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AllWales.Alerts@wales.nhs.uk

Dyddiad / Date: 30th October 2020

Welsh Government – Update on Shielding 30.10.2020

The letter provides an update on:-

- Latest CMO advice for the clinically extremely vulnerable
- New conditions being added to the SPL
- Removing children from the SPL

Many thanks

Helen

Helen Griffiths

Cyfarwyddiaeth Gofal Sylfaenol a Gwyddor Iechyd / Directorate of Primary Care & Health Science

Iechyd a Gwasanaethau Cymdeithasol / Health and Social Services

Llywodraeth Cymru / Welsh Government

Ffon/Tel: 0300 062 8221

Ebost/Email: Helen.Griffiths@gov.wales

This alert has been cascaded to the following:

All Wales GP Practice Managers
All Wales GP OOHs
All Wales HB Primary Care Managers
All Wales Medical Committees

Y Grŵp Iechyd a Gwasanaethau Cymdeithasol

Health & Social Services Group



Llywodraeth Cymru
Welsh Government

29 October 2020

Dear Colleagues

I thought it would be helpful to give a brief update in respect of shielding, not least because the situation in relation to rates of the virus are significantly different to the position when I last wrote to you.

Latest CMO advice for the clinically extremely vulnerable

Rates have risen across the UK, but at this point we are hoping that we shall not need to rush to reintroduce the original advice regarding isolation (a.k.a 'shielding'), but to emphasise minimising contacts with others, going out at quieter times of the day, maintaining social distancing, avoid physical contact with surfaces wherever possible, and washing hands frequently. The Chief Medical Officer for Wales has written this week to those on the Shielding Patient list to this effect. The written statement that issued (which has a copy of the letter) was circulated last week, but the link is here again for anyone who missed it. <https://gov.wales/written-statement-new-letter-chief-medical-officer-wales-those-who-were-previously-shielding>

Following feedback from our stakeholders and members of the public, the letter and leaflet issued focus on support for mental health, as well as a need to maintain physical health. As we are now in a different position, regards the levels of virus in or community, I attach new template letters for use in case you should need to add any adult to the shielding patient list. You will recall that it is unlikely you will need to add children given the Royal College of Paediatrics and Child Health (RCPCH) advice – the exception being children receiving secondary care outside Wales where the clinician needs to ask for you to make the addition.

New conditions being added to the SPL

In respect of the shielding patient list (SPL) there will be a couple of broad additions following on from the early work on the personalised risk stratification tool (RST) which is now expected later this year – possibly later in November. An article has been published recently in the BMJ setting out this work <https://www.bmj.com/content/371/bmj.m3731> and we continue to be part of the four nations work to develop this tool. I will expect to write to you again in the coming weeks with more detail on the development and uses of the tool.

The conditions being added have scored in the top 2% of risk, based on the data considered as part of this work, and the CMOs have collectively agreed that it would be appropriate to add these conditions at this time. There will be no announcement of these additions as such, but individuals will receive a personal letter. The two conditions are:

- 1) Adults with CKD level 5
- 2) Adults with Downs syndrome

You will be aware of the sensitivity that will be required, particularly in communications with adults with Down’s syndrome. We are working with stakeholder organisations on these communications and expect to issue the letter in ‘easy read’ format. Some worried patients may contact you in this instance. Those with CKD5 have always been aware of their additional vulnerability – particularly given that those on dialysis or in receipt of a transplant are already on the SPL. The news may be less expected for those with Down’s syndrome. We expect letters to issue in early November.

Removing children from the SPL

In my previous letter I highlighted the codes to use to step people down from the SPL, particularly in light of the advice from the RCPCH (www.rcpch.ac.uk/resources/covid-19-shielding-guidance-children-young-people) on the need for us to review lists of those children on the SPL, who are there inappropriately. Paediatricians should be writing to you to inform you of the children no longer need to shield and I would be grateful if you could then take the action necessary to downgrade them on the system.

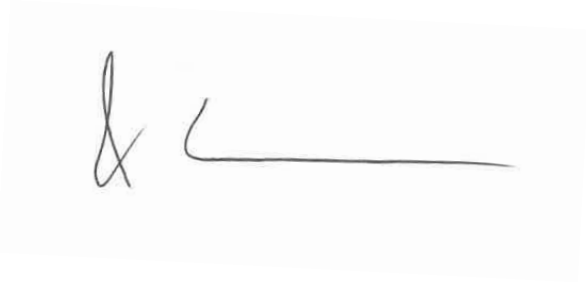
TO RECORD	LOOK FOR THIS DESCRIPTION	EMIS-WEB	VISION - 3	SNOMED-CT
COVID-19 risk stratification – LOW risk of developing complications from COVID-19	Low risk category for developing complication from COVID-19 infection	^ESCT130022 4	14Op.00	130059100000 0101
COVID-19 risk stratification – MODERATE risk of developing complications from COVID-19	Moderate risk category for developing complication from COVID-19 infection	^ESCT130022 3	14Oq.00	130057100000 0100

We are being assured that paediatricians have completed the bulk of their reviews and have written to GPs, but we are not seeing the action being taken to downgrade. Please also review those children solely cared for in primary care who are on the SPL, as it is highly unlikely they need to continue on the SPL now and should also be downgraded.

Any child removed from the list should be informed that this has happened and why.

I shall endeavour to advise you of any changes as I become aware of them.
Thank you for your continued support.

Yours sincerely

A handwritten signature in black ink on a light background. The signature consists of a stylized initial 'M' followed by a long horizontal line that ends in a small upward hook.

