



STAY AT HOME



**PROTECT
OUR NHS**



**save
lives**

Welsh Government has set out clear measures to help slow the spread of Coronavirus (COVID19) in Wales.

You should only leave the house for very limited reasons:

- shopping for food, medicine and household necessities
- collecting takeaway food or a shopping order, attending a garden centre or library
- exercise locally - 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

Please follow social distancing rules.

We appreciate your support and understanding.



De Cymru
Comisiynydd yr Heddlu a Throseddau
Police and Crime Commissioner
South Wales



KeepingSouthWalesSafe



AMDDIFFYN
EIN GIG

♥ achub
bywydau

Mae Llywodraeth Cymru wedi amlinellu mesurau clir i helpu i arafu lledaeniad Coronafeirws (COVID19) yng Nghymru.

Dylech ond adael y tŷ am resymau cyfyngedig iawn:

- siopa am hanfodion, er enghraifft bwyd a moddion
- casglu bwyd neu archeb siopa, mynychu canolfan arddio neu lyfrgell
- cadw'n heini yn lleol - ar eich pen eich hun 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

Dilynwch reolau pellhau cymdeithasol.
Rydym yn gwerthfawrogi eich cymorth a'ch dealltwriaeth.



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CadwDeCymruYnDdiogel