

Ydych chi'n
gofalu am
rywun

Do you look after
someone?



Ar yr adeg hon o'r flwyddyn,
mae gan filoedd o Ofalwyr di-
dâl hawl i dderbyn **brechiad
ffliw am ddim (pigiad fflw)**

Gofynnwch yn eich Meddygfa
Teulu
Ewch i www.beatflu.org
neu ffoniwch NHS Direct Wales
111 i gael mwy o wybodaeth

At this time of year,
thousands of unpaid Carers
are entitled to receive a **free
influenza vaccination (flu
jab).**

Just ask at your GP Practice
Go to www.beatflu.org or ring
NHS Direct Wales 111 for
more info

**Frechiad Ffliw Am Ddim
Free Flu Vaccination**

www.curwchffliw.org

www.beatflu.org



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CYMRU
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Bwrdd Iechyd Prifysgol
Hywel Dda
University Health Board

