



COVID-19

CORONAVIRUS

CORONAFEIRWS

PROTECTIVE MEASURES

MESURAU AMDDIFFYNNOL



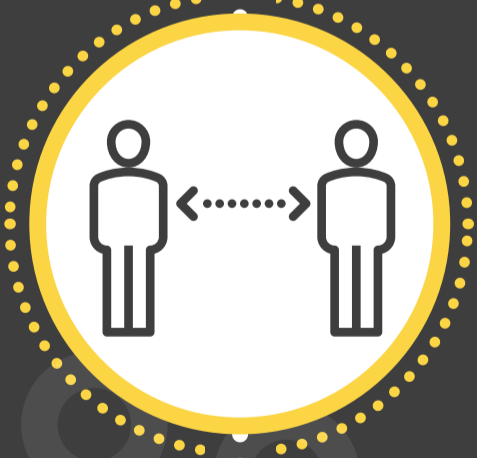
Practice proper hand hygiene, wash your hands with soap frequently and dry thoroughly.

Golchwch eich dwylo mewn modd priodol yn aml gyda sebon a'u sychu'n drwyadl.



Cough and sneeze into your elbow or a tissue. Throw it into a bin and wash your hands.

Cofiwch beswch a thisian i mewn i'ch penelin neu hances bapur. Taflwch yr hances bapur i'r bin a golchwch eich dwylo.



Practise social distancing by keeping 2 Metres apart.

Cadwch eich pellter trwy aros 2 fetr ar wahân.



Stay at home if you are sick.

Arhoswch gartref os ydych yn dost.