



BRECHU RHAG FFLIW MOCH: gwybodaeth bwysig

Mae brechlyn ar gael rhag fflw moch. Dylech gael eich brechu os ydych yn chwe mis oed neu'n hŷn ac:

- os oes gennych gyflwr iechyd tymor hir, ee clefyd cronig yr ysgyfaint, y galon, yr arenau, yr afu/iau neu glefyd niwrolegol, neu diabetes mellitus
- os ydych yn feichiog
- os yw'ch system imiwneidd yn wannach na'r arfer oherwydd clefyd neu driniaeth am glefyd
- os ydych yn byw yn yr un tŷ â rhywun sydd â system imiwneidd wannach na'r arfer

I gael rhagor o wybodaeth, darllenwch daflen neu cysylltwch â'ch meddygfa.

Fflw. Amddiffyn eich hun ac eraill.



**GWYBODAETH AM
FFLIW MOCH**

www.direct.gov.uk/swineflu
0800 1 513 513

**SWINE FLU
INFORMATION**

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SWINE FLU VACCINATION: what you need to know

There is now a swine flu vaccine. You should have it if you are six months of age or above and:

- you have a long-term health condition such as chronic lung, heart, kidney, liver or neurological disease, or diabetes mellitus
- you are pregnant
- your immune system is compromised because of a disease or treatment for a disease
- you live in the same house as someone whose immune system is compromised

For more information, pick up a leaflet or contact your GP surgery.

Flu. Protect yourself and others.