

Neges Bwysig

Gydag achosion yn codi yn y gymuned rydym fel ysgol yn cymryd yr holl ragofalon posib i gadw cymuned ein hysgol yn ddiogel. Nid yw COVID-19 wedi diflannu ac mae'n debygol o aros gyda ni yn fyd-eang. Er bod cyfyngiadau wedi'u codi, dylech wneud popeth o fewn eich gallu i gadw'ch hun ac eraill yn ddiogel.

Dyma ganllawiau Llywodraeth Cymru ar gyfer pobl â salwch anadlol gan gynnwys Covid:

https://llyw.cymru/canllawiau-i-bobl-sydd-symptomau-haint-anadlol-gan-gynnwys-covid-19?_ga=2.192838186.1690488501.1656589727-1229601649.1641130040

Yn ogystal, mae'r canllawiau cyfredol gan lechyd Cyhoeddus Cymru mewn perthynas â COVID-19 isod:

Prif symptomau COVID-19 yw:

- tymheredd uchel
- peswch parhaus newydd
- colli neu newid blas neu arogl

Os oes gennych unrhyw un o brif symptomau COVID-19, dylech aros gartref a chymryd prawf llif ochrol (LFT). Mae profion ar gyfer disgyblion ar gael trwy'r ysgol. Gofynnwch amdanynt yn yswyddfa os gwelwch yn dda.

Ond nodwch y gall symptomau eraill gynnwys:

- peswch parhaus
- tymheredd uchel, twymyn neu oerfel
- colli, neu newid yn eich synnwyr arferol o flas neu arogl
- diffyg anadl
- blinder anesboniadwy, diffyg egni
- poenau yn y cyhyrau neu boenau nad ydynt oherwydd ymarfer corff
- ddim eisiau bwyta neu ddim yn teimlo'n newynog
- cur pen sy'n anarferol neu'n para'n hirach nag arfer
- dolur gwddf, trwyn stwfflyd neu'n rhedeg
- dolur rhydd
- teimlo'n sâl neu'n sâl

Os oes gennych ganlyniad prawf COVID-19 positif, mae'n debygol iawn bod gennych COVID-19 ac y gallwch drosglwyddo'r haint felly mae'n bwysig eich bod yn aros gartref ac yn osgoi cysylltiad â phobl eraill os gallwch. Ni fydd llawer o bobl â COVID-19 bellach yn heintus ar ôl 5 diwrnod.

Felly os bydd eich plentyn yn profi'n bositif neu'n dangos y tri phrif symptom, rydym yn eich annog i gadw'ch plentyn adref i hunanynysu am o leiaf 5 diwrnod.

Important Message

With cases currently rising in the community we as a school are taking all necessary precautions to keep our school community safe. COVID-19 has not gone away and is likely to remain with us globally. Even though restrictions have been lifted, you should do all you can to keep yourself and others safe.

Here is the Welsh Government guidance for people with respiratory illnesses including Covid:

<https://gov.wales/guidance-people-symptoms-respiratory-infection-including-covid-19>

In addition, the current guidance from Public Health Wales with regard to COVID-19 is below:

The main symptoms of COVID-19 are

- a high temperature
- a new continuous cough
- loss or change of taste or smell

If you have any of the main symptoms of COVID-19, you should stay at home and take a lateral flow test (LFT). These are available for pupils via school. Please ask at reception.

But please note other symptoms can include:

- continuous cough
- high temperature, fever or chills

- loss of, or change in, your normal sense of taste or smell
- shortness of breath
- unexplained tiredness, lack of energy
- muscle aches or pains that are not due to exercise
- not wanting to eat or not feeling hungry
- headache that is unusual or longer lasting than usual
- sore throat, stuffy or runny nose
- diarrhoea
- feeling sick or being sick

If you have a positive COVID-19 test result, it's very likely that you have COVID-19 and can pass on the infection so it is important you stay at home and avoid contact with other people if you can. Many people with COVID-19 will no longer be infectious after 5 days.

Therefore should your child test positive or show the three main symptoms, we encourage you to keep your child home to self isolate for at least 5 days.