



# Mae Brechu yn achub bywydau Vaccination saves lives

## Amddiffyn eich hun ac eraill

Mae COVID-19 a'r fflw yn feirysau a all fod yn ddifrifol iawn.

Bydd cael eich brechu rhag COVID-19 a'r fflw yn helpu i'ch amddiffyn chi ac eraill.

Siaradwch â rhywun yn eich meddygfa neu fferyllfa gymunedol i gael rhagor o wybodaeth.

**Gallwch gael rhagor o wybodaeth am frechu rhag COVID-19 a'r fflw yn:**  
[icc.gig.cymru/brechlynnau](http://icc.gig.cymru/brechlynnau)

## Protecting yourself and others

COVID-19 and flu are both viruses that can be very serious.

Getting vaccinated against COVID-19 and flu will help protect you and others.

Talk to someone in your GP surgery or community pharmacy for more information.

**You can find out more about COVID-19 and flu vaccination at:**  
[phw.nhs.wales/vaccines](http://phw.nhs.wales/vaccines)



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