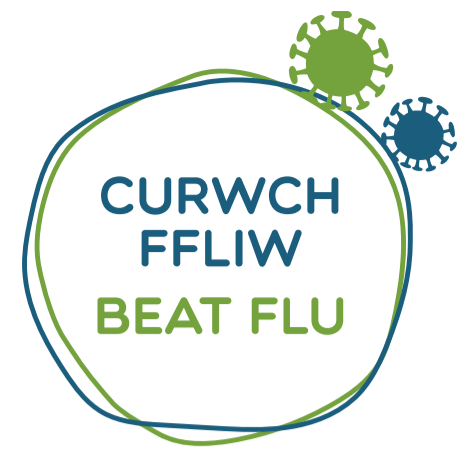


# MAE FFLIW YN LLEDAENU'N HAWDD

## FLU SPREADS EASILY



### EI DDAL

defnyddiwch hances  
bapur i ddal eich  
peswch neu disian



### CATCH IT

use tissues to catch  
your cough or  
sneeze

### EI DAFLU

taflwch eich hances  
bapur cyn gynted â  
phosib



### BIN IT

dispose of your  
tissue as soon as  
possible

### EI DDIFA

glanhewch eich  
dwylo cyn gynted  
ag y gallwch



### KILL IT

clean your hands as  
soon as you can

Gall ffliw fod yn ddifrifol iawn.  
Y ffordd orau o osgoi'r ffliw yw  
cael eich brechu.

[www.curwchffliw.org](http://www.curwchffliw.org)

Flu can be very serious. The  
best way to avoid flu is to get  
vaccinated.

[www.beatflu.org](http://www.beatflu.org)