Dr Mark Walker
Senior Medical Officer - Primary Care Division
Uwch Swyddog Meddygol - Is Adran Gofal Sylfaenol




Dr Frank Atherton
Prif Swyddog Meddygol/Cyfarwyddwr Meddygol, GIG Cymru
Chief Medical Officer/Medical Director NHS Wales

Llywodraeth Cymru
Welsh Government

<Mr/Ms A N Other>
<XX Any other Road/Street>
<Any Town>
<Any City>
<POSTCODE>

November 2020



You can get this letter in different languages or in a way that is easier for you to understand. To ask for this letter in a different way e-mail: Shielding@gov.wales

Advice – To Keep You Safe From Coronavirus

You are being sent this letter because your GP or hospital doctor has identified you as someone with a health condition that makes it more likely you will get very sick if you catch coronavirus. They have asked for you to be added to the Shielding Patients List (SPL).

At the moment people on the SPL do not need to take action to 'shield' (stay at home and isolated from others) so this letter tells you things you can do to help keep you safe now but also what will happen if I need to advise people to shield again in future. It also tells you about the help you can get if you need it.

Why you do not need to shield even though your doctor has added you to the SPL

When people were first advised to shield we knew very little about the coronavirus and how to keep safe. We did not have any safety measures in place in our workplaces or public spaces. Shielding at home was the best way for people to stay safe. The position is now very different.

In all of my advice I have tried to find the right balance between the risks of catching coronavirus, and the harm that asking people to shield can cause. Staying at home for long periods of time can harm mental and physical health.

I am not advising you to shield but there are still things you can do to help keep you safe:

- Wash your hands regularly with soap and water for 20 seconds, or use hand sanitiser if hand washing facilities are not available
- Stay 2 metres or 3 steps away from people you do not live with inside or outside (where this is permitted).

- Clean surfaces regularly and avoid touching surfaces others have touched
- Keep contacts to a minimum
- Shop online or consider doing one big shop at quieter times of the day. Don't forget, you can still get priority access to supermarket delivery slots.

Flu vaccine

We expect to see COVID-19 and flu circulating at the same time this winter. Flu can be serious and people with a long term health condition or aged 65 or over are at increased risk. Having a flu vaccine every year is one of the best ways to protect yourself.

It is extremely important you have your flu vaccine this autumn. Your household contacts should also have a flu vaccine as that will help give you extra protection.

GP surgeries and community pharmacies have made sure it is safe for you and your household contacts to be vaccinated.

Ongoing support

Even though I have advised that you do not need to shield at the moment I want to reassure you that we are keeping a record of the people who were shielding, so we can contact you and update you if we need to. In case you do not feel comfortable going to the shops, your access to priority slots for supermarket deliveries remains in place.

The food box scheme ended when the advice to shield was paused and the National Volunteer Prescription Delivery Scheme ended on 30th September, but if you still need help with receiving your medicines please speak with your local pharmacy.

If you need support and you do not have anyone to help you, please speak with your local council. The contact details for each local council are at the end of this letter and they have a list of people in their local area who are in receipt of this letter.

If the advice changes for your area we will communicate with the public via local radio and television, and I will also write to you if I need to advise you to shield again. Please see below for an option to sign up for our trial text/email update service.

Children and shielding

We are learning more about coronavirus all the time and now know that children are unlikely to get very sick from the coronavirus, so in most cases do not need to shield.

If you were 18 or under on 16th August 2020 then your doctor has been asked to review your record to check if you need to remain on the Shielding Patients List. You will receive a letter telling you the outcome of this review. In some cases doctors may need to speak with you about this and will contact you directly. You will remain on the Shielding Patient List unless you are told you have been taken off it.

Receiving a letter like this for the first time

If you are receiving a letter like this for the first time, it is because your health record shows you have a serious health condition. This may put you at risk of severe illness if you catch coronavirus and so you have been added to the Shielding Patient List. If you have not been advised of this before, you may want to talk with your GP or hospital doctor. You should follow the guidance set out in this letter. You can find further advice on shielding at gov.wales/shielding

You can get up to date information about coronavirus in **Easy Read** and **BSL** here:
Shielding@gov.wales



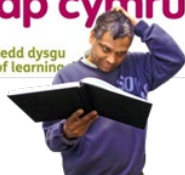
Welsh Government:

www.gov.wales/coronavirus

www.gov.wales/find-support-affected-coronavirus

Public Health Wales:

www.phw.nhs.wales/topics/latest-information-on-novel-coronavirus-covid-19/



If you have a learning disability, and you need support to understand this letter please contact the **Wales Learning Disability Helpline:**



By e-mail: helpline.wales@mencap.org.uk

Or by phone: 0808 8000 300



The Wales Learning Disability Helpline is open Monday to Friday between 9am and 5pm including bank holidays. They are closed on weekends but you can leave a message. It is free to call.

We will continue to do all we can to keep you safe.

Yours sincerely,

A handwritten signature in black ink, appearing to read 'Frank Atherton', with a horizontal line extending to the right.

DR FRANK ATHERTON

Sign up for text and email updates!

We are trialling a service where we can send updates about shielding direct to your phone or email address. If you are interested in receiving information this way, you can sign up via the following link gov.wales/shieldingalerts

Please note – as this is a trial, at present, this will not change the paper notifications you receive.

NHS COVID-19 App

If you have a smartphone, please download and use the NHS Covid-19 App (launched on 24 September). The App will tell you the current COVID-19 risk level in the area in which you live. It will also allow you to keep a diary of places you have visited using a 'check in' function, and will alert you if you have spent time with another App user who has tested positive for coronavirus, so that you can take precautions or book a test if you develop symptoms. The App does not collect personal information, and all your data is securely protected. The more people who use the App, the more it will help us to work together to manage the spread of coronavirus. You can download the App by searching for 'COVID-19 App' on your smartphone.

Attending work and school

It is impossible to eliminate all risk, but there is a lot that employers can do to minimise the risk to their employees. In most cases you will have returned to work, if you are unable to work from home, when the advice to shield was paused in August and will have already discussed how to stay safe at work. Check that yourself and others in the workplace are following practices and processes that have been agreed and raise any concerns with your employer directly.

