GIG CYMRU NHS WALES | Profi Olrhain Diogelu | Test Trace Protect

Y profion y mae angen ichi eu cael cyn dod i gêm bêl-droed Cymru v Albania

Bydd angen ichi gael dau brawf COVID negatif er mwyn cael dod i'r gemau. Mae dau brawf yn y pecyn hwn:

1. Prawf COVID – o'r enw prawf adwaith cadwynol polymerasau (PCR) **a**
2. Prawf COVID cyflym – o'r enw prawf llif unffordd (LFT). Nid oes angen i blant dan 11 oed gael prawf.

Os yw'r gwasanaeth Profi, Olrhain, Diogelu wedi dweud wrthych am hunanynysu chewch chi DDIM dod i'r digwyddiad, hyd yn oed os oedd eich prawf yn negatif. Gan eich bod yn gyswllt agos i rywun, mae angen ichi hunanynysu.

Prawf 1

Cymerwch eich prawf PCR ar un o'r dyddiau canlynol:

31 Mai / 1 Mehefin / 2 Mehefin / 3 Mehefin neu 4 Mehefin

Mae'n bwysig iawn eich bod yn cofrestru'r prawf PCR gan ddilyn y cyfarwyddiadau. Os na wnewch chi hynny, fyddwch chi ddim yn cael canlyniad eich prawf.

Cymerwch sgrinlun o'r cadarnhad eich bod wedi llwyddo i gofrestru'ch prawf – efallai y bydd angen hwn arnoch yn nes ymlaen. Os nad ydych yn gallu gwneud hyn, dylai'r cadarnhad aros ar y sgrin os ceisiwch gofrestru eto.

Bydd angen ichi anfon eich prawf drwy ddefnyddio blwch post blaenoriaethol, a dylech dderbyn eich canlyniadau ymhen 48-72 awr.

Os bydd canlyniad eich prawf yn bositif, bydd angen ichi hunanynysu ar unwaith am 10 diwrnod ac ni fyddwch yn cael mynd i'r digwyddiad. Mae mwy o wybodaeth am hunanynysu yma: llyw.cymru/hunanynysu

Os bydd canlyniad eich prawf yn negatif, bydd angen ichi gadw'r e-bost neu'r neges destun fel prawf i gael mynd i mewn i'r digwyddiad. Os na fyddwch yn cael canlyniad eich prawf yn ôl cyn y digwyddiad, bydd angen ichi ddangos prawf eich bod wedi cofrestru'ch prawf PCR. Sgrinlun fydd hwn o'r cadarnhad eich bod wedi cofrestru eich prawf yn llwyddiannus.

Prawf 2

Bydd angen ichi wneud eich prawf llif unffordd ddydd Gwener 4 Mehefin neu ddydd Sadwrn 5 Mehefin.

Dylech wneud y prawf hwn gartref a bydd yn rhoi'r canlyniadau ichi mewn tua 30 munud.

Dyma ragor o wybodaeth am sut i ddefnyddio'r prawf cyflym, gan gynnwys fideo sy'n dangos beth i'w wneud: llyw.cymru/profion-llif-unffordd-covid-19-ar-gyfer-pobl-heb-symptomau

Bydd angen ichi gofnodi canlyniad eich prawf, boed yn bositif neu'n negatif, ar y diwrnod y byddwch yn gwneud y prawf, ar y wefan yma: www.gov.uk/report-covid19-result

Os bydd eich prawf cyflym yn bositif, chewch chi ddim mynd i'r gêm.

Os bydd eich prawf cyflym yn negatif, bydd angen ichi gadw'r neges destun neu'r e-bost fel prawf i'w ddangos wrth fynd i mewn.

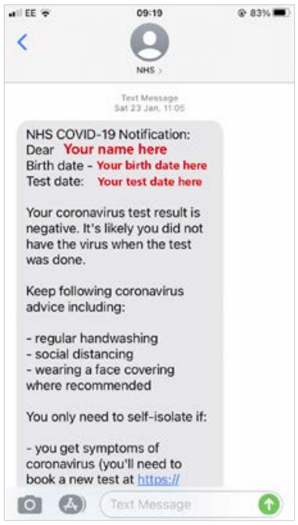
Beth fydd angen ichi ei ddangos i gael mynd i mewn

Bydd angen ichi ddangos eich e-docyn a'ch manylion adnabod i fynd i mewn.

Bydd y rhain yn cael eu gwirio wrth ichi gyrraedd. Efallai hefyd y gofynnir ichi ddangos tystiolaeth o'ch profion negatif neu brawf eich bod wedi cofrestru eich prawf PCR. Cofiwch eu cael yn barod i'w dangos wrth y gât fel y gall y ciw barhau i symud:

1 – Y neges destun neu'r e-bost sy'n dweud eich bod wedi cael prawf COVID (PCR) negatif.

