

# PEIDIWCH Â DIYSTYRU FFLIW TYMHOROL

**Gofynnwch i'ch meddyg  
teulu am y brechlyn nawr.**

Mae'n bosibl eich bod wedi clywed cryn dipyn am fflw moch, ond mae'n bwysig cofio bod fflw tymhorol yn gallu bod yn ddifrifol hefyd.

Os ydych yn 65 oed neu'n hŷn neu os oes gennych salwch cronig (ee asthma, diabetes, clefyd y galon neu gyflwr tymor hir arall), mae mwy o berygl y byddwch yn cael salwch difrifol megis bronchitis a niwmonia os byddwch yn dal fflw tymhorol.

Cysylltwch â'ch meddyg teulu nawr i gael eich brechu rhag fflw tymhorol eleni.

## **Fflw. Amddiffyn eich hun ac erail.**

# DON'T UNDERESTIMATE SEASONAL FLU

**Ask your GP for  
a vaccination now.**

You may have heard a lot about swine flu, but it's important to remember that seasonal flu can be serious too.

If you are 65 or over or have a chronic illness (eg asthma, diabetes, heart disease or any other long term condition), you are more at risk of serious illnesses such as bronchitis and pneumonia if you catch seasonal flu.

Contact your GP now for this year's seasonal flu vaccination.

## **Flu. Protect yourself and others.**