Welsh Government – CMO Letter (TTP) 14.01.2022
(Changes to Welsh Government Test Trace Protect Policy)

This alert has been cascaded to the following:

- All Wales GP Practice Managers
- All Wales GP OOHs
- All Wales Sessional GPs
- All Wales Community Pharmacies / Technicians
- All Wales Dentists
- All Wales Opticians
- All Wales HB Primary Care Managers
- All Wales HB Pharmacy & Prescribing Advisors
- All Wales Medical Committees
- All Wales Pharmacy Committees
- All Wales Dental Committees
- All Wales Ophthalmic Committees
- All Wales Independent Hospitals / Hospices
Dear Colleagues,

**Summary of recent changes to Test Trace Protect (TTP) policies.**

I am conscious the emergence of the Omicron variant has resulted in a number of changes to Welsh Government TTP policy, advice and regulations with regard to testing, self-isolation and actions that our workforce should take in response to confirmed cases.

It is a rapidly evolving situation and I wanted to take this opportunity to confirm the changes that have been made and provide the advice and situation as it is today.

**Changes to the isolation period for COVID-19 cases in hospital.**

In response to the significant pressures on acute in-patient services at present and balancing the risks of service delivery with the residual risk of COVID-19 post 10 days of disease, we are now advising that the required isolation period for COVID-19 cases in hospital settings can be reduced from 14 days to 10 days in the majority of situations, subject to a local risk assessment and provided the clinical improvement criteria below have been met.

- clinical improvement with at least some respiratory recovery
- absence of fever (> 37.8°C) for 48 hours without the use of medication
- no underlying severe immunosuppression.

Inpatients who are considered contacts positive cases should isolate for 10 days from the date of exposure (unless symptoms occur, or positive test result).

Services under extreme pressures may also need to consider further shortening the isolation periods of inpatient contacts and confirmed cases. Any such reduction must involve an assessment of risk that balances the residual risk of transmission of infection of COVID-19 with the risks of failing to deliver services.

**Regular Asymptomatic Lateral Flow Testing**

From the 17 December 2021 our guidance for all public-facing health and social care staff changed from twice weekly LFT testing to a recommendation that LFTs should be taken each day staff attend a health setting for work.
Changes to the requirement of follow up PCR tests

From 6 January 2022 anyone without symptoms who tests positive from an LFT are no longer advised to take a follow up PCR test.

We have made this change because during times of higher prevalence the positive predictive value of the two tests is similar, so the follow up PCR is of less value. This position will be kept under review in the context of changing prevalence.

It remains vitally important that those with the main symptoms of COVID continue to book PCR tests and do not only rely on taking a LFT.

The advice for all unvaccinated contacts has also changed and they are now advised during the 10 day self-isolation period to take LFTs on day 2 & 8 instead of a PCR test. These unvaccinated individuals must remain in isolation until day 11 regardless of the LFT result on day 2 & 8.

Written Statement: Prioritising PCR Testing (5 January 2022) | GOV.WALES

Changes to self-isolation period for confirmed cases

From 31 December 2021 changes were made to the regulations and guidance in Wales for the self-isolation of positive cases in the general public. Those who test positive should now isolate for 7 days and should take LFTs on day 6 & 7 of their isolation. Isolation should continue if either test is positive.

Our advice for Health and Social Care workforce is to continue isolating and take daily LFTs until they have two consecutive negative results 24 hours apart. Individuals can return to work 24 hours after the second negative LFT (so no sooner than day 8).

The likelihood of a positive LFT in the absence of symptoms after 10 days is very low. However, if a member of the workforce has a positive LFT result on or after the 10th day they should resume the testing regime of testing before attending work/going on shift from day 11. However they should not attend work if their LFD is positive and return to work only when a single negative LFT result is received.

Health and Social Care workforce who are confirmed contacts of someone with COVID-19

Changes made on 23 December 2021 resulted in fully vaccinated members of the general public no longer requiring to self-isolate if they are a contact of someone who tested positive.

Health and Social Care staff should continue to follow this guidance if they have been identified as a close contact of someone who has tested positive for COVID-19.

