GIG CYMRU NHS WALES | Profi Olrhain Diogelu | Test Trace Protect

Cadw Cymru'n Ddiogel. Dal ati i Ddysgu. | Keep Wales Safe. Keep Wales Learning.

DIOGELU CYMRU KEEP WALES SAFE

Canllaw i rieni - beth i'w wneud os oes angen i'ch plentyn hunanynysu

Os yw'r gwasanaeth Profi, Olrhain, Diogelu wedi gofyn i'ch plentyn hunanynysu, rhaid i chi sicrhau bod eich plentyn yn aros gartref am 14 diwrnod (bydd y cyfnod o 14 diwrnod yn cael ei bennu gan y tîm Profi, Olrhain a Diolgelu).

Mae hunanynysu yn golygu aros gartref.

- Rhaid i'ch plentyn beidio â gadael y tŷ, mynd i'r ysgol, cymysgu â phlant eraill nac oedolion o du allan i'w haelwyd.
- Drwy hunanynysu, hyd yn oed os nad oes gan eich plentyn symptomau, rydych chi'n helpu i gyfyngu ar ledaeniad y coronafeirws ac yn diogelu pobl eraill.

Nid oes angen i aelodau eraill yr aelwyd hunanynysu.

- Bydd eich plentyn yn cael gorchymyn i hunanynysu os bydd wedi bod mewn cysylltiad agos â rhywun sydd wedi profi'n bositif am COVID-19. Golyga hyn bod eich plentyn yn wynebu mwy o risg o ddal y clefyd a'i drosglwyddo i bobl eraill.
- Nid oes angen prawf arnynt oni bai eu bod yn datblygu unrhyw Symptomau COVID-19 a restrir isod.

Pan fydd eich plentyn yn hunanynysu

- Cefnogwch eich plentyn gyda'r addysg o bell a ddarperir gan yr ysgol.
- Monitrwch symptomau eich plentyn. Gofynnwch am brawf cyn gynted â phosibl os yw'n dechrau dangos unrhyw symptomau COVID-19:

PESWCH CYSON NEWYDD - pesychu llawer am fwy nag awr, neu 3 phennod pesychu neu fwy mewn 24awr.

TYMHEREDD UCHEL - mae eu brest neu eu cefn yn teimlo'n boeth i gyffwrdd.

COLLI'R GALLU I AROGLEUO NEU FLASU, NEU NEWID YN Y GALLU HWNNW - ni allant arogli na blasu unrhywbeth, neu mae eu synnwyr arogli neu flas yn wahanol i'r arfer.

Ar ôl i'ch plentyn gwblhau 14 diwrnod o hunanynysu heb unrhyw symptomau COVID-19, gall ddychwelyd i'r ysgol.

A guide for parents - what to do if your child needs to self-isolate

If your child has been told to self-isolate by the Test, Trace, Protect (TTP) service or the school on behalf of TTP, you must ensure they stay at home for 14 days (the start of the 14 day period will be on the advice of the TTP team).

Self-isolation means staying at home.

- Your child must not leave the house, go to school, mix with other children or with adults from outside their household.
- By ensuring your child self-isolates, even if they don't have symptoms, you are helping to reduce the spread of coronavirus and protecting others.

Other household members don't need to self-isolate.

- Your child will be told to self-isolate if they have been in close contact with someone who has tested positive for COVID-19. This means they are at increased risk of catching the disease and passing it on to others.
- They do not need a test unless they develop any COVID-19 symptoms listed below.

While your child is self-isolating

- Support your child with remote education provided by school.
- Monitor your child's symptoms. Request a test as soon as possible if they begin to show any COVID-19 symptoms:

A NEW CONTINUOUS COUGH - coughing a lot for more than an hour, or 3 or more coughing episodes in 24hrs.

a HIGH TEMPERATURE - their chest or back feel hot to touch.

a LOSS OR CHANGE TO THEIR SENSE OF SMELL OR TASTE - they cannot smell or taste anything, or their sense of smell or taste is different to normal.

After your child has completed the 14 days of self-isolation without any COVID-19 symptoms, they can return to school.

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