



Llywodraeth Cynulliad Cymru  
Welsh Assembly Government

[www.cymru.gov.uk](http://www.cymru.gov.uk)



GIG  
CYMRU  
NHS  
WALES

## Ydych chi'n mynd ar eich gwyliau?

Gwnewch yn siŵr eich bod chi'n  
diogelu'ch teulu cyn i chi deithio

Gwnewch apwyntiad gyda'ch Meddyg Teulu  
neu nyrs y feddygfa i drafod imiwneiddio

Er mwyn cael mwy o wybodaeth ewch i  
[www.nathnac.org](http://www.nathnac.org)

neu ffoniwch Galw Iechyd Cymru ar  
**0845 46 47**

## Are you going on holiday?

Check your family's protected  
before you travel

Make an appointment with your GP or  
practice nurse to discuss immunisation

For more information visit  
[www.nathnac.org](http://www.nathnac.org)

or phone NHS Direct Wales on  
**0845 46 47**