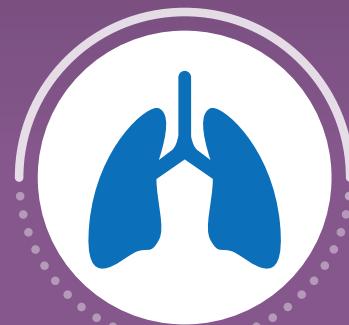


Helpwch ni i'ch helpu chi

Bydd y brechlyn COVID-19 yn helpu i amddiffyn rhag salwch difrifol sy'n gysylltiedig â'r coronafeirws. Mae camau eraill y gelli di eu cymryd i gadw dy hun yn iach ac osgoi mynd yn sâl.

Gelli di gymryd rhai camau bach tuag at fod yn iachach drwy:



Roi'r
gorau
i ysmegu

**Quitting
smoking
for good**



Gwneud
dewisiadau
iachach o
ran bwyd

**Making
healthier
food
choices**



Bod
yn fwy
heini

**Being more
physically
active**



Gofalu
am dy les
meddyliol



Yfed
llai o
alcohol

**Drinking
less
alcohol**

Help us help you

The COVID-19 vaccine will help protect you from serious illness linked to coronavirus. There are other steps you can take to keep yourself healthy and avoid getting ill.

Take some small steps towards a healthier you by:

I ddod o hyd i **help a chefnogaeth** yn dy ardal di, chwilia am GIG 111 Cymru.

To find **help and support** near you, search NHS 111 Wales.

**HELPWCH NI | HELP US
I'CH HELPU CHI | HELP YOU**