



CURWCH FFLIW BEAT FLU



GWEITHIWR CARTREF GOFAL?

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

Os ydych chi 'n gweithio mewn
cartref gofal ac yn cael cyswllt
rheolaidd â chleientiaid, mae
gennych hawl i gael **brechlyn
ffliw am ddim** yn eich fferyllfa
gymunedol – peidiwch ag oedi!

Siaradwch â'ch cyflogwr neu
fferyllfa gymunedol am fwy
o wybodaeth.

www.curwchffliw.org

CARE HOME WORKER?

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

If you work in a care home and
have regular client contact, you
are entitled to a **free flu vaccine**
at your community pharmacy –
don't delay!

Talk to your employer or community
pharmacy for more information.

www.beatflu.org



GIG
CYMRU
NHS
WALES

Iechyd Cyhoeddus
Cymru
Public Health
Wales