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Mae Bwrdd Iechyd Hywel Dda yn holi i bobl sydd â symptomau ehangach Covid-19 i fynd am brawf.

Mae'r symptomau ehangach hynny'n cynnwys:

- symptomau ysgafn fel annwyd yr haf – gan gynnwys gwddf tost, trwyn yn rhedeg, pen tost
- symptomau tebyg i ffliw, gan gynnwys myalgia (poenau yn y cyhyrau); blinder llethol; pen tost cyson; trwyn llawn neu'n rhedeg; tisian cyson; gwdddef tost a/neu crygni yn y gwddwf, byr o wynt neu gwichian
- teimlo'n gyffredinol yn anhwylyus a bod hanes o fod mewn cyswllt gydag achos positif o Covid-19
- Symptomau newydd neu sy'n newid yn dilyn prawf negyddol blaenorol

Mae gwefan Hywel Dda wedi diweddarau eu gwybodaeth ar y ddolen:

[Annog pobl â symptomau ehangach i archebu prawf COVID-19 - Bwrdd Iechyd Prifysgol Hywel Dda \(gig.cymru\)](#)

Os oes gennych unrhyw bryderon am addysg eich plentyn yna cysylltwch â mi ar unwaith

R C Williams
Pennaeth
18/06/2021

Hywel Dda are asking people with wider symptoms to go for a COVID-19 test. Symptoms include:

- *Mild summer cold type symptoms – including sore throat, runny nose, headache*
- *Flu-like symptoms, including 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*
- *Generally feeling unwell and a history of being in contact with a known COVID-19 case*
- *Any new or change in symptoms following a previous negative test*

The following information has been published on the Hywel Dda website :

[People with wider symptoms urged to book a COVID-19 test - Hywel Dda University Health Board \(nhs.wales\)](#)

If you have any concerns about your child's education then please contact me immediately

RC Williams,
Headteacher
18/06/2021