

# Current Welsh Government guidance

There are currently **three** main areas of guidance, plus a host of other Welsh Government guidance on various topics related to, or affected by, COVID-19. The three main areas for the public cover:

- **Self-isolating** (for households with possible or proven coronavirus infection)
- **Social distancing** (for **everyone**)
- **Shielding** (for people identified by the Government as ‘extremely vulnerable’)

Available at: <https://gov.wales/protect-yourself-others-coronavirus>

Summaries of each of the above are as follows:

## Guidance: Self-isolating (for households with possible or proven coronavirus infection)

The Welsh Government advises that this guidance is intended for:

- “people with symptoms that may be caused by coronavirus, and don’t require hospital treatment, who must remain at home until they’re well.
- those living in households with someone who shows symptoms that may be caused by coronavirus.

It’s very important that individuals with symptoms that may be due to coronavirus and their household members stay at home. Staying at home will help control the spread of the virus to friends, the wider community, and particularly the most vulnerable.

Those with symptoms and living alone should remain at home for 7 days after the onset of their symptoms. This will reduce the risk of you infecting others.

If you live with others and you or one of them have symptoms that may be caused by coronavirus (COVID-19), then household members must stay at home and not leave your house for 14 days.

If possible, you shouldn’t go out even to buy food or other essentials and any exercise should be taken within the home.

The 14-day period starts from the day when the first person in your house became ill.

If not possible, then you should do what you can to limit your social contact when you leave the house to get supplies.

Staying at home for 14 days will greatly reduce the overall amount of infection the household could pass on to others in the community.

If you require help with buying groceries, other shopping or picking up medication, or walking a dog, you will need to ask friends or relatives. Alternatively, you can order medication by phone or online. You can also order your shopping online. Make sure you tell delivery drivers to leave items outside for collection if you order online. The delivery driver should not come into your home”.

## Guidance: Staying at home and away from others *and*

### Coronavirus social distancing: Guidance on social distancing for everyone in Wales and protecting older people and vulnerable adults

The Welsh Government advises that “you should only be outside of your home for very limited reasons, referred to in the Regulations as a reasonable excuse, which include:

- the need to obtain supplies and services for you or your household, for example food, medicine, and essential household maintenance, we encourage everyone to make this as infrequently as possible.
- to exercise locally either alone or with members of your household **[also see below for more information on exercise]**.
- to visit your GP or local health services, including the dentist.
- to deposit and withdraw money from a bank or similar establishment.
- to provide care for or to help a vulnerable person, this includes getting food or medicines for them.
- help the NHS by donating blood.
- to avoid injury or illness.
- travelling to and from work, but only where it's not reasonably practicable to work from home.
- visit a cemetery, burial ground or garden of remembrance to pay your respects.
- to attend a funeral if you're invited by the person organising the funeral, or

are the carer of a person attending the funeral, although this is subject to limits on numbers who can attend, in order to ensure that 2-metre distancing can be kept”.

#### The Welsh Government advises those who are at increased risk of severe illness from coronavirus (COVID-19) to be particularly stringent in following social distancing measures. This group includes those who are:

- “aged 70 or older (regardless of medical conditions).
- under 70 with an underlying health condition listed below (ie anyone instructed to get a flu jab as an adult each year on medical grounds):
  - chronic (long-term) respiratory diseases, such as asthma, chronic obstructive pulmonary disease (COPD), emphysema or bronchitis
  - chronic heart disease, such as heart failure
  - chronic kidney disease
  - chronic liver disease, such as hepatitis
  - chronic neurological conditions, such as Parkinson's disease, motor neurone disease, multiple sclerosis (MS), a learning disability or cerebral palsy
  - diabetes
  - problems with your spleen – for example, sickle cell anaemia or if you have had your spleen removed
  - a weakened immune system as the result of conditions such as HIV and AIDS, or medicines such as steroid tablets or chemotherapy

- being seriously overweight (a BMI of 40 or above)
- those who are pregnant”.

### Exercise

The summary of the Welsh Government’s position on going out to exercise in Wales during the coronavirus “lockdown” is as follows:

- “going out to exercise is a valid reason to leave home and is encouraged;
- exercise can be combined with other – incidental – activity that is beneficial to people’s health and well-being;
- exercise should be local, involve minimal risk and be done in accordance with advice on social distancing;
- travelling by vehicle to exercise should be avoided unless there is a good reason for doing so.

To reduce the spread of coronavirus, exercise must be done within an area local to home. Exercise shouldn’t, therefore, involve going a significant distance from home and our advice is that exercise should start and finish from home”.

### Guidance on shielding and protecting people defined on medical grounds as extremely vulnerable from coronavirus

The Welsh Government has strongly advised “people with serious underlying health conditions, which put them at very high risk of serious illness from coronavirus (COVID-19), to follow “shielding” measures to keep them safe.

