You **must not** enter the premises and should return home to self-isolate if:

* *You currently have symptoms of COVID-19 (new persistent dry cough, fever, loss of taste or smell).*
* *You have had a positive test for COVID-19 or onset of symptoms of COVID-19 in the last 10 days.  (Individuals who have completed their period of isolation (10 days) and have no remaining symptoms (other than a dry cough or loss of taste or smell which can last for some time) may return to normal activities).*
* *A member of your household has had symptoms of COVID-19 or has tested positive for COVID-19 in the last 14 days.*
* *You have been contacted by a contact tracer from the Test, Trace and Protect Programme and told to isolate in the last 14 days as a contact of someone with confirmed COVID-19.*
* *You have returned from a country outside of the UK in the last 14 days, other than those on the exempt list* ([https://gov.wales/exemptions-self-isolation-coronavirus-covid-19-html](https://eur03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fgov.wales%2Fexemptions-self-isolation-coronavirus-covid-19-html&data=02%7C01%7C%7Cec544b6cb6fc43737d9f08d854ca9b48%7C2f330f7e01a94876a1d2de73e4e9ded8%7C1%7C0%7C637352576469550241&sdata=TlJixeYwJTty6cO6tUwK%2BmD9apfzJnX8IYQQTC7Wwcs%3D&reserved=0)).
* *You have travelled from an area where local lockdown restrictions are in place which do not permit you to travel outside of your area to participate in sporting activity.*

Ni ddylech ddod i mewn i’r eiddo a dylech fynd adref i hunanynysu os ydych yn profi’r canlynol:

* *Mae gennych chi symptomau COVID-19 ar hyn o bryd (peswch sych newydd, parhaus, tymheredd uchel, colli blas neu arogl).*
* *Rydych chi wedi cael prawf positif am COVID-19 neu wedi profi symptomau COVID-19 o’r newydd yn ystod y 10 diwrnod diwethaf. (Caiff unigolion sydd wedi cwblhau eu cyfnod o ynysu (10 diwrnod) ac sydd heb unrhyw symptomau mwyach (ar wahân i beswch sych neu golli blas neu arogl a all bara am beth amser) ddychwelyd at weithgareddau normal).*
* *Mae aelod o’ch teulu chi wedi cael symptomau COVID-19 neu wedi cael prawf positif am COVID-19 yn ystod yr 14 diwrnod diwethaf.*
* *Mae olrheiniwr cysylltiadau wedi cysylltu â chi o’r Rhaglen Profi, Olrhain, Diogelu ac wedi dweud wrthych am ynysu yn ystod yr 14 diwrnod diwethaf fel cyswllt i rywun sydd wedi cael COVID-19 wedi’i gadarnhau.*
* *Rydych chi wedi dychwelyd o wlad y tu allan i’r DU yn ystod yr 14 diwrnod diwethaf, ar wahân i’r rhai ar y rhestr eithriedig* ([https://gov.wales/exemptions-self-isolation-coronavirus-covid-19-html](https://eur03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fgov.wales%2Fexemptions-self-isolation-coronavirus-covid-19-html&data=02%7C01%7C%7Cec544b6cb6fc43737d9f08d854ca9b48%7C2f330f7e01a94876a1d2de73e4e9ded8%7C1%7C0%7C637352576469540241&sdata=JQzu6swfG2bGuC2B5Rk3MXmsf%2FOADRKnkGccmBzG%2BsM%3D&reserved=0)).
* *Rydych chi wedi teithio o ardal lle mae cyfyngiadau symud lleol yn eu lle ac felly nid oes gennych ganiatâd i deithio y tu allan i’ch ardal i gymryd rhan mewn gweithgarwch chwaraeon.*