

Annwyl Drigolion

Roedd 2020 yn flwyddyn anodd iawn i bawb.

Mae cymaint ohonom wedi colli aelodau o'n teulu a ffrindiau agos i'r coronafeirws.

Mae'r pandemig wedi troi ein bywydau ni i gyd ben i waered.

Mae'r sefyllfa bresennol yng Nghymru yn ddifrifol iawn. Mae achosion o'r feirws yn uchel iawn ac mae straen newydd, trosglwyddadwy iawn o'r coronafeirws yn y Deyrnas Unedig, sydd ar led ym mhob rhan o Gymru gan gynnwys yma ym Mhowys.

Rydym ni i gyd yn aros gartref eto i gadw'n ddiogel, achub bywydau a diogelu'r Gwasanaeth Iechyd.

Ond mae llygedyn o obaith inni i gyd.

Efallai'ch bod wedi clywed bod dau frechlyn newydd ar gyfer COVID-19 bellach ar gael. Dyma'r newyddion da rydym wedi bod yn aros amdano. Mae'n rhoi gobaith inni ddechrau

Dear Resident

2020 was a very difficult year for everyone.

So many of us have lost family members and close friends to coronavirus.

All of us have had our lives turned upside down by the pandemic.

The situation in Wales is very serious at the moment. Cases of the virus are very high and there is a new, very transmissible strain of coronavirus in the UK, circulating in all parts of Wales including here in Powys.

We are all staying at home again to stay safe, save lives and to protect the NHS.

But there is a glimmer of hope for us all.

You may have heard that two new Covid-19 vaccines are now available. This is the good news we have been waiting for. It hopefully means we

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edrych ymlaen at ddychwelyd i fywyd arferol ymhen amser.

Bydd dros 1.5 miliwn o bobl yng Nghymru yn cael y brechlyn yn y cam cyntaf o'i ddarparu – ond bydd yn cymryd amser i ddiogelu pawb.

Bydd y bobl sydd fwyaf tebygol o ddal coronafeirws a datblygu afiechydon difrifol yn cael y brechlyn yn gyntaf. Mae'r rhain yn cynnwys pobl sy'n byw mewn cartrefi gofal, pobl dros 80 oed a gweithwyr iechyd a gofal rheng flaen. (Gweler yr atodiad i gael rhagor o fanylion am y grwpiau blaenoriaeth yn y cam cyntaf.)

Wrth i'r brechlyn gael ei gyflwyno, mae angen i bob un ohonom ddilyn y rheolau diogelwch a diogelu ein hunain a'n teuluoedd.

I wneud hynny, mae angen inni gwrdd â chyn lleied o bobl â phosibl, golchi ein dwylo'n aml, gwisgo gorchudd wyneb a chadw ein pellter oddi wrth bobl eraill.

Trwy gymryd y camau pwysig hyn i ni'n hunain ac eraill o'n cwmpas, gallwn ni gyd wneud ein rhan i gadw Powys yn ddiogel.

Ochr yn ochr â hyn, mae'n rhaid i chi hunanyngysu os ydych chi neu unrhyw un ar yr aelwyd yn dangos y symptomau hyn sef: tymheredd uchel; peswch parhaus newydd neu golli neu newid eich gallu i arogl neu flasau.

Os oes gennych symptomau, yna ewch am brawf. Mae unedau profi lleol i'w gweld ar draws y sir neu defnyddiwch becyn profi gartref os na allwch deithio.

can begin to look forward to a return to normal life in time.

More than 1.5m people in Wales will get the vaccine in the first stage of roll out – but it will take time to protect everyone.

The people who are most at risk of catching coronavirus and developing serious illnesses will get the vaccine first. This includes people living in care homes, the over 80s, and frontline health and care workers. (Please see the annex for more details of the priority groups in the first phase).

As the vaccine is rolled out, we all need to follow the safety rules and keep ourselves and our families safe.

To do this, we all need to meet as few people as possible; wash our hands regularly, wear a face covering and keep our distance from others.

By taking these important steps for ourselves, and for those around us, we can all play our part to Keep Powys Safe.

Alongside this, you must self-isolate if you or anyone in your household has symptoms. These are: high temperature; a new continuous cough; a loss of or change to your sense of smell or taste.

