



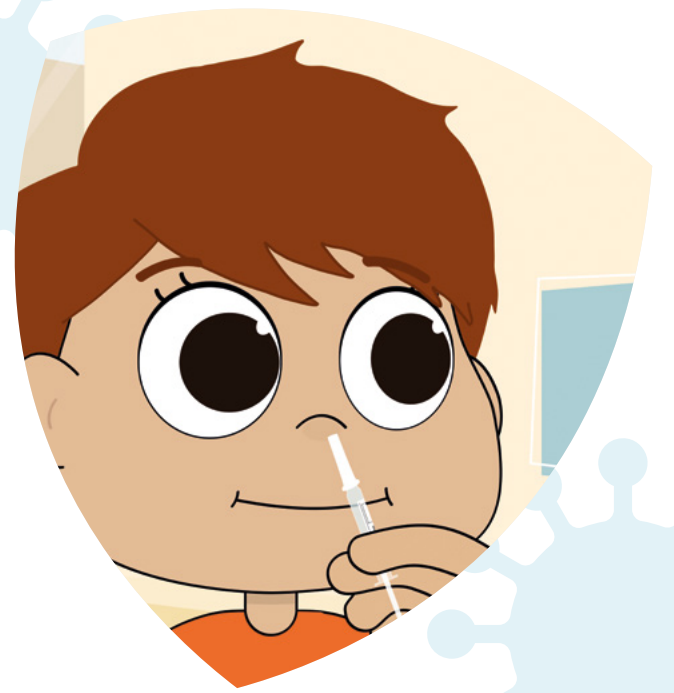
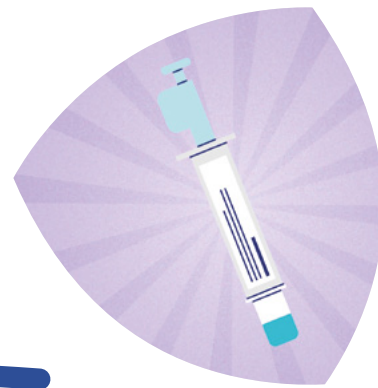
**Mae Brechu yn achub bywydau**  
**Vaccination saves lives**

# Plant, pobl ifanc a'r fflw

## Children, young people and flu

**Gall y fflw fod yn ddifrifol  
iawn i blant a phobl ifanc.**

**Flu can be very serious for  
children and young people.**



Yr hydref yma, bydd pawb o'r  
dosbarth derbyn i flwyddyn ysgol  
11 yn cael cynnig brechlyn fflw  
chwistrell trwyn.

Efallai y bydd rhai'n cael y brechlyn  
fflw trwy bigiad (heb gelatin) yn lle.

Siaradwch â'ch nyrs ysgol,  
ymwelydd iechyd neu feddygfa am  
fwy o wybodaeth.

This autumn, everyone from  
reception class age to school year  
11 age will be offered a nasal spray  
flu vaccine.

Some may have the flu vaccine by  
injection (gelatine free) instead.

Talk to your school nurse, health  
visitor or GP surgery for more  
information.

**Gallwch gael gwybod mwy am  
frechu rhag y fflw yn:**  
**[icc.gig.cymru/brechlynfflw](https://icc.gig.cymru/brechlynfflw)**

**You can find out more about flu  
vaccination at:**  
**[phw.nhs.wales/flu vaccine](https://phw.nhs.wales/flu vaccine)**



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