There is advice on the Welsh Government website at <https://gov.wales/workplace-guidance-employers-and-employees-covid19> and information on the Health and Safety Executive website with steps employers should be taking to make a workplace COVID secure.

For children, we now know that coronavirus does not usually make them very sick and the negative impact of not attending school is significant. If you are concerned about attending school then speak to the school or Local Authority to discuss how children are being kept safe.

If you develop symptoms of coronavirus

You will need to self-isolate if you develop one of the following symptoms:

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

You should also apply for a test online if you develop one of these symptoms. This can be done on the NHS website at <https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/get-a-test-to-check-if-you-have-coronavirus/>. Please do not visit your GP surgery or hospital to request a test, as you may infect others.

The test is only effective for those who are experiencing coronavirus symptoms and needs to be taken in the first 5 days of having symptoms. It only checks if you have coronavirus right now and not if you have already had the virus.

Support with daily living

Please discuss any ongoing needs you have with your carers, family, friends, neighbours or local community groups to see how they can support you. If you do not have anyone who can help you, please contact your local council. The contact details for each local council are at the end of this letter.

If you are struggling to keep your home warm or cope with your energy bills the Nest scheme offers a range of free, impartial advice and, if you are eligible, a package of free home energy efficiency improvements such as a new boiler, central heating or insulation. This can lower your energy bills and benefit your health and wellbeing. You can find more information at www.nest.gov.wales or call 0808 808 2244.

If you do not have enough money to pay your bills, it is important to seek help and to do this as early as possible. Call Citizen's Advice free on 03444 77 20 20 or visit the Citizens Advice website: www.citizensadvice.org.uk

If you need help from the welfare system, you can also visit: www.gov.uk/universal-credit or call the Universal Credit Helpline on 0800 328 5644 (0800 328 1744 for Welsh language).

You can also apply online for the Welsh Government's Discretionary Assistance Fund payment at: www.gov.wales/discretionary-assistance-fund-daf/how-apply or by calling free on 0800 859 5924.

If you feel that you have been treated unfairly by your employer, or somebody who gives you a service, then the Equality Advisory and Support Service (EASS) offers a free advice service which you can access by calling 0808 800 0082, by text phone on 0808 800 0084 or by visiting their website: www.equalityadvisoryservice.com

If you have concerns about your health and safety at work, you can raise them with any union safety representatives, or ultimately with the organisation responsible for enforcement in your workplace, either the Health and Safety Executive, at www.hse.gov.uk/contact/concerns.htm, or your local authority.

Looking after your wellbeing

Information about staying well is available at the Public Health Wales website: www.phw.nhs.wales/topics/latest-information-on-novel-coronavirus-covid-19/how-are-you-doing/

A leaflet is also included with this letter to highlight sources of support if you are feeling down or anxious.

Older people, their family, friends, carers, or professionals can also contact Age Cymru's Advice Line on 08000 223 444

You can contact your local council to discuss what other help is available in your area from

voluntary and community organisations. Please also discuss any concerns with your GP.

Use of data

Electronic patient data held by GPs and hospitals was used to identify people most at risk of serious illness caused by Covid-19. We used this data to write to you to provide you with advice and guidance on how to protect yourself. Information about you, which did not include medical information, was shared with Welsh Government so that it could ensure essential support was put in place.

Welsh Government shared that data with local authorities, water companies, community pharmacies and supermarkets so that they could provide essential support, including prioritised access to food and medication deliveries where needed.

During the outbreak we will keep your contact details in case we need to contact you again. We are continually reviewing whether our partners need the data that has been provided and will ensure that it is returned to us or securely destroyed when we have determined it is no longer needed. You can find a copy of our Covid-19 Privacy Statement on this link

www.gov.wales/coronavirus-covid-19-supporting-vulnerable-people-privacy-statement-html

Your local council's contact details

<u>Blaenau Gwent CBC</u>	01495 311556	www.blaenau-gwent.gov.uk
<u>Bridgend CBC</u>	01656 643643	www.bridgend.gov.uk
<u>Caerphilly CBC</u>	01443 811490	www.caerphilly.gov.uk
<u>Carmarthenshire CC</u>	01267 234567	www.carmarthenshire.gov.uk
<u>Ceredigion CC</u>	01545 570881	www.ceredigion.gov.uk
<u>City & County of Swansea</u>	01792 636363	www.swansea.gov.uk
<u>City of Cardiff Council</u>	029 2087 1071	www.cardiff.gov.uk
<u>Conwy CBC</u>	01492 575544	www.conwy.gov.uk
<u>Denbighshire CC</u>	01824 706000 Out of Hours: 0300 123 30 68	www.denbighshire.gov.uk
<u>Flintshire CC</u>	01352 752121	www.flintshire.gov.uk
<u>Gwynedd Council</u>	01766 771000	www.gwynedd.gov.uk
<u>Isle of Anglesey Council</u>	01248 750057	www.anglesey.gov.uk
<u>Merthyr Tydfil Council</u>	01685 725000	www.merthyr.gov.uk
<u>Monmouthshire Council</u>	01633 644644	www.monmouthshire.gov.uk
<u>Neath Port Talbot Council</u>	01639 686868	www.npt.gov.uk
<u>Newport City Council</u>	01633 656656	www.newport.gov.uk
<u>Pembrokeshire CC</u>	01437 776301	www.pembrokeshire.gov.uk
<u>Powys County Council</u>	01597 827460	www.powys.gov.uk
<u>Rhondda Cynon Taf CBC</u>	01443 425020	www.rctcbc.gov.uk
<u>Torfaen CBC</u>	01495 762200	www.torfaen.gov.uk
<u>Vale of Glamorgan Council</u>	01446 729592	www.valeofglamorgan.gov.uk
<u>Wrexham CBC</u>	01978 292000	www.wrexham.gov.uk



29 Hydref 2020

Annwyl Gydweithwyr

Roeddwn yn meddwl y byddai'n ddefnyddiol rhoi diweddariad byr ynglŷn â gwarchod, yn bennaf oherwydd bod y sefyllfa o ran cyfraddau'r feirws yn wahanol iawn i'r hyn oedd hi pan ysgrifennais atoch ddiwethaf.