If you have symptoms then get a test. Local testing units are available across the county. Home testing kits are available if you cannot travel.

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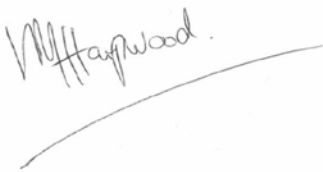
Gallwch drefnu prawf ar-lein yn [www.gov.uk/get-coronavirus-test](http://www.gov.uk/get-coronavirus-test).

Gallwch drefnu prawf dros y ffôn trwy alw 119 rhwng 7am a 11pm. Mae'r galwadau am ddim. Os oes gennych anawsterau clywed neu siarad, ffoniwch 18001 119.

Os cewch brawf positif, yna helpwch y tîm olrhain cysylltiadau lleol i roi stop ar y coronafeirws. Mae tîm Powys yma i ddiogelu eich iechyd chi ac iechyd eraill.

Mae pob un ohonom yn gobeithio y bydd y brechlyn yn arwain at flwyddyn lawer gwell yn 2021 ac at ddiwedd i'r pandemig hwn.

Diolch am bopeth rydych yn ei wneud i Gadw Powys yn Ddiogel.



Athro Vivienne Harpwood, Cadeirydd, Bwrdd Iechyd Addysgu Powys

You can book a test online at [www.gov.uk/get-coronavirus-test](http://www.gov.uk/get-coronavirus-test).

You can book a test by telephone by calling 119 between the hours of 7am and 11pm. Calls are free. If you have hearing or speech difficulties call 18001 119.

If you do test positive then please help our local contact tracing team to stop coronavirus in its tracks. Our local Powys team is here to protect your health and the health of others.

We all hope the vaccine will lead to a better and brighter 2021 and an end to this pandemic.

Thank you for everything you are doing to Keep Powys Safe.



Professor Vivienne Harpwood, Chair, Powys Teaching Health Board



Cyng. Rosemarie Harris, Arweinydd, Cyngor Sir Powys



Cllr Rosemarie Harris, Leader, Powys County Council



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## Atodiad

### Sut mae'r brechlyn yn cael ei ddarparu

Mae dau fath o frechlyn COVID-19 bellach ar gael inni – y naill gan Pfizer-BioNTech a'r llall gan Oxford-AstraZeneca.

Yn y 3 wythnos gyntaf ers i'r brechlyn cyntaf ddechrau cael ei ddarparu, cafodd dros 35,000 o bobl ledled Cymru eu brechu. Erbyn 5 Ionawr, roeddem eisoes wedi brechu bron i 5,000 o bobl ym Mhowys.

Mae llawer iawn o waith wedi'i wneud i gynllunio'r ymdrech enfawr sydd ei hangen i ddarparu brechlyn COVID-19 i bawb cymwys.

Wrth i ragor o gyflenwadau o'r brechlynnau gael eu darparu, byddant yn cael eu cyflwyno yn gyflymach a bydd rhagor o glinigau yn cael eu sefydlu yn ystod mis Ionawr.

Byddwch yn cael eich gwahodd yn ôl y rhestr flaenoriaeth a gytunwyd ar draws y DU (manylion pellach yn yr Atodiad). Ar hyn o bryd mae pobl sy'n byw mewn cartrefi gofal i oedolion hŷn, pobl dros 80 oed a gweithwyr iechyd a gofal yn cael eu brechu.

Rydym yn disgwyl gorffen gwahodd pobl dros 80 oed erbyn diwedd mis Ionawr.

Yna byddwn yn gwahodd pobl dros 75 oed, ac yn y blaen.

Cewch ddewis cael y brechlyn ai peidio. Byddwch yn cael gwybodaeth ynglŷn ag ef i'ch helpu i benderfynu, os oes gennych unrhyw bryderon.

## Annex

### How the vaccination is being made available

We now have two types of Covid-19 vaccine available – one made by Pfizer-BioNTech and one developed by Oxford-AstraZeneca.

In first three weeks since the first vaccine became available, more than 35,000 people across Wales received the jab. By 5 January we had already vaccinated nearly 5,000 people in Powys.

A huge amount of work has gone into planning the massive effort needed to provide everyone with a Covid-19 vaccine.

