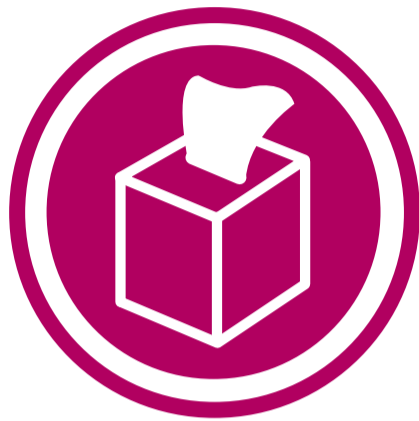




EI DDAL

Mae germau'n lledaenu'n hawdd. Cariwch hances bapur a defnyddiwch hi wrth beswch neu disian.



CATCH IT

Germs spread easily. Always carry tissues and use them to catch your cough or sneeze.

EI DAFLU

Gall germau fyw am oriau ar hances. Taflwch hi cyn gynted â phosib.



BIN IT

Germs can live for hours on tissues. Dispose of your tissue as soon as possible.

EI DDIFA

Gall dwylo drosglwyddo germau i bob arwyneb rydych yn ei gyffwrdd. Glanhewch eich dwylo cyn gynted ag y gallwch.



KILL IT

Hands can transfer germs to every surface you touch. Clean your hands as soon as you can.

Y ffordd orau o osgoi'r fflw yw cael brechiad. Os nad ydych wedi cael eich brechu y gaeaf hwn, gofynnwch i'ch meddyg teulu neu'ch fferylllydd am gyngor.

www.curwchffliw.org



The best way to avoid flu is to get vaccinated. If you haven't been vaccinated this winter, ask your GP or pharmacist for advice.

www.beatflu.org