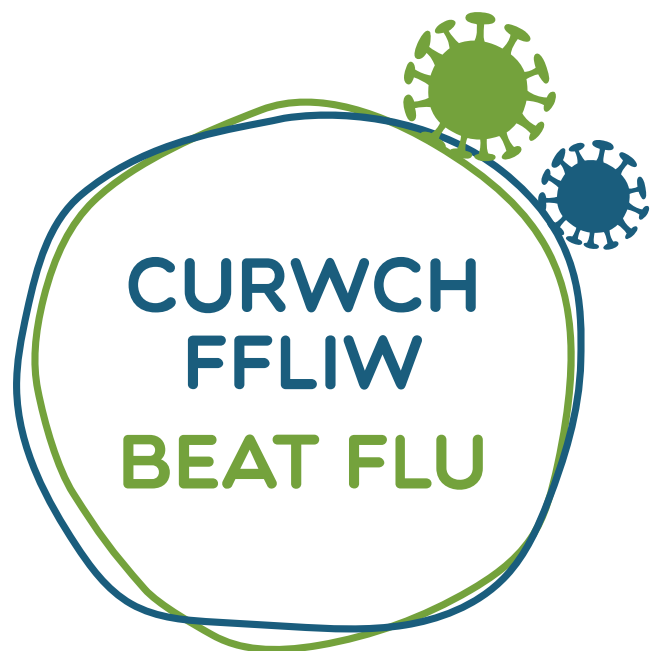




BEICHIOG?

Gall y ffliw fod yn ddifrifol iawn i chi a'ch babi.

Bydd brechlyn ffliw yn helpu i'ch amddiffyn.

Siaradwch â'ch bydwraig, nyrs meddygfa, feddyg teulu neu fferyllfa gymunedol am fwy o wybodaeth

www.curwchffliw.org

PREGNANT?

Flu can be serious for you and your baby.

A flu vaccine will help protect you both.

Talk to your midwife, practice nurse, GP or community pharmacy for more information

www.beatflu.org



GIG
CYMRU
NHS
WALES

Iechyd Cyhoeddus
Cymru
Public Health
Wales

ISBN (Cym): 978-1-78986-127-3 | ISBN (Eng): 978-1-78986-126-6
© 2019 Iechyd Cyhoeddus Cymru | © 2019 Public Health Wales