As more supplies of the vaccines are delivered, the pace will now increase and more clinics will be set up during January.

You will be invited based on the priority list agreed across the UK (see the Annex for more details). Vaccination is currently taking place for people living in a care home for older adults, people aged 80 and over, and health and care workers.

We expect to complete our invitations to people aged 80 and over by the end of January.

Invitations will then be sent to people aged 75 and over, and so on.

You can choose whether to have the vaccine or not. You will receive information about the jab to help you make up your mind if you have any concerns.

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I gael mwy o wybodaeth am raglen frechu genedlaethol COVID-19 yng Nghymru, ewch i wefan Iechyd Cyhoeddus Cymru:  
[www.icc.gig.cymru/pynciau/imiwneiddi-o-a-brechlynnau/gwybodaeth-brechlyn-covid-19/](http://www.icc.gig.cymru/pynciau/imiwneiddi-o-a-brechlynnau/gwybodaeth-brechlyn-covid-19/)

Am wybodaeth am raglen frechu COVID-19 yma ym Mhowys, ewch i wefan Bwrdd Iechyd Addysgu Powys:  
[www.biap.gig.cymru/coronafeirws/brechhu-covid-19/](http://www.biap.gig.cymru/coronafeirws/brechhu-covid-19/)

## Cael eich apwyntiad brechu

Byddwch yn cael gwahoddiad pan fydd yn amser ichi gael eich brechu. Bydd yn nodi ble y dylech fynd i gael y brechiad.

Nid oes angen ichi ofyn am apwyntiad – **peidiwch â chysylltu â'ch meddygfa, eich fferyllfa, eich bwrdd iechyd, yr ysbyty na'r awdurdod lleol ynglŷn ag apwyntiad.** Gadewch iddyn nhw ganolbwyntio ar eu gwaith pwysig.

Bydd pawb yn cael dau ddos o'r brechlyn ond bydd gennych lefel uchel o amddiffyniad ar ôl y dos cyntaf. Byddwch yn cael eich galw'n ôl am eich ail ddos o fewn 12 wythnos i'r un cyntaf.

Pan fyddwch yn cael eich brechlyn COVID-19, byddwch yn cael cerdyn brechu GIG Cymru, yr un maint â cherdyn banc. Bydd y cerdyn hwn yn fodd o'ch atgoffa o'r ail ddos, a bydd hefyd yn cynnwys gwybodaeth ynglŷn â sut i roi gwybod am unrhyw sgil effeithiau.

More information about the national COVID-19 vaccination programme in Wales is available from the Public Health Wales website at:  
[www.phw.nhs.wales/covid-19-vaccination](http://www.phw.nhs.wales/covid-19-vaccination)

More information about our COVID-19 vaccination programme here in Powys is also available from the Powys Teaching Health Board website at  
[www.pthb.nhs.wales/coronavirus/covid-19-vaccination/](http://www.pthb.nhs.wales/coronavirus/covid-19-vaccination/)

## Getting your vaccination appointment

You will receive an invitation when you are due for your vaccination. It will include details of where to go to receive it.

You don't need to apply for an appointment – **please don't contact your GP, pharmacy, health board, hospital or local authority about an appointment.** Please let them focus on their important work.

Everyone will get two doses of the vaccine but you will have a high level of protection after the first dose. You will be called back for your second dose within 12 weeks of the first.

When you have your Covid-19 vaccine, you will get a credit card-sized NHS Wales immunisation card. This will act as a reminder about your second dose and will also have information about how to report any side effects.

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## Cyd-bwyllgor ar Imiwneiddio a Brechu: cyngor ar y rhestr flaenoriaeth ar gyfer brechlyn COVID-19, 30 Rhagfyr 2020

Mae Cyd-bwyllgor annibynnol y DU ar Imiwneiddio a Brechu (JCVI) wedi cytuno ar y rhestr flaenoriaeth ar gyfer y brechlyn ac mae pob un o bedair gwlad y DU yn dilyn y rhestr hon.

Mae dau gam:

Yn y cam cyntaf, byddwn yn brechu yn ôl oedran a risg o salwch difrifol os bydd rhywun yn dal y coronafeirws.

