



Mae Brechu yn achub bywydau  
Vaccination saves lives

# Gwarchod eich hun rhag COVID-19

## Protect yourself against COVID-19

Fe all COVID-19 fod yn  
feirws difrifol iawn.

COVID-19 can be a very  
serious virus.



Bydd cael brechiad COVID-19 yn helpu  
i'ch gwarchod chi am gyfnod hirach.

Mae dos y gwanwyn yn cael ei gynnig i:

- pobl 75 oed a hŷn
- preswylwyr mewn cartrefi gofal i bobl hŷn, a
- plant chwe mis oed a hŷn sydd â system imiwedd wannach.

Bydd bwrdd iechyd lleol y GIG yn  
cysylltu â chi os ydych chi'n gymwys.

Getting your COVID-19 vaccination will  
help protect you for longer.

The spring dose is offered to:

- people aged 75 and older
- residents in care homes for older people, and
- children aged six months and over who have a weakened immune system.

Your local NHS health board will contact  
you if you are eligible.



Gallwch gael rhagor o  
wybodaeth am y brechiad  
COVID-19 yn:  
[icc.gig.cymru/brechlyncovid](https://icc.gig.cymru/brechlyncovid)



You can find out more  
about the COVID-19  
vaccination at:  
[phw.nhs.wales/covidvaccine](https://phw.nhs.wales/covidvaccine)



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ISBN 978-1-83766-349-1  
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