

YCH A FI

Mae germau a bacteria ar bob arwyneb.

Germes and bacteria are on everything you touch.

Mae golchi'ch dwylo'n rheolaidd yn un o'r ffyrdd gorau i amddiffyn eich hun rhag salwch fel annwyd a fflw.

Golchwch eich dwylo am o leiaf 30 eiliad.

Washing your hands regularly is one of the best ways to protect yourself from illnesses like colds and flu.

Wash your hands for at least 30 seconds.



Gwlychwch eich dwylo â dŵr a rhowch sebon arnynt.

Wet your hands with water and apply soap.



Rhwbiwch eich dwylo.

Rub your hands together.



Sgwriwch bob rhan o'ch dwylo...

Scrub every part of your hands...



...eich cledrau...

...your palms...



...eich dyrnau...

...your fists...



...rhwng eich bysedd...

...in between your fingers...



a blaenau eich bysedd.

and your fingertips.



Golchwch eich dwylo'n drylwyr.

Rinse your hands well.



Sychwch eich dwylo.

Dry your hands.