In summary:

- Unvaccinated staff must self-isolate for 10 days and are advised to take a LFT on day 2 and 8 of their self-isolation period.
- Fully vaccinated staff who are not in close contact with vulnerable individuals may return to work.
• Fully vaccinated staff who are in close contact with patients will need to contact their manager and may be required to have a negative PCR result before returning to work. These staff should also continue to use LFTs before coming into work.
• Fully vaccinated staff who work in close contact with patients/service users who are known to be immunosuppressed and/or clinically extremely vulnerable will not continue to work with these patients/service users. Staff should be redeployed to work with patients/service users who are not immunosuppressed and/or clinically extremely vulnerable. They will be asked to take the necessary tests or asked not to attend work.

In light of changing policies and the extreme pressures that is felt through staff shortage we are rapidly reviewing the position that all healthcare staff contacts require a negative PCR result before returning to work. Our intention is to update the guidance to reflect a more locally risk assessed approach that enables settings to balance the likelihood of potential transmission against non-COVID harms caused by workforce pressures.

**Removal of additional testing for staff returning from overseas**

It remains our position that overseas travel should be avoided unless completely necessary. However in light of recent changes to the rules around returning from overseas travel I can confirm that we no longer advise any additional testing requirements for health and social care staff above that of the general public.

[Travel to Wales: COVID-19 testing and isolation | GOV.WALES](https://gov.wales/travel-to-wales-covid-19-testing-and-isolation/)

**Testing within 90 days of a positive test.**

Our longstanding policy has been that someone who has previously tested positive via PCR should not take another PCR test for 90 days unless they develop new core symptoms of COVID-19 or are required to do so under international travel requirements.

LFTs can, and should, be used regardless of previous infection for regular testing before work, testing as part of a positive case isolation period and in line with the testing policy for staff who are contacts.

This is particularly important as immunity from previous infection is not a strong defence against Omicron and reinfections are increasingly common.

**LFT availability**

You will be aware that the Welsh Government has agreed a short term mutual aid loan of LFTs to England that will be paid back in full week commencing 17 January. I want to assure you that Wales has its own allocated stock of LFTs and a proportion of that stock is ring-fenced to support the testing policies put in place to support health and social care staff testing. Any policy change in Wales is first considered and planned within our total allocation to ensure the policy can be successfully delivered.
Due to increases in demand of LFTs in response to rising cases and changes in UK Government and Welsh Government policies there have been periods where LFTs have been harder to access in the community. This was due to maximising the delivery capacity of the community channels and not a shortage of LFTs stock for Wales.

Health Boards, Trusts and Care Settings have a well-established online ordering system which allows deliveries directly to settings. At times when there are logistic and distribution issues there are back up procedures in place to ensure tests can still be distributed in case of emergency from shared services stores.

**Registering settings for direct delivery**

By now most Health and Social Care settings across Wales will be registered on the online portal through which LFTs can be ordered and delivered directly to the setting. If any health setting has not yet done this they can do so by contacting Covid19.HealthTesting@gov.wales

Social care settings should contact Covid19.SocialCareTesting@gov.wales

**Delivery issues and queries**

Any setting that has any delivery issues or logistical concerns after ordering on the portal should contact 119.

Yours sincerely

SIR FRANK ATHERTON
Annwyl Gyfeillion,

**Crynodeb o'r newidiadau diweddar i bolisïau Profi Olrhain Diogelu**

Rwy'n llawn sylweddoli, yn sgil ymddangosiad yr amrywiolyn Omicron, fod llawer o newidiadau wedi eu gwneud i bolisi, cyngor a rheoliadau Llywodraeth Cymru sy'n ymwnued â phrofi, hunanynysu a'r camau y dylai staff eu cymryd fel ymateb i achosion a gadarnhawyd.

Mae'r sefyllfa yn datblygu'n gyson a hoffwn fanteisio ar y cyfle hwn i gadarnhau'r newidiadau a rhoi ychydig o cyngor ar y sefyllfa fel y mae hi heddiw.

