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Pennaeth/Headteacher: D W Evans BA MA

6ed o Dachwedd 2009

Annwyl Rieni/Warchodwyr,

Fel y gwyddoch o bosibl, gall meddyg teulu roi diagnosis o ffliw moch gan symptomau yn unig. Mae rhieni wedi dweud wrthym am rai plant yn yr ysgol sydd wedi cael gwybod gan eu meddyg teulu neu'r Gwasanaeth y Tu Allan i Oriau meddyg teulu y gallent fod â ffliw moch. Nid yw'r plant hyn yn yr ysgol ac maent bellach yn gwella gartref.

Ni ddylai plant ag unrhyw salwch anadlol ddod i'r ysgol nes y byddant wedi gwella. Os ydych yn poeni am eich plentyn dylech gysylltu â'ch meddyg teulu am gyngor. Gall Galw Iechyd Cymru (0845 46 47, ar y we NHS Direct Wales – Swine Flu), Llinell Wybodaeth Ffliw Moch ar 08001513513 roi gwybodaeth ddefnyddiol hefyd.

Os ydych yn derbyn cyngor gan eich meddyg/ysbyty bod angen triniaeth wrthfirol ar eich plentyn rhowch wybod i'r ysgol cyn gynted â phosib.

Mae'n bwysig i nodi bod pobl sy'n dioddef o'r ffliw moch yn gwella'n fuan adref. Y cyngor mwyaf pwysig yw - os oes gan eich plentyn symptomau ffliw mi ddylech ei g/chadw adref o'r ysgol. Ni ddylent gymysgu gydag eraill tu allan i'r cartref tan y maent yn hollol iach. Fe fydd hyn yn helpu i beidio â lledaenu'r haint ym mhellach.

I atal unrhyw salwch rhag lledaenu, mae bob amser yn arfer da i ddefnyddio'r technegau anadlol a hylendid dwylo canlynol:

- **Gorchuddiwch eich trwyn a'ch ceg wrth besychu neu disian, gan ddefnyddio hances os yn bosibl.**
- **Dylech gael gwared â hancesi brwnt yn brydlon ac yn ofalus.**
- **Dylech ddilyn hylendid sylfaenol da, er enghraifft, golchi dwylo'n aml gyda sebon a dŵr i leihau'r tebygolrwydd o firws yn lledaenu o'ch dwylo i'ch wyneb neu i bobl eraill.**
- **Glanhewch arwynebau caled (e.e. dolenni drws) yn aml gan ddefnyddio cynnyrch glanhau arferol.**

Rydym wedi cysylltu gyda'r Awdurdod Addysg Lleol. Diolch am eich cydweithrediad ynghylch hyn a byddwn yn parhau i wneud yn siŵr ein bod yn rhoi'r wybodaeth ddiweddarach i chi os bydd y sefyllfa yn newid.

Yn gywir,

Dylan Evans

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6th of November 2009

Dear Parent/Guardian,

As you may already be aware, GPs are now able to diagnose swine flu on symptoms alone. Parents have told us about some children in the school who have been told by their GP or GP Out of Hours Service that they could have swine influenza. These children are not in school and are now recovering at home.

The most important advice is that children who have symptoms of flu-like illness should stay away from school and not mix with others outside the home until they have recovered and are free of symptoms. This is to avoid spreading the infection as much as possible.

Children who have any respiratory illness should not come to school until they have recovered. If you think your child has swine flu you can check the symptoms by phoning Swine Flu Information Line on 0800 1 513 513 or by visiting www.nhsdirect.wales.nhs.uk. If you are still concerned, or your child has an underlying health condition you should keep them at home and call your doctor. You can also contact NHS Wales Direct on 0845 4647 or on the web at NHS Direct Wales - Swine Flu for general advice on swine flu. This advice is the same for adults.

Certain groups are advised to contact their doctor if they think they have swine flu. These are: people with serious underlying health conditions, pregnant women, children under one year of age, people whose condition suddenly gets worse, or those whose condition is still getting worse after 7 days (5 days for a child).

If you are advised that your child needs anti-viral treatment, please let the school know as soon as possible.

It's important to point out that most people who have swine flu make a quick recovery at home. However, you should do what you can to prevent the infection from being spread to others by ensuring your family take some simple precautions:

To prevent any illness spreading, it is always good practice to use the following respiratory and hand hygiene techniques:

- **Covering your nose and mouth when coughing or sneezing, using a tissue when possible.**
- **Disposing of dirty tissues promptly and carefully.**
- **Maintaining good basic hygiene, for example washing hands frequently with soap and water to reduce the spread of the virus from your hands to face or to other people.**
- **Cleaning hard surfaces (e.g. door handles) frequently using a normal cleaning product.**

We have informed the Local Education Authority. We appreciate your cooperation in this matter and we will continue to make sure we keep yo informed if the situation changes.

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Yours sincerely,