“Shielding” means protecting those people who are extremely vulnerable to the serious complications of coronavirus because they have a particular existing health condition. It involves staying at home for at least 12 weeks, and reducing contact with other people as far as possible to reduce the risk of being exposed to coronavirus”.

In relation to “Shielding” for people who are extremely vulnerable to the serious complications of coronavirus, these are listed by the Welsh Government as::

1. Solid organ transplant recipients.
2. People with specific cancers:
  - People with cancer who are undergoing active chemotherapy or radical radiotherapy for lung cancer.
  - People with cancers of the blood or bone marrow such as leukemia, lymphoma or myeloma who are at any stage of treatment.
  - People having immunotherapy or other continuing antibody treatments for cancer.
  - People having other targeted cancer treatments which can affect the immune system, such as protein kinase inhibitors or PARP inhibitors.
  - People who have had bone marrow or stem cell transplants in the last 6 months, or who are still taking immunosuppression drugs.
3. People with severe respiratory conditions including all cystic fibrosis, severe asthma and severe Chronic Obstructive Pulmonary Disease (COPD).

4. People with severe single organ disease (e.g. Liver, Cardio, Renal, Neurological).
5. People with rare diseases and inborn errors of metabolism that significantly increase the risk of infections (such as Severe Combined Immunodeficiency (SCID), homozygous sickle cell).
6. People on immunosuppression therapies sufficient to significantly increase risk of infection”.

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If the person you're supporting needs further help and is aged 50 or over they can contact Age Cymru Advice on **08000 223 444**, available 9:30am to 4:30pm, Monday to Friday, or email **[advice@agecymru.org.uk](mailto:advice@agecymru.org.uk)**

If the person you're supporting needs further help and is aged under 50, they can call Citizens Advice on **03444 77 20 20**, available 9am to 5pm, Monday to Friday, or visit **[www.citizensadvice.org.uk/wales/](http://www.citizensadvice.org.uk/wales/)**

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# Canllawiau cyfredol Llywodraeth Cymru

Ar hyn o bryd mae **tri** phrif faes i'r canllawiau, yn ogystal â llu o ganllawiau eraill gan Lywodraeth Cymru ynglŷn â gwahanol bynciau sy'n gysylltiedig â COVID-19, neu sy'n cael eu heffeithio ganddo. Mae'r tri phrif faes i'r cyhoedd yn ymdrin â:

- **Hunan-ynysu** (ar gyfer cartrefi ag afiechyd coronafeirws posibl neu brofedig)
- **Ymbellhau cymdeithasol** (i **bawb**)
- **Amddiffyn** (i'r bobl sydd wedi'u hadnabod gan y Llywodraeth yn 'hynod fregus')

Ar gael yn: <https://gov.wales/protect-yourself-others-coronavirus>

Mae crynodebau bob un o'r uchod fel a ganlyn:

## Canllawiau: Hunan-ynysu (ar gyfer cartrefi ag afiechyd coronafeirws posibl neu brofedig)

Noda Llywodraeth Cymru bod y canllaw hwn ar gyfer:

- “pobl sydd â symptomau a all gael eu hachosi gan y coronafeirws, ac nad ydynt angen triniaeth yn yr ysbyty, ond sy'n gorfod aros gartref tan iddynt wella
- y rheiny sy'n byw mewn aelwydydd gyda rhywun sy'n dangos symptomau a all gael eu hachosi gan y coronafeirws

Mae'n hynod bwysig bod unigolion sydd â symptomau a all fod yn sgil y coronafeirws, ac aelodau eu haelwyd yn aros gartref. Bydd aros gartref yn helpu i reoli lledaeniad y feirws i gyfeillion, y gymuned ehangach, a'r mwyaf bregus yn arbennig.

Dylai'r rheiny sydd â symptomau ac yn byw ar eu pen eu hunain aros gartref am saith diwrnod ar ôl i'w symptomau ddechrau (gweler terfynu hunan-ynysiad isod). Bydd hyn yn lleihau'r risg ohonoch chi'n heintio eraill.

Os ydych yn byw gydag eraill ac rydych chi neu un ohonyn nhw yn dangos symptomau a all gael eu hachosi gan y coronafeirws, yna mae'n rhaid i aelodau'r aelwyd aros gartref a pheidio â gadael eich tŷ am 14 diwrnod (rhagor o wybodaeth yn yr adran terfynu hunan-ynysiad isod). Os yn bosibl, ni ddylech fynd allan hyd yn oed i brynu bwyd neu hanfodion eraill, ac eithrio ymarfer corff, ac yn yr achos hwnnw dylech gadw pellter diogel oddi wrth eraill. Mae'r cyfnod 14 diwrnod yn dechrau o'r diwrnod pan aeth yr unigolyn cyntaf yn eich aelwyd yn sâl.

