

12/03/2021

Profi, Ohlrahin, Amddiffyn GIG: Hunan-Brawf Llif Ochrol Cyflym COVID-19

Annwyl Riant / Gwarcheidwad,

Yn ddiweddar, mae Llywodraeth Cymru wedi cyhoeddi y bydd rhaglen wirfoddol sy'n rhad ac am ddim o brofion asymptomatig COVID-19 ar gael mewn lleoliadau addysg a gofal plant ledled Cymru. Mae'r cynnig hwn ar gael i'r holl staff a dysgwyr ym mlynnyddoedd 10-13 a holl ddysgwyr coleg.

Ynghyd â'r mesurau rheoli heintiau sylfaenol yr ydym wedi'u rhoi ar waith, megis pellhau cymdeithasol a hylendid dwylo da, bydd profion yn caniatáu inni roi rhywfaint o sicrwydd ychwanegol i gymuned ehangach yr ysgol / coleg.

Mae gan hyd at un o bob tri o bobl sydd â COVID-19 y firws heb symptomau y gallai fod yn trosglwyddo'r firws yn ddiarwybod. Mae rhan o reoli lledaeniad y firws yn gofyn am adnabod yr unigolion heintus hynny nad ydyn nhw'n dangos a symptomau a gofyn iddyn nhw hunan-ynysu. Defnyddiwyd profion Dyfais Llif Ochrol (LFD) yn helaeth ac yn llwyddiannus i ganfod COVID-19 mewn unigolion asymptomatig. Mae cyflymder a hwylustod profion LFD yn cefnogi canfod y firws mewn unigolion asymptomatig na fyddent fel arall yn cael eu profi. Maent wedi'u cymeradwyo'n glinigol ac yn hanfodol yn y frwydr yn erbyn y firws.

Gan fod y profion yn fwy sensitif gyda llwythi firaol uwch, mae risg o ddychwelyd canlyniad negyddol pan fydd llwythi firaol yn isel (e.e. yng nghyfnodau cynnar yr haint). Dyma pam yr argymhellir bod dau brawf LFD yn cael eu cymryd 3 i 4 diwrnod ar wahân, ar ddydd Llun a dydd Iau, i wella canfod trwy godi unrhyw achosion na chawsant eu canfod yn ystod y prawf cyntaf ac i ddal unrhyw heintiau newydd .

Os ydych chi'n profi'n bositif gan ddefnyddio LFD, mae'n debygol eich bod chi'n heintus a rhaid i chi hunan-ynysu ar unwaith ac archebu a chymryd prawf adwaith cadwyn polymeras (PCR) cyn pen 24 awr ar ôl canlyniad eich prawf LFD positif. Bydd olrhain cyswllt yn cael ei sbarduno yn dilyn LFD positif a bydd yn ofynnol i'ch cysylltiadau agos hunan-ynysu nes i chi dderbyn canlyniad eich prawf PCR, os yw canlyniad y prawf PCR yn bositif bydd yn rhaid i chi a'ch cysylltiadau agos hunan-ynysu.

Ni ddylid darllen canlyniad LFD negyddol fel modd i ymlacio neu anwybyddu pellter cymdeithasol neu fesurau atal firws eraill sydd â'r nod o leihau trosglwyddiad - mae LFD yn offeryn ychwanegol sy'n cyfrannu at leihau risg.

Sut mae'r profion yn gweithio?

Os cytunwch i gymryd rhan, bydd angen llenwi a dychwelyd ffurflen gydsynio isod:

<https://forms.gle/ifpCK8tkEu6DyExk7>

Bydd yr ysgol yn trefnu i rannu citiau prawf LFD a fydd yn galluogi hunan-brofi gartref. Dylid profi ar fore Llun a bore Iau ac yn ddelfrydol dylid cymryd y profion mor agos at ddod i'r ysgol / coleg â phosibl. Nid oes angen prosesu labordy ar yr LFDs a gyflenwir a gallant ddarparu canlyniad cyflym mewn tua 30 munud. Mae canllawiau cynhwysfawr ar hunan-brofi wedi'u cynnwys yn y daflen 'Cyfarwyddiadau i'w Defnyddio' sy'n dod gyda'r pecyn prawf.

Ar ôl cynnal y prawf rhaid mewngofnodi pob canlyniad prawf ar-lein yn www.gov.uk/report-covid19-result.

Pwrpas profi

Mae'n bwysig tynnu sylw mai dibenion y polisi profi mewn addysg a gofal plant yng Nghymru yw ategu'r mesurau rheoli sylfaenol (megis pellhau cymdeithasol a gwisgo masgiau) sydd eisoes wedi'u rhoi ar waith i alluogi dysgu / gofal wyneb yn wyneb i parhau ac i:

- Nodi'n gyflym y rhai sydd ar y safle yn rheolaidd yn ystod oriau dysgu / gofal, sy'n ddiarwybod yn cario'r firws a gofyn iddynt hunan-ynysu er mwyn lleihau'r aflonyddwch i addysg / gofal wyneb yn wyneb.
- Ategu data canlyniadau symptomatig â data canlyniadau asymptomatig i roi darlun o gyfraddau heintiau fel marciwr ar gyfer effeithiolrwydd, a gweithredu mesurau rheoli sylfaenol ac i gynorthwyo i adnabod clystyrau yn gynnar. Yn ogystal ag ystod o ddata arall a chyngor iechyd cyhoeddus gellir defnyddio'r wybodaeth hon i lywio penderfyniadau polisi cenedlaethol.