Cyngor diweddaraf y Prif Swyddog Meddygol i'r rhai sy'n hynod o agored i niwed yn glinigol

Mae'r cyfraddau wedi codi ledled y DU, ond ar hyn o bryd rydym yn gobeithio na fydd angen inni ruthro i ailgyflwyno'r cyngor gwreiddiol ynghylch cynghori pobl i warchod eu hunain, ond yn hytrach bwysleisio lleihau'r cysylltiad ag eraill, mynd allan ar adegau tawelach o'r dydd, cadw pellter cymdeithasol, osgoi cyswllt corfforol ag arwynebau lle bynnag y bo modd, a golchi dwylo'n aml. Mae Prif Swyddog Meddygol Cymru wedi ysgrifennu'r wythnos hon at y rhai sydd ar y rhestr gwarchod cleifion, i'r perwyl hwn. Dosbarthwyd y datganiad ysgrifenedig a gyhoeddwyd (sydd â chopi o'r llythyr) yr wythnos diwethaf, ond mae'r ddolen yma eto ar gyfer unrhyw un sydd heb ei gweld.

<https://llyw.cymru/datganiad-ysgrifenedig-llythyr-newydd-gan-brif-swyddog-meddygol-cymru-yr-unigolion-hynny-oedd-yn>

Yn dilyn adborth gan ein rhanddeiliaid ac aelodau o'r cyhoedd, mae'r llythyr a'r daflen a gyhoeddwyd yn cyfeirio at gymorth iechyd meddwl, yn ogystal â'r angen i gynnal iechyd corfforol.

Gan ein bod bellach mewn sefyllfa wahanol, o ran lefelau'r feirws yn y gymuned, amgaeaf lythyrau templed newydd i'w defnyddio rhag ofn y bydd angen i chi ychwanegu unrhyw oedolyn at y rhestr gwarchod cleifion. Byddwch yn cofio ei bod yn annhebygol y bydd angen i chi ychwanegu plant, o ystyried cyngor y Coleg Brenhinol Pediatreg ac Iechyd Plant (RCPCH) – yr eithriad yw plant sy'n derbyn gofal eilaidd y tu allan i Gymru lle mae angen i'r clinigwr ofyn i chi wneud yr ychwanegiad.

Cyflyrau newydd sy'n cael eu hychwanegu at y rhestr gwarchod cleifion

O ran y rhestr gwarchod cleifion, bydd ychydig o ychwanegiadau cyffredinol yn dilyn y gwaith cynnar ar yr adnodd haenu risg personol (RST) a ddisgwyllir yn ddiweddarach eleni – yn nes ymlaen ym mis Tachwedd o bosibl. Mae erthygl wedi'i chyhoeddi'n ddiweddar yn

y BMJ sy'n amlinellu'r gwaith hwn <https://www.bmj.com/content/371/bmj.m3731> ac rydym yn parhau i fod yn rhan o'r pedair gwlad sy'n gweithio i ddatblygu'r adnodd hwn. Rwy'n disgwyl y bydd modd imi allu ysgrifennu atoch eto yn ystod yr wythnosau nesaf gyda rhagor o fanylion am ddatblygu a defnyddio'r adnodd.

Mae'r cyflyrau sy'n cael eu hychwanegu wedi sgorio yn y 2% uchaf o risg, yn seiliedig ar y data a ystyriwyd fel rhan o'r gwaith hwn, ac mae'r Prif Swyddogion Meddygol wedi cytuno ar y cyd y byddai'n briodol ychwanegu'r cyflyrau hyn yn awr. Ni fydd yr ychwanegiadau hyn yn cael eu cyhoeddi fel y cyfryw, ond bydd unigolion yn derbyn llythyr personol. Y ddau gyflwr yw:

- 1) Oedolion â CKD lefel 5
- 2) Oedolion â Syndrom Downs

Byddwch yn ymwybodol o'r sensitifrwydd y bydd ei angen, yn enwedig o ran cyfathrebu ag oedolion â syndrom Downs. Rydym yn gweithio gyda sefydliadau rhanddeiliaid ar y cyfathrebu hwn ac yn disgwyl cyhoeddi'r llythyr ar ffurf 'hawdd ei ddarllen'. Efallai y bydd rhai cleifion sy'n poeni yn cysylltu â chi yn yr achos hwn. Mae'r rhai sydd â CKD5 bob amser wedi bod yn ymwybodol o'u natur fregus ychwanegol – yn enwedig o ystyried bod y rhai ar ddialysis neu sy'n cael trawsblaniad eisoes ar y rhestr gwarchod cleifion. Efallai y bydd llai o ddisgwyl y newyddion i'r rhai â syndrom Down. Disgwyliwn i'r llythyrau gael eu hanfon ddechrau mis Tachwedd.

Tynnu enwau plant o'r rhestr gwarchod cleifion


Yn fy llythyr blaenorol tynnais sylw at y codau i'w defnyddio i dynnu enwau o'r rhestr gwarchod cleifion, yn enwedig yng ngoleuni cyngor yr RCPCH (www.rcpch.ac.uk/resources/covid-19-shielding-guidance-children-young-people) ar yr angen inni adolygu rhestrau o'r plant hynny ar y rhestr sydd yno'n amhriodol. Dylai pediatregwyr fod yn ysgrifennu atoch i roi gwybod i chi nad oes angen i'r plant warchod eu hunain mwyach a byddwn yn ddiolchgar pe gallech wedyn gymryd y camau angenrheidiol i'w hisraddio ar y system.

