



Mae Brechu yn achub bywydau
Vaccination saves lives



Iechyd Cyhoeddus
Cymru
Public Health
Wales

Mae eich brechlyn ffliw yn barod i chi

Gallwch chi gael brechlyn fflw os ydych:

- 65 oed neu'n hŷn
- â chyflwr iechyd tymor hir, neu
- yn feichiog.

Mae angen brechlyn fflw arnoch bob blwyddyn oherwydd bod feirysau'n newid ac mae amddiffyniad rhag y fflw yn gwanhau dros amser.

Mynnwch frechiad – helpwch i amddiffyn eich hun a'r rhai o'ch cwmpas rhag salwch difrifol.

I gael gwybod mwy, siaradwch â'ch darparwr gofal iechyd neu fferylllydd, neu ewch i: icc.gig.cymru/brechlynffliw



Your flu vaccine is waiting for you

You can have a flu vaccine if you:

- are aged 65 or over
- have a long-term health condition, or
- are pregnant.

You need a flu vaccine every year because viruses change and flu protection weakens over time.

Get vaccinated – help protect yourself and those around you from serious illness.

To find out more, speak to your healthcare provider or pharmacist, or visit: phw.nhs.wales/flu vaccine



Sgania fi am ragor o wybodaeth ar y fflw



Scan me for more information on flu