Ni ddylid ystyried y polisi profi ar gyfer addysg a gofal plant fel 'prawf i alluogi' neu 'brawf i ddychwelyd' i ddysgu wyneb yn wyneb h.y. nid yw'n amod dod ymlaen i'r safle na chyrchu dysgu / gofal. Yn ogystal, mae'r cynnig profi hwn yn gwbl wirfoddol.

Cydsyniad / Preifatrwydd

Dylai pob unigolyn sy'n dymuno cymryd rhan ymgyfarwyddo â'r broses profi a'r rhybudd preifatrwydd, os dewiswch gymryd rhan, rydych yn ymrwymo i hunan-weinyddu'r prawf a darparu canlyniadau ar gyfer pob prawf (negyddol neu gadarnhaol).

Gyda'n prif fesurau amddiffyn a phrofion, byddwn yn helpu i leihau lledaeniad y firws. Felly, rwy'n annog pawb yn gryf i sefyll y profion. Fodd bynnag, dylai unrhyw un sy'n dewis peidio â chymryd rhan barhau i fynychu'r ysgol / coleg os nad ydyn nhw'n arddangos symptomau.

Dylai pobl sy'n gwrthod cymryd rhan yn y rhaglen profi hon ddilyn y canllawiau cenedlaethol arferol ar hunan-ynysu a dylai unrhyw un gael eu profi os ydyn nhw'n dangos symptomau.

Yn gywir,



Paul Matthews-Jones

Pennaeth

12.03.2021

NHS Test, Trace, Protect: COVID-19 Rapid Lateral Flow Self-Test

Dear Parent/Guardian,

The Welsh Government has recently announced that a free and voluntary programme of asymptomatic COVID-19 testing will be available in education and childcare settings across Wales. This offer is available to all staff and learners in years 10-13 and all college learners.

Along with the primary infection control measures we have implemented, such as social distancing and good hand hygiene, testing will allow us to provide some additional reassurance to the wider school/college community.

Up to one in three people who have COVID-19 have the virus without symptoms so could be transmitting the virus unknowingly. Part of controlling the spread of the virus requires identifying those infectious individuals who aren't showing and symptoms and asking them to self-isolate. Lateral Flow Device (LFD) tests have been widely and successfully used to detect COVID-19 in asymptomatic individuals. The speed and convenience of LFD tests supports detection of the virus in asymptomatic individuals who would not otherwise be tested. They are clinically approved and are crucial in the fight against the virus.

As the tests are more sensitive with higher viral loads, there is a risk of returning a negative result when viral loads are low (e.g. in the early stages of infection). This is why it is recommended that two LFD tests are taken 3 to 4 days apart, on a Monday and a Thursday or regular testing, to enhance detection by picking up any cases which were not detected during the first test and to catch any new infections.

If you test positive using a LFD, it is likely that you are infectious and you must self-isolate immediately and book and take a polymerase chain reaction (PCR) test within 24 hours of your positive LFD test result. Contact tracing will be triggered following a positive LFD and your close contacts will be required to self-isolate until you receive your PCR test result, if the PCR test result is positive you and your close contacts will have to self-isolate.

A negative LFD result should not be read as a means to relax or ignore social distancing or other virus prevention measures intended to reduce transmission – LFD is an additional tool that contributes to reducing risk.

How the tests work

If you agree to take part, you will need to complete the following form:

<https://forms.gle/ifpCK8tkEu6DyExk7>

You will then arrange with the school/college to collect a pack of LFD test kits which will enable self-testing from home. Tests should be taken every Monday and Thursday and ideally the tests should be taken as close to coming into school/college as possible. The LFDs supplied do not require

laboratory processing and can provide a quick result in around 30 minutes. Comprehensive guidance on self-testing is contained in the 'Instructions for Use' leaflet which comes with the test kit.

Once the test has been conducted each test result must be logged online at www.gov.uk/report-covid19-result.

Purpose of testing

It is important to highlight that the purposes of the testing policy in education and childcare in Wales is to complement the primary control measures (such as social distancing and mask wearing) that have already been put in place to enable face to face learning / care to continue and to:

- Rapidly identify those who are regularly on site during learning/care hours, who are unknowingly carrying the virus and ask them to self-isolate to reduce disruption to face to face education / care.
- Complement symptomatic results data with asymptomatic results data to provide a picture of infection rates as marker for the effectiveness, and implementation of, primary control measures and to assist in the early identification of clusters. In addition to a range of other data and public health advice this information can be used to inform national policy decisions.

The testing policy for education and childcare should not be viewed as a 'test to enable' or 'test to return' to face to face learning i.e. it is not a condition of coming on to the site or accessing learning/care. Additionally, this testing offer is entirely voluntary.

Consent / Privacy

All individuals wishing to take part should familiarise themselves with the testing process and privacy notice, if you choose to participate, you are committing to self-administer the test and provide results for all tests (negative or positive).

With our primary protective measures and testing, we will help to reduce the spread of the virus. I am therefore strongly encourage everyone to take the test. However, anyone who chooses not to participate should still attend school/college if they are not displaying symptoms.

People who decline to participate in this testing programme should follow the usual national guidelines on self-isolation and anyone should get tested if they show symptoms.

Yours faithfully,



Paul Matthews-Jones

Headteacher