

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

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:



Gwneud
dewisiadau
iachach o
ran bwyd

Making
healthier
food
choices



Bod
yn fwy
heini

Being more
physically
active



Gofalu
am dy les
meddyliol

Looking after
your mental
wellbeing



Yfed
llai o
alcohol

Drinking
less
alcohol

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.

HELPUCH NI | HELP US
I'CH HELPU CHI | HELP YOU