



23/6/21

Annwyl Rieni/Gwarchodwyr

Gyda nifer cynyddol o achosion Covid19 yn ysgolion y Sir, mae Cyngor Sir Fflint yn awgrymu yn gryf y na ddylai plentyn ddod i'r ysgol os ydynt yn arddangos unrhyw un o'r symptomau canlynol:

- Gwres uchel
- Peswch
- Trafferth anadlu
- Symptomau annwyd
- poen yn y cyhyrau
- cur pen
- colli blas neu arogl
- cyfogi neu chwydu
- dolur rhydd
- blinder

Dear Parents/Guardians

As the numbers of Covid19 cases are rising in the County, Flintshire County Council strongly recommends that if your child displays one of the following symptoms they should not be sent to school and taken for a test as soon as possible:

- temperature
- cough
- difficulty breathing
- cold like symptoms
- muscle pain
- headache
- loss of taste or smell
- vomiting
- diarrhoea
- tiredness

From Flintshire/Gan Sir y Fflint **Changes to Isolation Periods**

Queries regarding the extended period of self- isolation from 10 to 14 days. PHW advice was updated to extend isolation as part of a containment strategy when the new Delta variant first emerged in the North Wales area. However, now that the Delta variant is now the dominant variant, this decision has been reviewed and the advice issued to TTP teams **is to revert to 10 days isolation.**

Although the greatest risk is in the first 10 days, a small number of people can develop COVID between day 11 and day 14. So, even though someone may be out of isolation after 10 days, they will be asked to limit their contact as much as possible for the additional 4 days e.g. not to visit vulnerable people, try to avoid unnecessary social contact as much as possible and to maintain Covid secure measure e.g hygiene and face coverings.



If symptoms do develop then a PCR test should be booked.

Wider Symptoms

PHW have now confirmed a wider range of symptoms that are possibly related to Covid-19. These include

- ✓ Feeling unusually tired
- ✓ General 'flu-like aches and pains (myalgia)
- ✓ Sore throat and / or hoarseness
- ✓ Shortness of breath or wheezing
- ✓ Persistent headache
- ✓ Runny or blocked nose
- ✓ Feeling sick (nausea), vomiting or diarrhoea

If one or more of the wider symptoms BUT NOT ONE OF THE THREE MAIN SYMPTOMS is present, then a PCR test should be booked.