



**GIG**  
CYMRU  
**NHS**  
WALES

Iechyd Cyhoeddus  
Cymru  
Public Health  
Wales

### If you need to cough or sneeze



**Catch it  
with a tissue**



**Bin it**



**Kill it**

by washing your  
hands with soap  
and water or hand  
sanitiser

### You should wash hands with soap & water or hand sanitiser



**After breaks  
& sports  
activities**



**Before  
cooking  
& eating**



**SCHOOL  
ETC.**

**On arrival at  
any childcare  
or educational  
setting**



**After  
using the  
toilet**



**Before  
leaving  
home**



Try not to touch your  
eyes, nose, and mouth  
with unwashed hands



Do not share items  
that come into contact  
with your mouth such  
as cups & bottles



If unwell do not  
share items such  
as bedding, dishes,  
pencils & towels

### Os oes angen i chi beswch neu disian



Dylech  
ei ddal  
â hances bapur



Ei daflu  
i'r bin



Ei ddifa  
drwy olchi eich  
dwylo â sebon a  
dŵr neu ddiheintydd  
dwylo

### Dylech olchi'ch dwylo â sebon a dŵr neu ddiheintydd dwylo



Ar ôl eg-  
wyliau a  
gweithgared  
dau chwarae-  
aon



Cyn  
coginio a  
bwyta



**YSGOL,  
AC ATI.**

Wrth gyrraedd  
unrhyw leoliad  
gofal plant  
neu addysgol



Ar ôl  
defnyddio'r  
toiled



Cyn  
gadael  
eich  
cartref



Ceisiwch beidio â  
chyffwrdd eich llygaid  
trwyn, a'ch ceg â dwylo  
heb eu golchi



Peidiwch â rhannu  
eitemau sy'n dod i  
gysylltiad â'ch ceg fel  
cwpanau a photeli



Os ydych yn anhwylyd  
peidiwch â rhannu  
eitemau fel dillad  
gwely, llestri, pensiliau  
a thywelion