

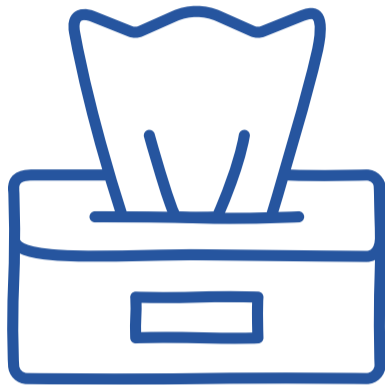


Mae Brechu yn achub bywydau Vaccination saves lives

MAE FEIRYSAU'N LLEDAENU'N HAWDD

EI DDAL

defnyddiwch hances
bapur i ddal eich
peswch neu disian



EI DAFLU

taflwch eich hances
bapur cyn gynted â
phosib



EI DDIFA

glanhewch eich
dwylo cyn gynted
ag y gallwch



VIRUSES SPREAD EASILY

CATCH IT

use tissues to catch
your cough or
sneeze

BIN IT

dispose of your
tissue as soon as
possible

KILL IT

clean your hands as
soon as you can

Gall feirysau fod yn ddifrifol iawn.
Pan fyddwch yn cael eich gwahodd,
ewch i gael eich brechu i amddiffyn eich
hun rhag feirysau fel ffliw a COVID-19.

icc.gig.cymru/brechlynnau

Viruses can be very serious.
When invited, get vaccinated
to protect yourself against
viruses like flu and COVID-19.

phw.nhs.wales/vaccines



GIG
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Iechyd Cyhoeddus
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