



GWEITHIWR GOFAL IECHYD?

Gall y ffliw ladd.
Amddiffynnwch eich
hun a'r rhai rydych yn
gofalu amdanynt.

Peidiwch â cholli allan ar
gael eich brechu rhag y
ffliw eleni.

Siaradwch â'ch cyflogwr neu adran
iechyd galwedigaethol am fwy
o wybodaeth

www.curwchffliw.org

HEALTHCARE WORKER?

Flu can kill.
Protect yourself and
those you care for.

Don't miss out on getting
your flu vaccine this year.

Talk to your employer or
occupational health department
for more information

www.beatflu.org



GIG
CYMRU
NHS
WALES

Iechyd Cyhoeddus
Cymru
Public Health
Wales