Dyma'r rhestr flaenoriaeth:

1. Pobl sy'n byw mewn cartref gofal ar gyfer oedolion hŷn a'u staff gofalu
2. Pawb 80 mlwydd oed a hŷn a gweithwyr iechedd a gofal cymdeithasol rheng flaen
3. Pawb 75 mlwydd oed a hŷn
4. Pawb 70 mlwydd oed a hŷn a phobl eithriadol o agored i niwed yn glinigol (sef y grŵp "gwarchod" gynt) – bydd pawb yn y grŵp hwn wedi cael llythyr blaenorol gan y Prif Swyddog Meddygol yn eu cyngori i warchod eu hunain
5. Pawb 65 mlwydd oed a hŷn
6. Pawb rhwng 16 mlwydd oed a 64 mlwydd oed sydd â chyflwr iechedd sylfaenol\*, sy'n golygu eu bod mewn mwy o berygl o salwch difrifol a marwolaeth
7. Pawb 60 mlwydd oed a hŷn
8. Pawb 55 mlwydd oed a hŷn
9. Pawb 50 mlwydd oed a hŷn

**Mae'r grwpiau hyn yn cyfrif am 99% o farwolaethau COVID-19 y gellid eu hosgoi.**

## Joint Committee on Vaccination and Immunisation: advice on priority groups for COVID-19 vaccination, 30 December 2020

The priority list has been agreed by the UK's independent Joint Committee on Vaccination and Immunisation (JCVI) and is being followed by all four nations in the UK.

There are two phases:

In the first phase, we will vaccinate according to age and risk of serious illness if someone catches coronavirus.

This priority list is as follows:

1. People living in a care home for older adults and their staff carers
2. People 80 years of age and older, and frontline health and social care workers
3. People 75 years of age and older
4. People 70 years of age and older, and people who are clinically extremely vulnerable (also known as the "shielding group) – people in this group will previously have received a letter from the Chief Medical Officer advising them to shield
5. People 65 years of age and older
6. People aged 16 to 64 with underlying health conditions\*, which puts them at higher risk of serious disease and mortality (see below).
7. People 60 years of age and older
8. People 55 years of age and older
9. People 50 years of age and older

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\*Cyflyrau iechyd sylfaenol:

- Clefyd anadlol cronig, gan gynnwys clefyd rhwystrol cronig yr ysgyfaint (COPD), ffeibrosis systig ac asthma difrifol
- Clefyd cronig y galon (a chlefyd fasnwlaid)
- Clefyd cronig yn yr arennau
- Clefyd cronig yr afu
- Clefyd niwrolegol cronig, gan gynnwys epilepsi
- Syndrom Down
- Anabledd dysgu difrifol a dwys
- Diabetes
- Pobl sydd wedi cael trawsblaniad organ solet, mêr esgyrn neu fôn-gell
- Pobl sydd â mathau penodol o ganser
- Gwrthimwneidd oherwydd clefyd neu driniaeth
- Asplenia a chamweithrediad y dduwg
- Gordewdra afiachus
- Salwch meddwl difrifol

Yn yr ail gam, disgwylir argymhellion pellach gan JCVI, gan obeithio y byddwn yn brechu gweddill poblogaeth Cymru. Y cyngor gan JCVI ar gyfer y cam cyntaf hwn yw y dylid canolbwyntio ar atal rhagor o dderbyniadau i ysbytai a brechu'r rhai sydd â risg uwch gyntaf.

**These groups together represent around 99% of preventable deaths from Covid.**

\*Underlying health conditions:

- Chronic respiratory disease, including chronic obstructive pulmonary disease (COPD), cystic fibrosis and severe asthma
- Chronic heart disease (and vascular disease)
- Chronic kidney disease
- Chronic liver disease
- Chronic neurological disease including epilepsy
- Down's syndrome
- Severe and profound learning disability
- Diabetes
- Solid organ, bone marrow and stem cell transplant recipients
- People with specific cancers
- Immunosuppression due to disease or treatment
- Asplenia and splenic dysfunction
- Morbid obesity
- Severe mental illness

In the second phase, further recommendations are awaited from JCVI and we hope the rest of the population in Wales will be vaccinated. The advice from the JCVI is that the focus for this phase should be on preventing further hospital admissions and vaccinating those people who are at increased risk first.

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