

CURWCH FFLIW

Gall y ffliw fod yn ddifrifol iawn.

Amddiffynnwch eich plentyn dwy* neu dair oed gyda brechlyn syml ar ffurf chwistrellodd trwynol.

*Oed ar 31 Awst 2019

Siaradwch i eich ymwelydd iechyd, feddyg teulu neu nyrs meddygfa am fwy o wybodaeth

www.curwchffliw.org

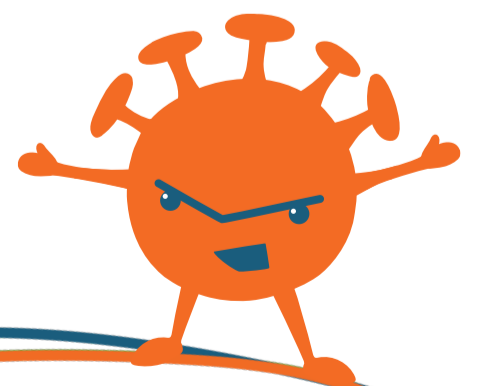
BEAT FLU

Flu can be very serious.

Protect your two* or three year old with a simple nasal spray flu vaccine.

*Age on 31 August 2019

Talk to your health visitor, GP or practice nurse for more information
www.beatflu.org



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