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<b>Bellach gallwch fynd am brawf COVID-19 am ddim os oes gennych chi ystod ehangach o symptomau</b>	<b>Free COVID-19 test if you have a wider range of symptoms</b>
<p>Annwyl Riant / Gwarchodwr</p> <p>Mae Bwrdd Iechyd Prifysgol Betsi Cadwaladr wedi cyhoeddi gwybodaeth mewn perthynas â phrofi symptomau COVID-19 ehangach sy'n cynnwys Cwestiynau Cyffredin a gwybodaeth ynglŷn â phlant yn mynychu ysgol.</p> <p>Yn ogystal â'r tri symptom mwyaf cyffredin : gwres /twymyn, peswch parhaus newydd neu golli / newid blas ac arogl; mae pobl bellach yn gallu cael prawf os oes ganddyn nhw symptomau eraill hefyd.</p> <p>Gwneir y newid i helpu i ddod o hyd i achosion COVID-19 cudd yn ein cymunedau, a lleihau nifer y trosglwyddiadau wrth symud yn ein blaenau. Po fwyaf o brofion a gynhelir, yr hawsaf fydd hi i adnabod clystyrau cynnar o achosion a mwtadau posib i'r firws. Bydd hyn yn helpu i leddfu cyfyngiadau yn y dyfodol.</p> <p><b>Mae'r GIG yn nodi-</b> Gofynnir i breswylwyr ystyried cael prawf os ydyn nhw'n profi unrhyw un o'r symptomau ehangach hyn os ydyn nhw'n symptomau newydd, parhaus a/neu anghyffredin iddyn nhw.</p> <p><b>Y symptomau ehangach hyn yw:</b></p> <ul style="list-style-type: none"> <li>•Symptomau tebyg i fflw, nad ydynt yn cael eu hachosi gan gyflyrau hysbys fel twymyn gwair, gan gynnwys unrhyw un neu bob un o'r symptomau canlynol: myalgia (poenau yn y cyhyrau); blinder gormodol; cur pen parhaus; trwyn yn rhedeg neu drwyn llawn; tisian yn barhaus; dolur gwddf a / neu grygni, prinder anadl neu wichian;</li> <li>•Yn gyffredinol yn teimlo'n sâl ac wedi bod mewn cysylltiad ag achos hysbys o COVID-19</li> <li>•Unrhyw symptomau newydd neu newid yn dilyn prawf negyddol blaenorol</li> </ul> <p>Nid yw'n ofynnol i unigolion sy'n cymryd prawf oherwydd y symptomau ehangach hyn hunan-ynysu tra eu bod yn aros am ganlyniad eu prawf. Mae hyn yn cynnwys plant a disgyblion ysgol a all barhau i fynychu ysgolion a lleoliadau gofal plant wrth iddynt aros am ganlyniad</p>	<p>Dear Parent / Guardian</p> <p>Betsi Cadwaladr University Health Board has published information in relation to the wider testing of COVID-19 symptoms which includes FAQs and information about children attending school.</p> <p>As well as the three cardinal signs: fever, a new continuous cough or a loss/change of taste and smell; people are now able to get a test if they have other symptoms too.</p> <p>The change is happening to help find hidden COVID-19 cases in our communities, and drive down the numbers of onward transmissions. The more tests are carried out, the easier it will be to spot early clusters of cases and possible virus mutations. This will help with easing restrictions in the future.</p> <p><b>The NHS states-</b> Residents are asked to consider taking a test if they are experiencing any of these wider symptoms and they are new, persistent and/or unusual symptoms for them.</p> <p><b>These wider symptoms are:</b></p> <ul style="list-style-type: none"> <li>•Flu-like symptoms, which are not caused by a known conditions such may be hay fever, including any or all of: myalgia (muscle ache or pain); excessive tiredness; persistent headache; runny nose or blocked nose; persistent sneezing; sore throat and/or hoarseness, shortness of breath or wheezing;</li> <li>•Generally feeling unwell and a history of being in contact with a known COVID-19 case</li> <li>•Any new or change in symptoms following a previous negative test.</li> </ul> <p>Individuals who take a test because of these other wider symptoms are not required to isolate while they await their test result. This includes children and school pupils who can continue to attend schools and childcare settings while they await a test result.</p>

