



**The Government has announced urgent measures to help slow the spread of Coronavirus (COVID19) in the UK.**

**You should only leave the house for very limited reasons:**

- shopping for basic necessities, for example food and medicine, which must be as infrequent as possible
- one form of exercise a day, for example a run, walk, or cycle - alone or with members of your household
- visit your GP or local health services including the dentist
- to provide care or to help a vulnerable person, this includes getting food or medicines for them
- help the NHS by donating blood
- leave your house to avoid injury or illness
- travelling to and from work, but only where it is not reasonably practicable to work from home

**We appreciate your support and understanding.**



**# KeepingSouthWalesSafe**



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AMDDIFFYN  
EIN GIG

♥ achub  
bywydau

**Mae'r Llywodraeth wedi cyhoeddi mesurau brys er mwyn arafu lledaeniad Coronafeirws (COVID19) yn y DU.**

**Dylech ond adael y tŷ am resymau cyfyngedig iawn:**

- siopa am hanfodion, er enghraifft bwyd a moddion, mor anaml â phosibl
- un math o ymarfer corff bob dydd, er enghraifft rhedeg, cerdded neu feicio - ar eich pen eich hunain, neu gydag aelodau o'ch cartref
- ymweld â'ch meddyg teulu neu wasanaethau iechyd lleol gan gynnwys y deintydd
- i ddarparu gofal neu i helpu person bregus, mae hyn yn cynnwys mynd i nôl bwyd neu foddion iddyn nhw
- helpu'r GIG drwy roi gwaed
- gadael eich cartref i osgoi anaf neu salwch
- teithio i ac o'r gwaith, ond dim ond pan nad yw hi'n ymarferol rhesymol i weithio o adref

**Rydym yn gwerthfawrogi eich cymorth a'ch dealltwriaeth.**



# CadwDeCymruYnDdiogel



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