



Llywodraeth Cymru  
Welsh Government

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# HEALTH INFORMATION

**SUNBED USE CAN  
DAMAGE YOUR SKIN  
AND EYESIGHT AND  
INCREASE YOUR RISK  
OF SUFFERING FROM  
SKIN CANCER.**





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# **GWYBODAETH IECHYD**

**GALL DEFNYDDIO  
GWELY HAUL  
NIWEIDIO'CH CROEN  
A'CH GOLWG A  
CHYNYDDU EICH  
RISG O DDIODDEF  
GAN GANSER  
Y CROEN.**