I'W GOFNODI	CHWILIWCH AM Y DISGRIFIAD HWN	EMIS-WEB	VISION - 3	SNOMED-CT
COVID-19 risk stratification – LOW risk of developing complications from COVID-19	Low risk category for developing complication from COVID-19 infection	^ESCT130022 4	14Op.00	130059100000 0101
COVID-19 risk stratification – MODERATE risk of developing complications from COVID-19	Moderate risk category for developing complication from COVID-19 infection	^ESCT130022 3	14Oq.00	130057100000 0100

Rydym yn cael ein sicrhau bod pediatregwyr wedi cwblhau'r rhan fwyaf o'u hadolygiadau ac wedi ysgrifennu at feddygon teulu, ond nid ydym yn gweld y camau sy'n cael eu cymryd i israddio. Adolygwch hefyd y plant sydd ar y rhestr ac sy'n derbyn gofal sylfaenol yn unig, gan ei bod yn annhebygol iawn bod angen iddynt barhau ar y rhestr nawr ac y dylid eu hisraddio hefyd.

Dylid hysbysu unrhyw blentyn sy'n cael ei dynnu oddi ar y rhestr fod hyn wedi digwydd a pham.

Ceisiaf roi gwybod i chi am unrhyw newidiadau wrth imi ddod yn ymwybodol ohonynt.
Yn gywir

A handwritten signature in black ink, consisting of a stylized initial 'M' followed by a long horizontal line that ends in a small upward curve.

Dr Mark Walker
Senior Medical Officer - Primary Care Division
Uwch Swyddog Meddygol - Is Adran Gofal Sylfaenol



Dr Frank Atherton
Prif Swyddog Meddygol/Cyfarwyddwr Meddygol GIG Cymru
Chief Medical Officer/Medical Director NHS Wales

Llywodraeth Cymru
Welsh Government

<Mr/Ms A N Other>
<XX Any other Road/Street>
<Any Town>
<Any City>
<POSTCODE>

Tachwedd 2020

Gwarchod@llyw.cymru'."/>

Mae'r llythyr hwn ar gael mewn ieithoedd gwahanol neu mewn ffordd sy'n haws ichi ei ddeall. I ofyn am y llythyr hwn mewn ffordd wahanol e-bostiwrch: Gwarchod@llyw.cymru

Cyngor – I'ch Diogelu Rhaq Coronafeirws

Mae'r llythyr hwn yn cael ei anfon atoch oherwydd bod eich meddyg teulu neu'ch meddyg yn yr ysbyty wedi nodi eich bod yn rhywun â chyflwr iechyd sy'n eich gwneud yn fwy tebygol o fod yn sâl iawn os ydych yn dal coronafeirws. Maent wedi gofyn inni eich ychwanegu at y Rhestr Gwarchod Cleifion.

Ar hyn o bryd nid oes angen i'r bobl ar y Rhestr Gwarchod Cleifion gymryd camau gwarchod (aros adref ac ynysu oddi wrth eraill). Mae'r llythyr hwn yn rhoi gwybod am bethau y gallwch eu gwneud i'ch diogelu yn awr, ond hefyd beth i'w wneud os oes angen imi gynghori pobl i warchod eu hunain eto yn y dyfodol. Mae hefyd yn rhoi gwybod pa gymorth sydd ar gael os ydych ei angen.

Pam nad oes angen ichi warchod eich hun er bod eich meddyg wedi eich rhoi ar y rhestr gwarchod cleifion?

Pan roddwyd y cyngor i bobl warchod eu hunain yn wreiddiol, ychydig iawn yr oedden ni'n ei wybod am y coronafeirws a sut i gadw'n ddiogel. Nid oedd gennym fesurau diogelwch ar waith yn ein gweithleoedd na'n mannau cyhoeddus. Cymryd camau gwarchod gartref oedd y ffordd orau i bobl gadw'n ddiogel. Mae'r sefyllfa'n wahanol iawn erbyn hyn.

Yn fy nghyngor, rwyf bob amser wedi ceisio taro cydbwysedd rhwng risgiau dal coronafeirws a'r niwed y gall gofyn i bobl warchod eu hunain ei achosi. Gall aros gartref am gyfnodau hir niweidio iechyd meddwl a chorfforol.

Nid wyf yn eich cynghori i warchod ond mae sawl peth y gallwch ei wneud i helpu i'ch cadw'n ddiogel:

- Golchi'ch dwylo'n rheolaidd â dŵr a sebon am 20 eiliad, neu defnyddiwch hylif diheintio dwylo os nad oes cyfleusterau golchi dwylo ar gael
- Cadw 2 fetr neu 3 cham oddi wrth bobl eraill sydd ddim yn byw gyda chi, o dan do ac yn yr awyr agored (lle bo hawl i wneud hynny)
- Glanhau arwynebau'n rheolaidd ac osgoi cyffwrdd pethau y mae pobl eraill wedi'u cyffwrdd
- Lleihau gymaint â phosibl faint o bobl rydych yn dod i gysylltiad â nhw
- Siopa ar-lein neu ystyried siopa unwaith mewn un swmp ar adegau tawel o'r dydd. Cofiwch y bydd slotiau danfon â blaenoriaeth gydag archfarchnadoedd yn dal i fod ar gael ichi.

Brechlyn rhag y fflw

Rydym yn disgwyl gweld COVID-19 a'r fflw yn cylchredeg yr un pryd dros y gaeaf. Gall y fflw fod yn ddifrifol ac mae mwy o risg i bobl sydd â chyflwr iechyd hirdymor neu bobl 65 mlwydd oed a hŷn. Un o'r ffyrdd gorau o ddiogelu'ch hun yw cael eich brechu rhag y fflw bob blwyddyn.

Mae'n arbennig o bwysig eich bod yn cael eich brechu rhag y fflw yn yr hydref. Dylai'r bobl sy'n byw gyda chi hefyd gael eu brechu rhag y fflw gan y bydd hynny'n helpu i'ch diogelu ymhellach.