**Newidiadau i'r cyfnod ynyssu ar gyfer achosion COVID-19 yn yr ysbyty.**

Wrth ymateb i'r pwysau sylweddol aciwt cleifion mewnol ar y foment ac wrth gydbwyso risgiau gweithredu'r gwasanaeth hon gyda risg COVID-19 wedi 10 diwrnod o afiechyd, rydym nawr yn argymell bod modd lleihau'r cyfnod ynyssu angenrheidiol ar gyfer achosion COVID-19 mewn lleoliadau ysbyty o 14 diwrnod i 10 diwrnod yn y rhan fwyaf o sefyllfaoedd, yn ôl asesiad risg lleol, a hynny ar yr amodau isod.

- bod gwelliant clinigol gyda rhywfaint o adferiad anadlol o leiaf
- nad oes gan y claf wres uchel (> 37.8°C) am 48 awr heb ddefnyddio meddyginiaeth
- nid yw'r claf eisoes yn ddifrifol imiwnoataliedig.

Dylai cleifion mewnol yr ystyri'r eu bod yn gysylltiadau i achosion positif ynyssu am 10 diwrnod o'r dyddiad y byddant wedi dod i gysylltiad â'r feirws (oni bai eu bod yn profi symptomau, neu'n cael canlyniad prawf positif).

Gall wasanaethau sydd dan bwysau eithriadol ystyried lleihad ychwanegol i'r cyfnoda ynyssu i gleifion mewnol yr ystyri'r eu bod yn gysylltiadau positif. Rhaidd i unrhyw leihad gynnwys asesiad risg sy'n gydwbyso'r risg o drosglwyddo feirws COVID-19 gyda'r risgiau o beidio gallu gweithredu'r wasanaeth.

**Profion Llif Unffordd Asymptomatig Rheolaidd**

O 17 Rhagfyr 2021 ymlaen, newidiodd ein canllawiau ar gyfer pob aelod o staff iechyd a gofal cymdeithasol sy'n dod i gysylltiad â'r cyhoedd – o gymryd prawf llif unffordd ddywyaith yr wythnos i argyrrholliaid y dylid cymryd prawf llif unffordd bob diwrnod y bydd yr aelod staff yn mynd i leoliad iechyd i weithio.

**Newidiadau i'r gofyniad i gael prawf PCR dilynol**
O 6 Ionawr 2022 ymlaen, ni fydd y rheini sydd heb symptomau sy’n cael canlyniad positif i brawf llif unffordd yn cael eu cyngori mwyach i gymryd prawf PCR dilynol.

Pan fo nifer yr achosion yn uchel, mae gwerth rhagfynegol positif y ddau brawf yn debyg. Golyga hyn, mewn cyd-destun o'r fath, fod llai o arwyddocâd i'r prawf PCR. Bydd y safbwynt yna cael ei adolygu'n barhaus ac yng nghyd-destun unrhyw newid yn nifer yr achosion.

Mae’n hanfodol bwysig o hyd bod y rheini sydd â phrif symptomau COVID yn parhau i wneud trefniadau i gael prawf PCR, ac nid cymryd brawf llif unffordd. Yn ogystal â'r newid uchod, mae’r cyngor i bob cyswllt sydd heb ei frechu wedi newid. Fe'u cynghorir yn awr i hunanynysu am 10 diwrnod a defnyddio profion llif unffordd ar ddiiwrnodau 2 ac 8 yn hytrach na phrawf PCR. Rhaid i’r unigolion hyn ymysgu tan ddiwrnod 11 bethynnog y bo canlyniad eu prawf llif unffordd ar ddiwrnodau 2 ac 8.

