

SCHEDULE

Regulation 4

On-board statement

The statement to be provided for the purposes of regulation 4 is—

(a) Welsh language version—

“Dyma neges iechyd y cyhoedd ar ran Llywodraeth Cymru a Iechyd Cyhoeddus Cymru.

Symptomau'r coronafeirws yw peswch cyson newydd, tymheredd uchel neu gollu eich synnwyr blasu neu arogl arferol, neu newid yn eich synnwyr blasu neu arogl. Os ydych yn profi unrhyw un o'r symptomau hyn, waeth pa mor ysgafn ydynt, fe'ch cynghorir chi i wneud eich hunan yn hysbys i'r criw.

Camau syml y gallwch eu cymryd i helpu i'ch diogelu chi eich hun a'ch teulu yw:

1. Golchi eich dwylo.
2. Osgoi cyffwrdd â'ch wyneb â'ch dwylo.
3. Dal peswch a thisian mewn hances bapur a'i gwaredu ar unwaith.

Cyn cael mynediad i'r Deyrnas Unedig, rhaid i chi lenwi ffurflen lleoli cyswllt ar lein ar www.gov.uk. Rhaid i chi hefyd hunanynysu am y 14 o ddiwrnodau ar ôl i chi gyrraedd. Wedi cyrraedd, rhaid ichi gadw'r arfer o gadw pellter cymdeithasol os yn bosibl a theithio'n uniongyrchol i'r man lle rydych yn bwriadu ynysu. Dylech osgoi defnyddio trafndiaeth gyhoeddus oni bai nad oes dewis arall gennych.

Mae rhestr o'r bobl sy'n esempt rhag y gofynion ar gael ar lein ar www.llyw.cymru/coronafeirws”

(b) English language version—

“The following is a public health message on behalf of the Welsh Government and Public Health Wales.

The symptoms of coronavirus are a new continuous cough, a high temperature or a loss of, or change in, normal sense of taste or smell. If you experience any of these symptoms, however mild, you are advised to make yourself known to the crew.

Simple measures you can take to help protect yourself and family are:

1. Wash your hands.
2. Avoid touching your face with your hands.
3. Catch coughs and sneezes in a tissue and dispose of it immediately.

Before entering the UK, you must complete a contact locator form online at www.gov.uk. You must also self-isolate for the first 14 days after you arrive. When you arrive you must practice social distancing where possible and travel directly to the place where you intend to isolate. Please avoid using public transport unless you have no alternative.

A list of the people who are exempt from the requirements can be found online at www.gov.wales/coronavirus”

(c) the statement in paragraph (a) or (b) translated into an officially recognised language of the country of departure.