Mae meddygfeydd a fferyllfeydd cymunedol wedi sicrhau ei bod yn ddiogel ichi a'r bobl sy'n byw gyda chi gael y brechiad.

Cymorth parhaus

Er fy mod wedi'ch cynghori nad oes angen ichi warchod eich hun ar hyn o bryd, hoffwn eich sicrhau ein bod yn cadw cofnod o'r bobl a oedd yn gwarchod eu hunain, fel y gallwn gysylltu â chi i roi'r wybodaeth ddiweddaraf os bydd angen. Rhag ofn nad ydych yn teimlo'n gyfforddus ynglŷn â mynd i siopa, bydd slotiau danfon â blaenoriaeth gydag archfarchnadoedd yn dal i fod ar gael ichi.

Daeth y cynllun bocsys bwyd i ben pan gafodd y cyngor gwarchod ei rewi a daeth y Cynllun Cenedlaethol Cyflenwi Presgripsiynau gan Wirfoddolwyr i ben ar 30 Medi, ond os bydd angen cymorth arnoch o hyd i gael eich meddyginiaeth, siaradwch â'ch fferyllfa leol.

Os bydd angen cymorth arnoch ac na fydd neb ar gael i'ch helpu, siaradwch â'ch cyngor lleol. Mae manylion cyswllt pob cyngor lleol ar ddiwedd y llythyr hwn ac mae ganddynt restr o bobl yn yr ardal leol sydd wedi cael y llythyr hwn.

Os bydd y cyngor yn newid ar gyfer eich ardal, byddwn yn rhoi gwybod i'r cyhoedd drwy orsafoedd radio a sianeli teledu lleol, a byddaf hefyd yn ysgrifennu atoch os bydd angen imi

eich cyngori i warchod eich hun eto. Gweler y neges isod ynglŷn â'r cyfle i gofrestru â'n cynllun prawf sef gwasanaeth diweddar drwy neges destun/e-bost.

Plant a chymau gwarchod

Rydym yn dysgu mwy am y coronafeirws drwy'r amser ac rydym nawr yn gwybod bod plant yn annhebygol o fynd yn sâl iawn o'r coronafeirws. Felly yn y rhan fwyaf o achosion ni fydd angen iddynt warchod eu hunain.

Os oeddech yn 18 oed neu'n iau ar 16 Awst 2020, gofynnwyd i'ch meddyg adolygu'ch cofnod i gadarnhau a fydd angen ichi aros ar y Rhestr Gwarchod Cleifion. Bydd llythyr yn cael ei anfon atoch i roi gwybod canlyniad yr adolygiad hwn ichi. Mewn rhai achosion, efallai y bydd angen i feddygon siarad â chi am hyn a byddant yn cysylltu â chi'n uniongyrchol. Byddwch yn aros ar y Rhestr Gwarchod Cleifion oni bai'ch bod yn cael gwybod eich wedi'ch tynnu oddi arni.

Cael llythyr fel hwn am y tro cyntaf

Os dyma'r tro cyntaf ichi gael llythyr fel hwn, y rheswm yw bod eich cofnod iechyd yn dangos bod gennych gyflwr iechyd difrifol. Gall y cyflwr hwn eich rhoi mewn perygl o salwch difrifol os byddwch yn dal y coronafeirws ac felly rydych wedi cael eich ychwanegu at y Rhestr Gwarchod Cleifion. Os nad ydych wedi cael gwybod am hyn o'r blaen, efallai yr hoffech siarad â'ch meddyg teulu neu feddyg ysbyty. Dylech ddilyn y canllawiau a nodir yn y llythyr hwn. Mae cyngor pellach ar warchod ar gael yn llyw.cymru/Gwarchod.

Gallwch gael gwybodaeth am y coronafeirws mewn fformat **Hawdd ei Ddeall** a **BSL** yma:
Shielding@gov.wales



Llywodraeth Cymru:

www.llyw.cymru/coronafeirws

<https://llyw.cymru/dod-o-hyd-i-help-os-ywr-coronafeirws-wedi-effeithio-arnoch>

Iechyd Cyhoeddus Cymru:

<https://icc.gig.cymru/pynciau/coronafeirws/>



Os oes gennych anabledd dysgu, ac rydych angen cymorth i ddeall y llythyr hwn cysylltwch â **Llinell Gymorth Anabledd Dysgu Cymru:**



Drwy e-bostio: helpline.wales@mencap.org.uk

Neu ffonio: 0808 8000 300



Mae Llinell Gymorth Anabledd Dysgu Cymru ar agor Dydd Llun i Ddydd Gwener rhwng 9am a 5pm. Maent ar gau ar benwythnosau ond gallwch adael neges. Nid oes rhaid talu am ffonio.

Byddwn yn parhau i wneud popeth y gallwn i'ch cadw'n ddiogel.

Yn gywir,

A handwritten signature in black ink, appearing to read 'Frank Atherton'.

DR FRANK ATHERTON

Cofrestrwch i gael diweddariadau drwy neges destun ac e-bost!

Rydym yn treialu gwasanaeth i'n galluogi i anfon diweddariadau ynglŷn â gwarchod yn syth i'ch ffôn neu'ch cyfeiriad e-bost. Os oes gennych ddiweddordeb mewn cael gwybodaeth yn y ffordd hon, gallwch gofrestru drwy'r ddolen ganlynol llyw.cymru/rhybuddiongwarchod

Gan mai cynllun prawf yw hwn, ar hyn o bryd ni fydd yn newid yr hysbysiadau papur yr ydych yn eu cael.