Datganiad Ysgrifenedig: Blaenoriaethu Profion PCR (5 Ionawr 2022) | LLYW.CYMRU

Newid y cyfnod hunanynysu ar gyfer achosion a gadarnhawyd

O 31 Rhagfyr 2021 ymlaen, cafodd newidiadau eu gwneud i’r rheoliadau a’r canllawiau yng Nghymru ar gyfer achosion positif. Dylai'r rheini sy’n profi’n bositif hunanynysu am 7 diwrnod yn awr a dylent gymerodrawf llif unffordd ar ddiwrnodau 6 a 7 o’u cyfnod ymysu. Os yw’r llai brawf neu’r llall ymysu, bydd yn cynghorir i dylai y dylai i ymysu barhau. Rydym yn cynghorir y dylai staff lechyd a Gofal Cymdeithasol barhau i gymryd prawf llif unffordd yn ddyddiol hyd y byddant yn cael dau ganlyniad negatif ar ôl ei gilydd, a bod cyfnod o 24 awr rhwng y ddau ganlyniad hwnnw. Gall staff ddychwelyd i’r gwaith 24 awr ar ôl yr ail brawf llif unffordd negatif (nid cyn diwrnod 8 felly).

Os na chafwyd unrhyw symptomau, mae’r tebygolrwydd y ceir prawf llif unffordd positif ar ôl 10 diwrnod yn isel iawn. Fodd bynnag, os bydd aelod o staff yn cael canlyniad prawf llif unffordd positif ar ddiwrnod 10, dylent aelod o staff dau ganlyniad negatif gan dylai gwanwyno’u cychwyn à’r ddiwrnod 11 ymlaen. Ni ddyli staff ddychwelyd i’r gwaith gynted y byddant yn cael un canlyniad prawf llif unffordd negatif.

Staff lechyd a Gofal Cymdeithasol sy’n gysylltiadau a gadarnhawyd i rywun sydd â COVID-19

Yn sgil y newidiadau a gafodd eu gwneud ar 23 Rhagfyr 2021, nid yw’r ofynnol mwyach i aelodau o’r cyhoedd sydd wedi’u brechu’n llawn hunanynysu os ydym yn gysylltiad i rywun sydd wedi profi’n bositif.

Dylai staff lechyd a Gofal Cymdeithasol barhau i ddilyn y canllawiau hyn os ydym wedi cael eu hadnabod fel cy叙利亚os agos i rywun sydd wedi profi’n bositif am COVID-19.

I grynhoi:

- Rhaid i staff sydd heb eu brechu hunanynysu am 10 diwrnod ac fe’u cynghorir i gymryd prawf llif unffordd ar ddiwrnodau 2 ac 8 o’u cyfnod hunanynysu.
- Mae staff sydd wedi’u brechu’n llawn ac nad ydym yn dod i gysylltiad agos â chleifion yn cael dychwelyd i’r gwaith.
- Bydd rhaid i staff sydd wedi’u brechu’n llawn ac sy’n dod i gysylltiad agos â chleifion gysylltu â’u rheolwr a gall fod yn ofynnol iddynt gael canlyniad prawf
PCR negatif cyn dychwelyd i'r gwaith. Dylai'r aelodau staff hyn hefyd gymryd prawf llif unffordd cyn dod i'r gwaith.

- Ni fydd staff sydd wedi'u brechu'n llawn sy'n gweithio mewn cysylltiad agos â chleifion/defnyddwyr gwasaenaethu y mae'n hysbys eisoes eu bod yn imiwnoatiedig a/neu'n eithriadol o agored i niwed yn glinigol yn parhau i weithio gyda'r cleifion/defnyddwyr gwasaenaethu hyn. Dyliad adleoli staff i weithio gyda chleifion/defnyddwyr gwasaenaethu nad ydynt yn imiwnoatiedig a/neu’n eithriadol agored i niwed yn glinigol. Gofynnir iddynt gymryd y profion angenriodi neu gelid cofyn iddynt beidio â dod i'r gwaith.

Yn sgil newidiadau polisïau a'r pwysau eithriadol sy'n dod o brinder staff rydym yn dweud bod holl staff gofal iechyd sy'n gysylltiadau yn gorfod canlyniad PCR negatif cyn dychwelyd i'r gwaith. Ein bwriad yw rhaid agor profion ychwanegol ar gyfer staff sy'n dychwelyd o dramor.