prawf. **Fodd bynnag**, dylai plant ac oedolion â dolur rhydd a neu chwydu aros i ffwrdd o'r gwaith neu'r ysgol a pheidio â mynychu lleoliadau gofal plant nes eu bod yn rhydd o symptomau am 48 awr hyd yn oed os yw eu prawf Covid-19 yn negyddol.

Os yw unigolion wedyn yn derbyn canlyniad Covid-19 positif, yna rhaid iddyn nhw a'u cartref hunan-ynysu.

Rhaid i aelwydydd hefyd hunan-ynysu os bydd unrhyw un yn datblygu unrhyw un o 3 symptom mwyaf cyffredin Covid-19 wrth aros i ganlyniad prawf a gymerir yn gysylltiedig â'r symptomau ehangach ddod yn ôl.

**Ond** os ydych chi'n profi un neu fwy o'r tri symptom COVID-19 mwyaf cyffredin (peswch parhaus, gwres / twymyn a / neu golli blas neu arogl) rhaid i chi barhau i ddilyn Canllaw Profi, Orlhain, Diogelu GIG Cymru ar brofi ac ynysu a hunan-ynysu gyda'ch cartref wrth aros am ganlyniad prawf.

Mae Llywodraeth Cymru yn parhau i atgyfnerthu negeseuon Cadw Cymru yn Ddiogel fel bod rhieni a gofalwyr yn parhau i fod yn wylidwrus. Gofynnwn yn garedig i chi beidio ag anfon plant i'r ysgol os ydyn nhw'n sâl, os oes ganddyn nhw neu rhywun yn y tŷ symptomau, neu os ydyn nhw wedi profi'n positif am COVID-19.

Cewch fwy o wybodaeth ar wefan GIG-  
<https://bipbc.gig.cymru/newyddion/newyddion-or-bwrdd-iechyd/mae-profion-covid-19-bellach-ar-gael-i-bobl-yng-ngogledd-cymru-sydd-ag-ystod-ehangach-o-symptomau/>

<https://bipbc.gig.cymru/covid-19/profi-symptomau-ehangach/>

Diolch yn fawr iawn am eich cefnogaeth, cadwch yn ddiogel.

Yn gywir iawn,



Mrs D Rees Roberts

**However**, children and adults with diarrhoea and or vomiting should remain off work or school and not attend childcare settings until they are symptom free for 48 hours even if their Covid-19 test is negative.

If individuals then receive a positive Covid-19 result, they and their household must then isolate.

Households must also isolate if anyone develops any of the 3 cardinal Covid-19 symptoms while waiting for a test result taken on wider symptoms to come back.

**But** if you are experiencing one or more of the three most common COVID-19 symptoms (new persistent cough, fever and/or loss of taste or smell) you must continue to follow the NHS Wales Test, Trace, Protect guidance on testing and isolation and self-isolate with your household whilst you await a test result.

The Welsh Government continues to reinforce the Keep Wales Safe messages so that parents and carers continue to be vigilant. We kindly ask that you do not send children to school if they are unwell, if they or a member of the household have symptoms or have tested positive for COVID-19.

More information is available on the NHS Website-  
<https://bcuhb.nhs.wales/news/health-board-news/covid-19-tests-now-open-to-people-in-north-wales-with-a-wider-range-of-symptoms/>

<https://bcuhb.nhs.wales/covid-19/testing-broader-covid-19-symptoms/>

Thank you very much for your support, keep safe and well.

Yours faithfully,



Mrs D Rees Roberts