Ap COVID-19 y GIG

Os oes gennych ffôn clyfar, cofiwch lawrlwytho a defnyddio Ap Covid-19 y GIG (a lansiwyd ar 24 Medi). Bydd yr Ap yn dweud wrthyfch am lefel risg bresennol COVID-19 yn eich ardal chi. Byddwch hefyd yn gallu 'mewngofnodi i leoliad' ar yr ap er mwyn cadw dyddiadur o lefydd rydych chi wedi ymweld â nhw. Yn ogystal, bydd yn eich rhybuddio os ydych wedi treulio amser gyda phobl eraill sy'n defnyddio'r Ap sydd wedi cael prawf positif am y coronafeirws, fel y gallwch gymryd camau i ddiogelu'ch hun neu archebu prawf os byddwch yn datblygu symptomau. Nid yw'r Ap yn casglu gwybodaeth bersonol, a bydd eich holl ddata yn ddiogel. Y mwyaf o bobl sy'n defnyddio'r Ap, y mwyaf y bydd yn ein helpu i gydweithio i reoli lledaeniad y coronafeirws. Gallwch lawrlwytho'r Ap drwy chwilio am 'Ap COVID-19' ar eich ffôn clyfar.

Mynd i'r gwaith a'r ysgol

Mae'n amhosibl dileu pob risg, ond mae llawer y gall cyflogwyr ei wneud i leihau'r risg i'w gweithwyr. Yn y rhan fwyaf o achosion, byddwch wedi dychwelyd i'r gwaith, os na allwch weithio gartref, pan gafodd y cyngor gwarchod ei rewi ym mis Awst a byddwch eisoes wedi trafod sut i gadw'n ddiogel yn y gwaith. Gwnewch yn siŵr eich bod chi ac eraill yn y gweithle yn dilyn arferion a phrosesau y cytunwyd arnynt a'ch bod yn codi unrhyw bryderon gyda'ch cyflogwr yn uniongyrchol.

Mae cyngor ar gael ar wefan Llywodraeth Cymru yn <https://llyw.cymru/canllawiau-ar-gyfer-y-gweithle-i-gyflogwyr-chyflageion-covid-19> ac mae gwybodaeth ar wefan yr Awdurdod Gweithredol Iechyd a Diogelwch ynglŷn â champau y dylai cyflogwyr eu cymryd i wneud y gweithle yn ddiogel o ran COVID-19.

O ran plant, rydym nawr yn gwybod nad yw'r coronafeirws fel arfer yn eu gwneud yn sâl iawn ac felly mae effaith negyddol peidio â mynd i'r ysgol yn sylweddol. Os ydych chi'n poeni am fynychu'r ysgol, siaradwch â'r ysgol neu'r awdurdod lleol i drafod sut y mae plant yn cael eu cadw'n ddiogel.

Os byddwch yn datblygu symptomau'r coronafeirws

Bydd angen ichi hunanynysu os byddwch yn datblygu un o'r symptomau canlynol:

- peswch cyson, newydd
- tymheredd uchel
- colli eich synnwyr blasu neu arogl, neu sylwi ar newid ynddynt

Dylech hefyd wneud cais ar-lein am brawf os byddwch yn datblygu un o'r symptomau hyn. Gellir gwneud hyn ar wefan y GIG yn <https://www.nhs.uk/conditions/coronavirus-covid-19>

[19/testing-and-tracing/get-a-test-to-check-if-you-have-coronavirus/](#). Peidiwch ag ymweld â'ch meddygfa na'r ysbyty i ofyn am brawf, gan y gallech heintio pobl eraill.

Dim ond os oes gennych symptomau'r coronafeirws y bydd y prawf yn effeithiol ac mae angen ei gymryd yn ystod pum diwrnod cyntaf y symptomau. Dim ond dangos a oes gennych y coronafeirws ar y pryd y bydd y prawf – ni fydd yn dangos a ydych wedi cael y feirws eisoes.

Cymorth i fyw o ddydd i ddydd

Dylech drafod unrhyw anghenion parhaus sydd gennych â gofalwyr, aelodau o'r teulu, ffrindiau, cymdogion neu grwpiau cymunedol lleol i weld sut y gallan nhw eich helpu. Os na fydd neb yn gallu eich helpu, cysylltwch â'ch cyngor lleol gan ddefnyddio'r manylion cyswllt ar ddiwedd y llythyr hwn.

Os ydych yn ei chael yn anodd cadw'ch cartref yn gynnes ac ymdopi â'ch biliau ynni, mae cynllun Nyth yn cynnig cyngor diduedd yn rhad ac am ddim ac, os ydych yn gymwys, becyn am ddim i wella effeithlonrwydd ynni eich cartref megis boeler newydd, gwres canolog neu inswleiddio. Gall hyn leihau biliau ynni a bod o fudd i'ch iechyd a'ch lles. Mae rhagor o wybodaeth ar gael yn www.nyth.llyw.cymru neu drwy ffonio 0808 808 2244.

Os nad oes gennych ddigon o arian i dalu'ch biliau, mae'n bwysig gofyn am gymorth a gwneud hynny cyn gynted â phosibl. Ffoniwch Cyngor ar Bopeth am ddim ar 03444 77 20 20 neu ewch ar y wefan: <https://www.citizensadvice.org.uk/cymraeg/>

Os oes arnoch angen cymorth gan y system les, ewch i: <https://www.gov.uk/credyd-cynhwysol> neu ffoniwch y Llinell Gymorth Credyd Cynhwysol ar 0800 328 1744 (0800 328 5644 yn Saesneg).

Gallwch hefyd wneud cais ar-lein i Gronfa Cymorth Dewisol Llywodraeth Cymru yn: <https://llyw.cymru/cronfa-cymorth-dewisol-daf/sut-i-wneud-cais> neu drwy ffonio 0800 859 5924 am ddim.