Dileu profion ychwanegol ar gyfer staff sy'n dychwelyd o dramor

Mae wedi bod yn bolisi gennym ers amser erbyn hyn na ddylai profion unffordd cael ei heintio clangurfio drwy brawf PCR am 90 diwrnod oni bai eu bod yn datblygu symptomau craidd COVID-19 newydd neu os yw’n ofynnol beth arall. Gellir a dylid defnyddio profion llif unffordd – a hynny os yw unigolyn wedi cael ei heintio cyn hynny neu beidio – er mwyn adlewyrchu dull ym mynyddion sy’n dod i defnyddio profion llif unffordd i profion ychwanegol. Rhaid dychwelyd i'r gwahanol daethau rhyngwladol a phrofi ychwanegol i'r gwaith yr adeiladwyd i gasglu'r ateb.

Mae hyn yn hynod o bwysig oherwydd nad yw'r imiwnedd y bydd unigolyn yn ei feithrin ar ôl cael ei heintio yn flaenorol yr hyn ac mae achosion o unigolion yn cael eu heintio am yr ail waith yn dod yn fwyfwy cyffredin.

Cyflenwad profion llif unffordd

Byddwch yn ymwybodol bod Llywodraeth Cymru wedi cytuno i fethyg profion llif unffordd i Loegr yn y tymor byr. Bydd y benthyriad hwnnw yn cael ei dalu nôl yn yr wythnos sy'n dechrau ar 17 Ionawr. Hoffwn eich sicrhau bod gan Gymru ei chyflenwad ei hun o brofion llif unffordd a bod cyfran o'r cyflenwad hwnnw wedi'i neilltu i gynnal y polisïau profon ychwanegol i'r gwaith i profon iechyd a gofal gymeithasol. Cyn y bydd unrhyw newid i'r polisi yng Nghymru, mae'n cael ei ystyried a'i gynllunio yn gyntaf yng nghyd-destun ein dyariadau cyffredinol o brofion, er mwyn sicrhau bod modd cyflawni'r polisi yn llwyddiannus.
O ganlyniad i’r cynnydd yn y galw am brofion prawf llif unffordd, fel ymateb i’r cynnydd yn yr achosion a newidiadau i bolisïau Llywodraeth y DU a Llywodraeth Cymru, cafwyd cyfnodau pan oedd yn anoddach i gael gafael ar brofion llif unffordd yn y gymuned. Cynyddu’r capaciti i ddosbarthu profion drwy sianeli cymunedol, ac nid prinder profion llif unffordd yng Nghymru, oedd y rheswm y tu ôl i hyn.

Mae gan fyrddau iechyd, ymddiriedolaethau a lleoliadau gofal system archebu sydd wedi'i hen sefydlu sy’n caniatáu iddynt dderbyn cyflenwadau wedi’u dosbarthu’n syth i leoliadau. Ar adegau pan fydd materion yn codi o safbwynt logisteg a dosbarthu, mae trefniadau i’w cael wrth gefn er mwyn sicrhau bod profion yn dal i allu cael eu dosbarthu mewn arwyfwng o storfeydd sy’n cael eu rhannu gan wasanaethau.

**Cofrestru lleoliadau ar gyfer cael dosbarthiad uniongyrchol**

Erbyn hyn, bydd y rhan fwyaf o lleoliadau Iechyd a Gofal Cymdeithasol ym mhob rhan o Gymru wedi cofrestru ar y porthol ar-lein ar gyfer archebu profion llif unffordd i’w dosbarthu’n syth i’r lleoliad. Os nad yw lleoliad iechyd wedi cofrestru hyd yma, gallant wneud hynny drwy gysylltu à Covid19.HealthTesting@llyw.cymru

Dylai lleoliadau gofal cymdeithasol gysylltu à Covid19.SocialCareTesting@llyw.cymru

**Dosbarthu – materion ac ymholiadau**

Dylai unrhyw lleoliad sydd â phryderon ynghylch dosbarthu profion neu bryderon sy’n ymwneud â logisteg gysylltu â 119.

Yn gywir

[Signature]

**Syr Frank Atherton**