



GIG
CYMRU
NHS
WALES



Llywodraeth Cymru
Welsh Government



Golchwch eich dwylo'n amlach

Defnyddiwch ddŵr a sebon neu hylif diheintio
dwylo am 20 eiliad.

Helpwch i atal lledaeniad yr haint.

Wash your hands more often

Use soap and water or hand sanitiser for 20 seconds.

Prevent the spread of infections.



DIOGELU CYMRU
KEEP WALES SAFE

