

# Fire Break

Guidance for Cardiff and Vale UHB Staff

October 23rd -  
November 9th

## Work from home wherever possible

- ▶ You must work from home, unless this is simply not possible in your role.
- ▶ Please ensure that your line manager is informed. He/she will work with you to make arrangements.

## Childcare arrangements

- ▶ Primary school pupils and pupils in Years seven and eight will be able to return to school after half term.
- ▶ If you face additional childcare challenges, please speak to your line manager.

## Staying at Home

- ▶ You must stay at home except for very limited reasons such as exercise and essential shopping.
- ▶ Do not meet people who you do not live with, either indoors or outdoors.

## Simple rules to keep Wales safe

- ▶ Wash your hands regularly with soap and warm water for at least 20 seconds and use hand sanitiser when this is not possible.
- ▶ Always wear a face covering in indoor public spaces.

## Symptoms and Staff Testing

Please remain alert to the symptoms of Covid-19:

- ▶ A high temperature, OR
- ▶ A new and persistent cough, OR
- ▶ A loss or change of taste or smell

As a health board employee, you and your household members should access testing directly via the UHB.

**Symptomatic healthcare key workers (and household members)** must self-isolate immediately and should contact the line manager by phone to arrange a test.



GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Caerdydd a'r Fro  
Cardiff and Vale  
University Health Board



Llywodraeth Cymru  
Welsh Government



# Cyfnod Atal Byr y Coronafeirws

Arweiniad ar gyfer staff Bwrdd Iechyd Caerdydd a'r Fro

## Hydref 23ain - Tachwedd 9fed

### Gweithio Gartref os yw'n bosib

- ▶ Rhaid i chi weithio gartref, oni bai nad yw hyn yn bosibl yn eich rôl.
- ▶ Gwnewch yn siŵr bod eich Rheolwr Lein yn gwybod am hyn. Bydd ef/hi yn gweithio gyda chi i wneud trefniadau.

### Trefniadau Gofal Plant

- ▶ Bydd disgyblion ysgoloion cyngradd a disgyblion ym mlwyddyn saith ac wyth yn gallu dychwelyd i'r ysgol ar ôl hanner tymor.
- ▶ Os ydych chi'n wynebu heriau gofal plant ychwanegol, siaradwch â'ch Rheolwr Lein.

### Aros Adref

- ▶ Rhaid i chi aros gartref ond am resymau cyfyngedig iawn fel ymarfer corf a siopa handfodol.
- ▶ Peidiwch â chwrdd â phobl nad ydych chi'n byw gyda tu fewn neu tu allan.

### Rheolau syml i gadw Cymru yn ddiogel

- ▶ Golchwch eich dwylo yn rheolaidd gyda sebon am oleiaf 20 eiliad a defnyddiwch lanweithydd dwylo pan nad yw hyn yn bosibl.
- ▶ Gwisgwch orchudd wyneb mewn mannau cyhoeddus dan do bob amser.

### Symptomau a Phroffion staff

Arhoswch yn effro i symptomau COVID-19:

- ▶ Tymheredd Uchel, NEU
- ▶ Peswch parhaus newydd, NEU
- ▶ Colli neu newid blas neu arogl

Fel Gweithiwr Bwrdd Iechyd, dylech chi ac aelodau'ch cartref gael mynediad at broffion yn uniongyrchol trwy'r Bwrdd Iechyd.

**Rhaid i weithwyr allweddol gofal iechyd symptomatig (ac aelodau'r cartref)**

hunan-ynysu ar unwaith a dylent gysylltu â Rheolwr Lein dros y ffôn i drefnu prawf.



GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Caerdydd a'r Fro  
Cardiff and Vale  
University Health Board



Llywodraeth Cymru  
Welsh Government



DIOGELU CYMRU  
KEEP WALES SAFE