Enghraifft o neges:



EE 09:19 83%
NHS
Text Message
Sat 23 Jan, 11:05

NHS COVID-19 Notification:
Dear Your name here
Birth date - Your birth date here
Test date: Your test date here

Your coronavirus test result is negative. It's likely you did not have the virus when the test was done.

Keep following coronavirus advice including:

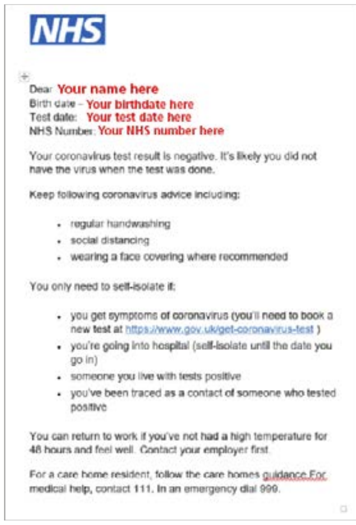
- regular handwashing
- social distancing
- wearing a face covering where recommended

You only need to self-isolate if:

- you get symptoms of coronavirus (you'll need to book a new test at https://

Text Message

Enghraifft o e-bost:



NHS

Dear Your name here
Birth date – Your birthdate here
Test date: Your test date here
NHS Number: Your NHS number here

Your coronavirus test result is negative. It's likely you did not have the virus when the test was done.

Keep following coronavirus advice including:

- regular handwashing
- social distancing
- wearing a face covering where recommended

You only need to self-isolate if:

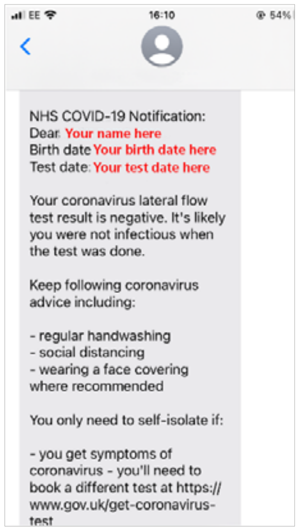
- you get symptoms of coronavirus (you'll need to book a new test at https://www.gov.uk/get-coronavirus-test)
- you're going into hospital (self-isolate until the date you go in)
- someone you live with tests positive
- you've been traced as a contact of someone who tested positive

You can return to work if you've not had a high temperature for 48 hours and feel well. Contact your employer first.

For a care home resident, follow the care homes guidance For medical help, contact 111. In an emergency dial 999.

2 – Y neges destun neu'r e-bost a gawsoch ar ôl llwytho eich prawf cyflym negatif (LFT) i wefan Llywodraeth y DU.

Enghraifft o neges:



EE 16:10 54%

NHS COVID-19 Notification:
Dear Your name here
Birth date Your birth date here
Test date: Your test date here

Your coronavirus lateral flow test result is negative. It's likely you were not infectious when the test was done.

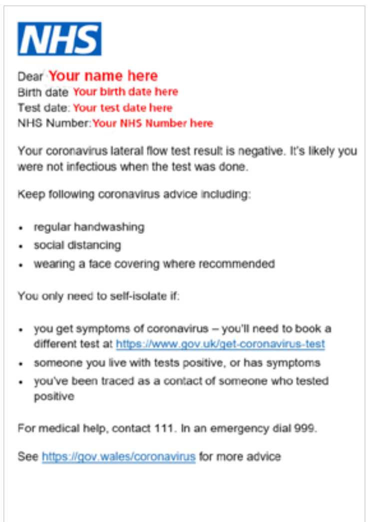
Keep following coronavirus advice including:

- regular handwashing
- social distancing
- wearing a face covering where recommended

You only need to self-isolate if:

- you get symptoms of coronavirus - you'll need to book a different test at https://www.gov.uk/get-coronavirus-test

Enghraifft o e-bost:



NHS

Dear Your name here
Birth date Your birth date here
Test date: Your test date here
NHS Number: Your NHS Number here

Your coronavirus lateral flow test result is negative. It's likely you were not infectious when the test was done.

Keep following coronavirus advice including:

- regular handwashing
- social distancing
- wearing a face covering where recommended

You only need to self-isolate if:

- you get symptoms of coronavirus – you'll need to book a different test at https://www.gov.uk/get-coronavirus-test
- someone you live with tests positive, or has symptoms
- you've been traced as a contact of someone who tested positive

For medical help, contact 111. In an emergency dial 999.

See https://gov.wales/coronavirus for more advice

Diogelu Cymru gyda'n Gilydd

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