



CURWCH
FFLIW
BEAT FLU



AWYDDUS I GADW'N IACH Y GAEAF HWN?

Gall y fflw fod yn ddifrifol.

Os yw pwysau'ch corff uwch (Mynegai Màs y Corff o 40 kg / m² neu uwch) rydych chi mewn mwy o berygl o gael y fflw a datblygu cymhlethdodau.

Gallwch gael brechiad fflw **am ddim** i'ch helpu i gadw'n iach.

Cysylltwch â'ch meddygfa neu fferylllydd cymunedol i gael gwybod sut i gael eich brechu rhag y fflw eleni.

curwchffliw.org

KEEN TO KEEP WELL THIS WINTER?

Flu can be serious.

If you have higher body weight (Body Mass Index of 40 kg/m² or higher) you are more at risk of flu and its complications.

You can have a **free** flu vaccine to help you keep well.

Contact your GP surgery or community pharmacist to find out about getting your flu vaccine this year.

beatflu.org



GIG
CYMRU
NHS
WALES

Iechyd Cyhoeddus
Cymru
Public Health
Wales

ISBN (Cym): 978-1-78986-154-21 | ISBN (Eng): 978-1-78986-154-20

© 2019 Iechyd Cyhoeddus Cymru | © 2019 Public Health Wales