Os yn bosibl, ni ddylech fynd allan hyd yn oed i brynu bwyd neu hanfodion eraill, ac eithrio ymarfer corff, ac yn yr achos hwnnw dylech gadw pellter diogel oddi wrth eraill. Mae'r cyfnod 14 diwrnod yn dechrau o'r diwrnod pan aeth yr unigolyn cyntaf yn eich aelwyd yn sâl.

Os oes angen cymorth arnoch i brynu bwyd, siopa eraill neu gasglu moddion, neu gerdded ci, bydd angen i chi ofyn i'ch cyfeillion neu berthnasau. Fel arall, gallwch archebu moddion dros y ffôn neu ar-lein. Gallwch hefyd archebu eich siopa ar-lein. Sicrhewch eich bod yn dweud wrth yrwyr danfon am adael yr eitemau y tu allan i chi eu casglu os ydych yn archebu ar-lein. Ni ddylai'r gyrrwr danfon ddod i'ch cartref”.



## Canllawiau: Aros gartref ac oddi wrth eraill ac

## Ymbellhau cymdeithasol y coronafeirws: Canllawiau ynglŷn ag ymbellhau'n gymdeithasol i bawb yng Nghymru ac amddiffyn pobl hŷn ac oedolion bregus.

Mae Llywodraeth Cymru yn cynghori: “dylech fod y tu allan i'ch cartref am resymau prin iawn, y cyfeirir atynt yn y Rheoliadau fel esgus rhesymol, sy'n cynnwys:

- yr angen i gael cyflenwadau a gwasanaethau i chi neu eich aelwyd, er enghraifft bwyd, moddion, a chynnal a chadw hanfodol i'r cartref, anogwn bawb i wneud hyn mor anaml â phosibl
- gwneud ymarfer corff yn lleol naill ai ar eich pen eich hun neu gydag aelodau o'ch aelwyd **[gweler isod am ragor o wybodaeth ynglŷn ag ymarfer corff]**
- ymweld â'ch meddyg teulu neu wasanaethau iechyd lleol, gan gynnwys y deintydd
- i flaendalu a thynnu arian o fanc neu sefydliad cyffelyb
- darparu gofal i unigolion bregus neu eu helpu, mae hyn yn cynnwys casglu bwyd neu foddion iddynt
- helpu'r GIG drwy roi gwaed
- osgoi anaf neu salwch
- teithio i'r gwaith ac oddi yno, ond dim ond lle nad yw'n ymarferol rhesymol gweithio gartref
- ymweld â mynwent, man claddu neu ardd goffa i ddangos parch

- mynychu angladd os cewch eich gwahodd gan yr unigolyn sy'n trefnu'r angladd, neu os ydych yn gofalu am unigolyn sy'n mynychu'r angladd, er mae cyfyngiadau ar y niferoedd a all fynychu, er mwyn sicrhau y gellir cynnal yr ymbellhau 2 fetr”.

## Rydym yn annog y rheiny sy'n wynebu risg uwch o salwch difrifol yn sgil y coronafeirws (COVID-19) i fod yn arbennig o lym wrth ddilyn mesurau ymbellhau'n gymdeithasol. Mae'r grŵp hwn yn cynnwys y rheiny:

- “sy'n 70 oed neu'n hŷn (waeth beth fo'u cyflyrau iechyd)
- dan 70 oed ac sydd â chyflwr iechyd sylfaenol wedi'i restru isod (h.y. unrhyw un sy'n cael ei gyfarwyddo i gael y brechiad fflw fel oedolyn bob blwyddyn ar sail feddygol):
  - afiechydon resbiradol cronig (hirdymor), megis asthma, clefyd rhwystrol cronig yr ysgyfaint (COPD), emffysema neu froncitis
  - clefyd cronig y galon, megis methiant y galon
  - clefyd cronig yr arenau
  - clefyd cronig yr afu, megis hepatitis
  - cyflyrau niwrolegol cronig, megis afiechyd Parkinson's, clefyd niwronau motor, sglerosis ymledol (MS), anabledd dysgu neu barlys yr ymennydd
  - diabetes
  - problemau gyda'ch dueg - er enghraifft, anemia crymangell neu os ydych wedi cael tynnu'ch dueg
  - system imiwnedd gwannach o ganlyniad i gyflyrau megis HIV ac AIDS, neu foddion megis tabledi steroid neu gemotherapi

bod dros eich pwysau yn ddifrifol (BMI o 40 neu uwch)

- merched beichiog”.

