

COVID-19

CORONAVIRUS

CORONAFEIRWS



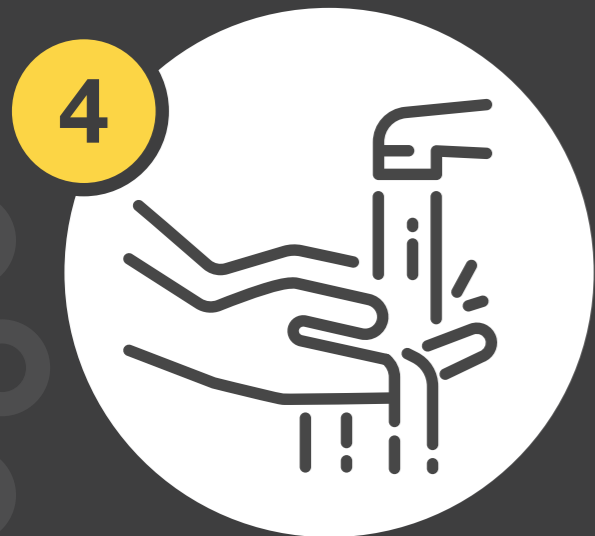
1
Wet your hands
Gwlychwch eich dwylo



2
Liquid soap
Sebon hylif



3
Lather and scrub - 20 seconds
Seboni a Sgrwbio – 20 eiliad



4
Rinse – 10 seconds
Rinsio – 10 eiliad



5
Dry your hands
Sychwch eich dwylo



6
Turn off tap
Diffoddwch y tap

DON'T FORGET

- Between your fingers
- Under your nails
- The tops of your hands

PEIDIWCH AG ANGHOFIO

- Rhwng eich bysedd
- O dan eich ewinedd
- Blaenau eich bysedd