



Mae Brechu yn achub bywydau

Vaccination saves lives

Gall feirysau ladd

Gwarchodwch eich hun ac eraill.

Mae COVID-19 a'r ffliw yn ddau feirws a all fod yn ddifrifol iawn.

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

Siaradwch â'ch rheolwr neu edrych ar y fewnrwyd am fwy o wybodaeth.

Gallwch gael gwybod mwy am frechlyn COVID-19 a'r ffliw yn:
icc.gig.cymru/brechlynnau

Viruses can kill

Protect 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 your manager or see the intranet for more information.

You can find out more about COVID-19 and flu vaccination at:
phw.nhs.wales/vaccines

