



Llywodraeth Cymru  
Welsh Government



Iechyd Cyhoeddus  
Cymru  
Public Health  
Wales



# Coronavirus

# Looking out for each other

You must stay at home, but there are safe ways to provide essential support to vulnerable people who are in isolation.

## HOW YOU CAN HELP:

- ✓ Phone or keep in touch on social media
- ✓ Pick up food for others
- ✓ Pick up medicines

Find out how to help others safely at  
**[gov.wales/safe-help](https://gov.wales/safe-help)**



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# Coronafeirws

## Edrych ar ôl ein Gilydd

Rhaid ichi aros gartref, ond mae ffyrdd diogel o roi cefnogaeth i bobl fregus sy'n ynysu.

### SUT GALLWCH CHI HELPU:

- ✓ Ffonio neu gadw mewn cysylltiad drwy'r cyfryngau cymdeithasol
- ✓ Siopa am fwyd i eraill
- ✓ Casglu moddion

I wybod sut mae helpu eraill yn ddiogel  
[llyw.cymru/iach-a-diogel](https://llyw.cymru/iach-a-diogel)