



Mae Brechu yn achub bywydau Vaccination saves lives

Gall feirysau ladd

Gwarchodwch eich hun ac eraill.

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

Gall pob oedolyn sydd mewn carchar gael brechlyn y fflw a brechlynnau COVID-19 am ddim yng Nghymru.

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

Siaradwch â'ch darparwr gofal iechyd i gael mwy o wybodaeth

icc.gig.cymru/brechlynnau

Viruses can kill

Protect yourself and others.

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

All adult prison residents can have a free flu vaccine and COVID-19 vaccines in Wales.

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

Talk to your healthcare provider for more information.

phw.nhs.wales/vaccines



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