

Golchwch eich dwylo yn effeithiol gan ddilyn y 9 cam yma:

Wash your hands correctly by following these 9 steps:

Gwlychwch eich dwylo

1



Wet your hands

Defnyddiwch sebon hylif

2



Use liquid soap

Ymolchwch cledr i gledr

3



Wash palm to palm

Ymolchwch rhwng y bysedd

4



Wash between your fingers

Ymolchwch gefn eich dwylo

5



Wash the back of your hands

Ymolchwch gefn a blaen eich bysedd

6



Wash the back and front of your fingers

Ymolchwch eich bodiau

7



Wash the base of your thumbs

Rinsiwch eich dwylo

8



Rinse your hands

Sychwch eich dwylo

9



Dry your hands

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