

Wash your hands **Golchwch eich dwylo**



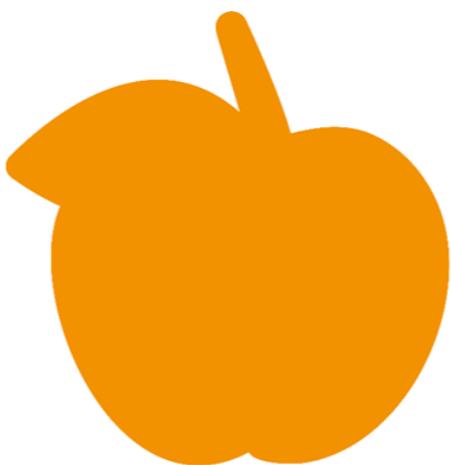
**On arrival at
the setting**

**Ar ôl
cyrraedd y
lleoliad**



**After outdoor
play**

**Ar ôl chwarae yn
yr awyr agored**



**Before and
after eating**

**Cyn ac ar ôl
bwtya**



**After being in
physical contact
with other children**

**Ar ôl bod mewn
cysylltiad corfforol
â phlant eraill**



**After sneezing/
coughing and
use of the toilet**

**Ar ôl tisian/
pesychu a
defnyddio'r
toiled**

Use soap and water for 20 seconds to prevent the spread of infections

Defnyddiwch sebon a dŵr am 20 eiliad i atal heintiau rhag lledaenu