



Mae Brechu yn achub bywydau  
Vaccination saves lives

# Amddiffyn eich hun ac eraill

## Protecting yourself and others

Gall COVID-19 a'r ffliw fod  
yn feirysau difrifol iawn.

COVID-19 and flu can be  
very serious viruses.

Bydd cael eich brechu rhag  
COVID-19 a'r ffliw yn helpu  
i'ch amddiffyn chi ac eraill.

Siaradwch â rhywun yn  
eich meddygfa neu fferyllfa  
gymunedol i gael rhagor  
o wybodaeth.

Gallwch gael rhagor o wybodaeth  
am frechu rhag COVID-19 a'r ffliw yn:  
[icc.gig.cymru/brechlynnau](https://icc.gig.cymru/brechlynnau)



Getting vaccinated against  
COVID-19 and flu will help  
protect you and others.

Talk to someone in your  
GP surgery or community  
pharmacy for more  
information.

You can find out more about  
COVID-19 and flu vaccination at:  
[phw.nhs.wales/vaccines](https://phw.nhs.wales/vaccines)



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