

Cwestiynau cyffredinol:

1. Mae fy mhlentyn wedi cael canlyniad positif LFT. Beth sydd angen gwneud?

- Os **oes symptomau COVID ganddynt** mae angen trefnu prawf PCR a pheidio dod i'r ysgol. Wedi canlyniad y PCR mae angen dilyn cyngor TTP
- Dylech wneud prawf LFT ar ddiwrnod 6 a 7. Os mae'r ddau brawf yn negyddol a does dim tymheredd ganddynt, gallent ddod allan o hunan ynysu ar ddiwrnod 8. Cofiwch, ni ddylent wneud prawf LFT cyn Diwrnod 6 o'ch cyfnod hunan ynysu.
- Os **NAD oes symptomau COVID gan eich plentyn**, mae angen cofrestru canlyniad y prawf LFT positif gyda'r GIG ac hunan ynysu am 7 diwrnod o ddiwrnod y prawf. Fel yr uchod, dylent wneud prawf LFT ar Ddiwrnod 6 a 7 ac os yn negyddol, i ddod allan o hunan ynysu ar ddiwrnod 8.

1. My child has had a positive LFT result. What do we need to do?

- If **they have COVID symptoms** they need to arrange a PCR test and not come to school. Following the PCR result TTP advice needs to be followed
- You should do an LFT test on days 6 and 7. If both tests are negative and they have no temperature, they may come out of self-isolation on day 8. Remember, they should not do an LFT test before Day 6 of the isolation period
- If your child has **NO COVID symptoms**, you still need to register the positive LFT result with the NHS and self-isolate for 7 days from the day of the test. As above, they should do an LFT test on Days 6 and 7 and if negative, to come out of self-isolation on day 8.

2. Mae rhywun yn y tŷ wedi profi'n bositif. Beth dylai fy mhlentyn wneud?

- Os **nad oes symptomau** gan eich plentyn ac maent wedi gwneud prawf LFT ac mae'n negyddol gallent ddod i'r ysgol, ond awgrymw'n ei f/bod yn gwneud prawf LFT am 7 diwrnod. OND os mae symptomau COVID yn datblygu i drefnu prawf PCR a'i g/chadw o'r ysgol tan ddaw'r canlyniad yn ôl.

2. Someone in the house has tested positive. What should my child do?

- If your child **has no symptoms** and they have taken an LFT test and it is negative they may come to school, but we suggest that he / she take an LFT test every day for 7 days. BUT if COVID symptoms develop to arrange a PCR test and keep your child out of school until the result returns.

3. Mae fy mhlentyn dros 18oed a heb dderbyn brechiad. Beth sydd yn wahanol iddynt?

- Os yn byw mewn tŷ gyda rhywun sydd yn bositif, mae'n rhaid iddynt hunan ynysu am ddeg diwrnod a profi LFT ar ddiwrnod 2 ac 8. Hyd yn oed os yw'r profion hyn yn negyddol mae angen hunan ynysu am 10 diwrnod.

- Os maent yn brofi'n bositif, mae angen iddynt drefnu prawf PCR ac hunan ynysu am ddeg diwrnod

3. My child is over 18 and not vaccinated. What is different for them?

- If living in a house with someone who is positive, they have to self-isolate for ten days and take an LFT on days 2 and 8. Even if these tests are negative self-isolation is needed for 10 days.
- If they test positive, they need to arrange a PCR and self-isolation test for ten days

4. Beth yw symptomau COVID?

Y tri phrif symptom o COVID-19 y dylech fod yn ymwybodol ohonynt yw:

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

4. What are the symptoms of COVID?

The three main symptoms of COVID-19 that you should be aware of are:

- constant new cough
- fever or high temperature
- have lost your sense of taste or smell, or noticed a change in them

6 Ionawr 22

Canllawiau'r Llywodraeth yma: <https://llyw.cymru/canllawiau-hunanynysu>

Government Guidance here: https://gov.wales/self-isolation?_ga=2.95876319.215028313.1641396704-511633824.1641396704