



NOTICE TO PUPILS

CORONAVIRUS (Covid19)

There are general principles you should follow to help prevent the spread of respiratory viruses, including:

- **washing your hands often - with soap and water, or use sanitiser if handwashing facilities are not available. This is particularly important after taking public transport (bus/train to and from school)**
- **covering your cough or sneeze with a tissue, then throwing the tissue in a bin.**
- **pupils who feel unwell (high temperature/cough) should stay at home and the latest advice is to self-isolate for 7 days (with the rest of your family)**
- **pupils should wash their hands:**
 - **before leaving home**
 - **on arrival at school**
 - **after using the toilet**
 - **after breaks and sporting activities**
 - **before food preparation**
 - **before eating any food, including snacks**
 - **before leaving school**
- **use an alcohol-based hand sanitiser that contains at least 60% alcohol if soap and water are not available**
- **avoid touching your eyes, nose, and mouth with unwashed hands**
- **avoid close contact with people who are unwell**
- **if you are worried about your symptoms or those of a friend or family member, please encourage them to use the [Coronavirus COVID-19 symptom checker on NHS Direct Wales](#). Do not go directly to the GP or other healthcare environment**
- **see the latest information about novel coronavirus on the [Public Health Wales website](#)**



HYSBYSEB I DDISGYBLION

Atal yr haint rhag lledaenu

Mae yna egwyddorion cyffredinol y gall pawb eu dilyn er mwyn atal feirysau anadlol rhag lledaenu, yn cynnwys:

- golchi eich dwylo'n aml – gyda dŵr a sebon, neu hylif alcohol os nad oes cyfleusterau golchi dwylo i'w cael. Mae hyn yn arbennig o bwysig ar ôl defnyddio cludiant cyhoeddus (bws/trên i'r ysgol/cartref)
- gorchuddio eich ceg neu eich trwyn â hances bapur wrth besychu a thisian, gan daflu'r hances bapur i'r bin wedyn.
- dylai pobl nad ydynt yn teimlo'n dda (tymheredd uchel/peswch) aros gartref a'r cyngor diweddaraf yw hunan-ynysu am 7 diwrnod (gyda gweddill eich teulu).
- dylai disgyblion olchi eu dwylo:
 - cyn gadael eu cartref
 - ar ôl cyrraedd yr ysgol
 - ar ôl defnyddio'r toiled
 - ar ôl egwyl a gweithgareddau chwaraeon
 - cyn paratoi bwyd
 - cyn bwyta unrhyw fwyd, yn cynnwys byrbrydau
 - cyn gadael yr ysgol
- defnyddio hylif dwylo ag alcohol ynddo, sy'n cynnwys o leiaf 60% o alcohol, os nad oes dŵr a sebon ar gael
- peidio â chyffwrdd eich llygaid, eich trwyn na'ch ceg os nad ydych wedi golchi eich dwylo
- osgoi dod i gysylltiad agos â phobl nad ydynt yn teimlo'n dda
- os ydych yn bryderus ynghylch eich symptomau, neu symptomau ffrind neu aelod o'ch teulu, dylech eu hannog i ddefnyddio [gwiriwr symptomau coronafeirws COVID-19 ar Galw Iechyd Cymru](#). Peidiwch â mynd yn uniongyrchol at y meddyg teulu neu i leoliad gofal iechyd arall
- cewch fwy o wybodaeth ar [wefan Iechyd Cyhoeddus Cymru](#)