



**CURWCH
FFLIW
BEAT FLU**



GALL Y FFLIW LADD

**Amddiffynnwch eich
hun a phobl eraill**

Y ffordd orau o atal fflw
yw cael brechiad fflw bob
blwyddyn.

**Gwiriwch eich cymhwysedd
i gael brechlyn am ddim.**

www.curwchffliw.org

FLU CAN KILL

**Protect yourself
and others**

The best way to prevent flu
is to get a flu vaccine every
year.

**Check if you are eligible
for a free vaccine.**

www.beatflu.org



**GIG
CYMRU
NHS
WALES**

Iechyd Cyhoeddus
Cymru
Public Health
Wales



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