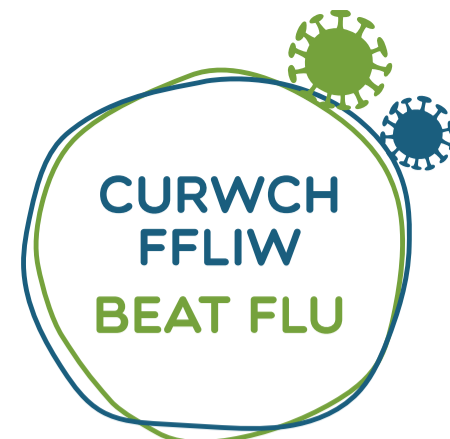


MAE FFLIW YN LLEDAENU'N HAWDD

FLU SPREADS EASILY



EI DDAL

defnyddiwch hances
bapur i ddal eich
peswch neu disian



CATCH IT

use tissues to catch
your cough or
sneeze

EI DAFLU

taflwch eich hances
bapur cyn gynted â
phosib



BIN IT

dispose of your
tissue as soon as
possible

EI DDIFA

glanhewch eich
dwylo cyn gynted
ag y gallwch



KILL IT

clean your hands as
soon as you can

Gall ffliw fod yn ddifrifol iawn.
Y ffordd orau o osgoi'r ffliw yw
cael eich brechu.

www.curwchffliw.org

Flu can be very serious. The
best way to avoid flu is to get
vaccinated.

www.beatflu.org



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CYMRU
NHS
WALES

Iechyd Cyhoeddus
Cymru
Public Health
Wales

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