, you/your child can continue to attend school provided you/your child remain well. If your child starts to display any of the COVID-19 symptoms they should take a LFD test.

If the result of the LFD test is positive, you should [report the result](#), and your child should self-isolate and follow the [self-isolation guidance](#). You no longer need to book a follow-up PCR test. If the result is negative then they can attend school as long as they are well enough to do so.

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.

We know that in general COVID-19 doesn’t affect young people as seriously as it does others in our families and community. But to help keep others safe, there are still some things you/your child can do to reduce the risk of spreading the infection. For the next 10 days we recommend you/your child:

- **Avoid contact with anyone at greater risk from the effects of COVID-19 infection.**  
This includes older people, those with long-term health conditions, and anyone who hasn’t received a full course of COVID-19 vaccine.
- **Be alert for new symptoms.**  
If you/your child start to feel unwell, no matter how mild the symptoms are, you/your child should stay away from school and take a LFD test.
- **Limit contact with large groups of people as much as possible.**  
Try to keep the number of people in close contact with you/your child to as few as possible. Avoid large gatherings outside of school, social events (e.g. birthday parties) and after-school activities.
- **Keep washing hands regularly.**  
This is still an important way to limit the spread of many infections, including COVID-19.

If you/your child remain well after 10 days you can return to normal activities.

Thank you for your continued support.