

Ref:	I23590
Date:	4ydd Rhagfyr 2025

Annwyl Rhiant/Gwarcheidwad,

Hoffem eich hysbysu ein bod wedi gweld cynnydd yn ddiweddar yn y nifer o blant sy'n profi symptomau salwch anadlol yn yr Ysgol.

Mae'r symptomau a adroddwyd wedi cynnwys:

- peswch
- tymheredd uchel, twymyn neu oerfel
- annwyd

Mae firysau fflw tymhorol (Fliw) a firysau anadlol cyffredin eraill - fel rhinofeirws a feirws syncytial anadlol (RSV) - yn aml yn cylchredeg mewn ysgolion rhwng yr hydref a'r gwanwyn a gallent achosi symptomau tebyg. Os oes gennych unrhyw bryderon am iechyd eich plentyn, cysylltwch â GIG 111 neu'ch meddyg teulu.

Os yw'ch plentyn yn mynd yn sâl gyda symptomau anadlol ac mae ganddo gyflwr sylfaenol sy'n effeithio ar ei system imiwneidd, cysylltwch â'ch meddyg teulu neu feddyg ysbyty i gael cyngor ynghylch a oes angen unrhyw fesurau ychwanegol.

Gall canllawiau iechyd cyhoeddus ar pryd y dylai plant sy'n sâl ddychwelyd i'r ysgol amrywio yn dibynnu ar y salwch penodol. Yn gyffredinol, dylai plant sy'n sâl ac sydd â tymheredd uchel aros gartref ac osgoi cyswllt ag eraill lle bo modd. Gallent ddychwelyd i'r ysgol unwaith y bydd eu tymheredd wedi bod yn normal am 48 awr a'u bod yn ddigon da i fynychu.

Mae hylendid dwylo da a glanhau amgylcheddol gwell ar arwynebau sy'n cael eu cyffwrdd yn aml yn helpu i leihau lledaeniad haint. Cofiwch "Ei ddal, Ei daflu, Ei ddifa" lle rydym yn eich annog i gario meinweoedd a'u defnyddio i ddal peswch neu disian, yna rhoi'r meinweoedd yn y bin, ac i ladd y germau trwy olchi ein dwylo. ['Catch it. Bin it. Kill it.'](#) [campaign to help reduce flu infections - GOV.UK](#)

Brechu yw'r ffordd fwyaf effeithiol o atal eich plentyn rhag cael y fflw. Mae'r fflw yn cylchredeg yn gynharach nag arfer eleni; hoffem dynnu sylw at bwysigrwydd sicrhau bod plant cymwys yn derbyn eu brechiadau'n brydlon. Mae nifer uchel o bobl sy'n cael y brechlyn fflw tymhorol yn helpu i amddiffyn plant unigol ac yn lleihau effaith ehangach y fflw yn y gymuned.

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Croeso i chi gysylltu â ni yn Gymraeg. Byddwn yn ymateb yn Gymraeg, ac ni fydd hynny'n arwain at oedi.
You are welcome to contact us in Welsh. We will respond in Welsh, without this causing delay.

Mae eich Bwrdd Iechyd yn gyfrifol am drefnu brechiad ffliw i blant 2 oed a hŷn, a bydd llawer o ysgolion eisoes wedi cael ymweliad gan y tîm imiwneiddio ysgolion ac wedi cynnig y brechiad ffliw iddynt. Os oes gennych unrhyw ymholiad ynghylch y brechiad, gallwch gysylltu â'ch bwrdd iechyd lleol drwy gysylltiadau [Vaccine contacts - Public Health Wales](#) neu gysylltu â thîm Vaccine Preventable Disease Programme yn Iechyd Cyhoeddus Cymru, anfonwch e-bost at: phw.vaccines@wales.nhs.uk. Mae rhagor o wybodaeth ar gael yma: phw.vaccines@wales.nhs.uk - Public Health Wales

Am ragor o wybodaeth am afiechydon anadlol, ewch i wefan [NHS 111 Wales - Health A-Z : Respiratory tract infection](#)

Yn gywir



Wendi Shepherd
Arweinydd CCDC/DD ar gyfer Diogelu Iechyd

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Ref:	I23590
Date:	4 th December 2025
Name:	

Dear Parent/Guardian,

We would like to make you aware that we have recently seen an increase in children experiencing symptoms of respiratory illness within the School.

Reported symptoms have included:

- cough
- high temperature, fever or chills
- colds

Seasonal influenza (Flu) viruses and other common respiratory viruses - such as rhinovirus and respiratory syncytial virus (RSV) - often circulate in schools between autumn and spring and can cause similar symptoms. If you have any concerns about your child's health contact NHS 111 or your GP.

If your child becomes unwell with respiratory symptoms and has an underlying condition that affects their immune system, please contact your GP or hospital doctor for advice on whether any additional measures are needed.

Public health guidance on when unwell children should return to school can vary depending on the specific illness. In general, children who are unwell and have a high temperature should stay at home and avoid contact with others where possible. They can return to school once their temperature has been normal for 48 hours and they are well enough to attend.

Good hand hygiene and enhanced environmental cleaning of commonly touched surfaces help reduce the spread of infection. Remember to "Catch it, Bin it, Kill it" where we encourage you to carry tissues and use them to catch coughs or sneezes, then to bin the tissues and to kill the germs by washing our hands. ['Catch it. Bin it. Kill it.' campaign to help reduce flu infections - GOV.UK](#)

Vaccination is the most effective way to prevent your child from getting flu. Influenza is circulating earlier than usual this year; we would like to highlight the importance of ensuring that eligible children receive their vaccinations promptly. High uptake of the seasonal childhood flu vaccine helps protect individual children and reduces the wider impact of influenza in the community.

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Your Health Board is responsible for arranging flu vaccination for children aged 2 years and above, and many schools will have already been visited by the school immunisation team and offered the flu vaccination. Should you have any query regarding the vaccination you can contact your local health board via [Vaccine contacts - Public Health Wales](#) or contact Vaccine Preventable Disease Programme team at Public Health Wales, please email at: phw.vaccines@wales.nhs.uk. Further information is available here: [Immunisation and Vaccines - Public Health Wales](#)

For further information about respiratory illnesses, please visit the NHS III Wales website [NHS 111 Wales - Health A-Z : Respiratory tract infection](#).

Your Sincerely



Wendi Shepherd
Lead CCDC/DD for Health Protection

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