### Ymarfer corff

Mae'r sefyllfa o ran mynd allan i wneud ymarfer corff yng Nghymru yn ystod cyfyngiadau symud y coronafeirws fel a ganlyn:

- mae mynd allan i wneud ymarfer corff yn rheswm dilys i adael y cartref ac yn rhywbeth sy'n cael ei annog;
- gellir cyfuno ymarfer corff â gweithgaredd arall - achlysurol - sy'n fuddiol i iechyd a lles pobl;
- dylid gwneud ymarfer corff yn lleol, gyda'r risg lleiaf ac yn unol â chyngor ar ymbellhau'n gymdeithasol;
- dylid osgoi teithio gyda cherbyd i wneud ymarfer corff oni bai bod rheswm da dros wneud hynny.

I leihau'r risg o ledaenu'r coronafeirws, rhaid gwneud ymarfer corff o fewn ardal sy'n lleol i gartref. Felly, ni ddylai ymarfer corff gynnwys mynd pellter sylweddol oddi wrth eich cartref a'n cyngor ni yw y dylai ymarfer corff ddechrau a gorffen gartref.

## Canllawiau ynglŷn ag amddiffyn a gwarchod pobl sydd wedi'u diffinio yn hynod fregus ar sail feddygol yn sgil y coronafeirws

Mae Llywodraeth Cymru yn cynghori'n gryf “Rydym yn cynghori pobl sydd â chyflyrau iechyd sylfaenol difrifol, sy'n eu rhoi mewn risg uchel iawn o salwch difrifol yn sgil y coronafeirws (COVID-19), i ddilyn mesurau “amddiffyn” i'w cadw'n ddiogel.

Mae “amddiffyn” yn golygu gwarchod y rheiny sy'n hynod fregus i gymhlethdodau difrifol y

coronafeirws oherwydd bod ganddynt gyflwr iechyd cyfredol penodol. Mae'n cynnwys aros gartref am o leiaf 12 wythnos, a lleihau cyswllt gyda phobl eraill cyn belled â phosibl i leihau'r risg o gael eu hamlygu i'r coronafeirws”. -

Mewn perthynas ag “Amddiffyn” i bobl sy'n hynod fregus i gymhlethdodau difrifol y coronafeirws, gweler rhestr o'r rhain isod:

“1. Derbynwyr trawsblaniad organ solid

2. Pobl sydd â chancrau penodol:

- Pobl sydd â chancr ac sy'n cael cemotherapi neu radiotherapi radical gweithredol ar gyfer cancr yr ysgyfaint
- Pobl sydd â chancrau'r gwaed neu fêr yr esgyrn, megis lewcemia, lymffoma neu fyeloma ar unrhyw gam yn y driniaeth
- Pobl sy'n cael imiwnotherapi neu'n parhau â thriniaeth gwrthgyrff ar gyfer cancr
- Pobl sy'n cael triniaethau cancr wedi'u targedu eraill sy'n gallu effeithio ar y system imiwneidd, megis atalyddion cinasau protein neu atalyddion PARP
- Pobl sydd wedi cael trawsblaniad mêr yr esgyrn neu gelloedd stem yn y 6 mis diwethaf, neu sy'n dal i gymryd cyffuriau gwrthimiwnedd

3. Pobl sydd â chyflyrau resbiradol difrifol, gan gynnwys ffeibrosis systig, asthma difrifol a Chlefyd Rhwystrol Cronig yr Ysgyfaint (COPD) difrifol

4. Pobl sydd â chlefyd difrifol ar un organ (e.e. Iau, Cardio, Arennol, Niwrolegol).

5. Pobl sydd ag afiechydon prin a namau cynhenid metaboledd sy'n cynyddu risg afiechydon yn ddifrifol (megis Diffyg Imiwnedd Cyfun Difrifol (SCID), crymangell homosygaid).
6. Pobl ar therapiau gwrthimiwnedd sy'n ddigon i gynyddu risg heintio yn sylweddol.

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Os yw'r unigolyn yr ydych chi'n ei gefnogi angen rhagor o gymorth ac yn 50 oed neu'n hŷn, gall gysylltu ag Age Cymru Advice ar **08000 223 444**, ar gael rhwng 9:30am a 4:30pm, ddydd Llun i ddydd Gwener, neu e-bost **[advice@agecymru.org.uk](mailto:advice@agecymru.org.uk)**

Os yw'r unigolyn yr ydych chi'n ei gefnogi angen rhagor o gymorth a dan 50 oed, gall gysylltu â Cyngor ar Bopeth ar **03444 77 20 20**, ar gael rhwng 9am a 5pm, ddydd Llun i ddydd Gwener, neu fynd i **[www.citizensadvice.org.uk/wales/](http://www.citizensadvice.org.uk/wales/)**

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