Os ydych yn teimlo bod eich cyflogwr, neu rywun sy'n darparu gwasanaeth ichi, wedi'ch trin yn annheg mae'r Gwasanaeth Cyngori a Chymorth Cydraddoldeb (EASS) yn cynnig gwasanaeth cyngori am ddim. Mae'r gwasanaeth ar gael drwy ffonio 0808 800 0082, drwy ffôn testun 0808 800 0084 neu ar y wefan: <http://eass-ws.custhelp.com/app/home>

Os ydych yn pryderu am iechyd a diogelwch yn y gweithle, siaradwch ag unrhyw gynrychiolydd diogelwch o undeb llafur, neu fel arall cysylltwch â'r sefydliadau sy'n gyfrifol am orfodaeth yn eich gweithle, naill ai'r Awdurdod Gweithredol Iechyd a Diogelwch, yn www.hse.gov.uk/contact/concerns.htm, neu'ch awdurdod lleol.

Gofalu am eich lles

Mae gwybodaeth ynglŷn â chadw'n iach ar gael ar wefan Iechyd Cyhoeddus Cymru: www.icc.gig.cymru/pynciau/gwybodaeth-ddiweddaraf-am-coronavirus-newydd-covid-19/aros-yn-iach-gartref/

Mae taflen wedi'i chynnwys gyda'r llythyr hwn sy'n rhestru'r ffynonellau cymorth sydd ar gael os ydych yn teimlo'n isel neu'n bryderus.

Gall pobl hŷn, eu teulu, eu ffrindiau, eu gofalwyr neu weithwyr proffesiynol hefyd gysylltu â Llinell Gyngor Age Cymru ar 08000 223 444

Gallwch gysylltu â'ch cyngor lleol i drafod pa gymorth arall sydd ar gael yn eich ardal chi gan sefydliadau gwirfoddol a chymunedol. Gallwch hefyd drafod unrhyw bryderon â'ch meddyg teulu.

Defnyddio data

Cafodd data electronig am gleifion sydd gan feddygon teulu ac ysbytai eu defnyddio i nodi'r bobl a oedd yn y perygl mwyaf o salwch difrifol yn sgil COVID-19. Gwnaethom ddefnyddio'r data hyn i ysgrifennu atoch i roi cyngor ac arweiniad ichi ar sut i'ch diogelu'ch hun. Rhannwyd gwybodaeth amdanoch chi â Llywodraeth Cymru fel y gallai sicrhau bod cymorth hanfodol yn cael ei drefnu, ond nid oedd hyn yn cynnwys gwybodaeth feddygol.

Rhannodd Llywodraeth Cymru y data hynny ag awdurdodau lleol, cwmnïau dŵr, fferyllfeydd cymunedol ac archfarchnadoedd fel y gallent hwythau ddarparu cymorth hanfodol, gan gynnwys rhoi blaenoriaeth o ran cael bwyd a danfon meddyginiaeth pan oedd angen.

Yn ystod y pandemig, byddwn yn cadw eich manylion cyswllt rhag ofn y bydd angen inni gysylltu â chi eto. Rydym yn ystyried yn gyson a oes ar ein partneriaid angen y data a ddarparwyd a byddwn yn sicrhau y caiff y data hynny eu dychwelyd atom neu eu dinistrio'n ddiogel pan fyddwn wedi penderfynu nad oes eu hangen mwyach. Mae copi o'n datganiad preifatrwydd COVID-19 ar gael yn <https://llyw.cymru/coronafeirws-covid-19-cefnogi-pobl-agored-i-niwed-datganiad-preifatrwydd-html>

Manylion cyswllt eich cyngor lleol

<u>Cyngor Dinas a Sir Abertawe</u>	01792 636363	www.abertawe.gov.uk
<u>Cyngor Bwrdeistref Sirol Blaenau Gwent</u>	01495 311556	www.blaenau-gwent.gov.uk
<u>Cyngor Bro Morgannwg</u>	01446 729592	www.bromorgannwg.gov.uk
<u>Cyngor Dinas a Sir Caerdydd</u>	02920 871071	www.caerdydd.gov.uk
<u>Cyngor Sir Caerfyrddin</u>	01267 234567	www.sirgar.llyw.cymru
<u>Cyngor Bwrdeistref Sirol Caerffili</u>	01443 811490	www.caerffili.gov.uk
<u>Cyngor Dinas Casnewydd</u>	01633 656656	www.newport.gov.uk
<u>Cyngor Bwrdeistref Sirol Castell-nedd Port Talbot</u>	01639 686868	www.npt.gov.uk
<u>Cyngor Sir Ceredigion</u>	01545 570881	www.ceredigion.llyw.cymru
<u>Cyngor Bwrdeistref Sirol Conwy</u>	01492 575544	www.conwy.gov.uk
<u>Cyngor Sir Ddinbych</u>	01824 706000 Y tu allan i oriau arferol: 0300 123 30 68	www.sirdinbych.gov.uk
<u>Cyngor Sir y Fflint</u>	01352 752121	www.siryfflint.gov.uk
<u>Cyngor Sir Fynwy</u>	01633 644644	www.monmouthshire.gov.uk
<u>Cyngor Gwynedd</u>	01766 771000	www.gwynedd.llyw.cymru
<u>Cyngor Bwrdeistref Sirol Merthyr Tudful</u>	01685 725000	www.merthyr.gov.uk
<u>Cyngor Sir Penfro</u>	01437 776301	www.pembrokeshire.gov.uk
<u>Cyngor Bwrdeistref Sirol Pen-y-bont ar Ogwr</u>	01656 643643	www.bridgend.gov.uk
<u>Cyngor Sir Powys</u>	01597 827460	www.powys.gov.uk
<u>Cyngor Bwrdeistref Sirol Rhondda Cynon Taf</u>	01443 425020	www.rctcbc.gov.uk
<u>Cyngor Bwrdeistref Sirol Torfaen</u>	01495 762200	www.torfaen.gov.uk
<u>Cyngor Bwrdeistref Sirol Wrecsam</u>	01978 292000	www.wrecsam.gov.uk
<u>Cyngor Sir Ynys Môn</u>	01248 750057	www.ynysmon.gov.uk