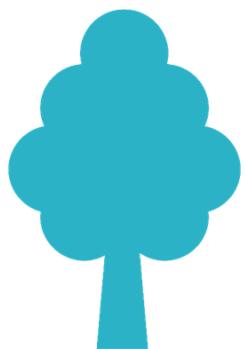




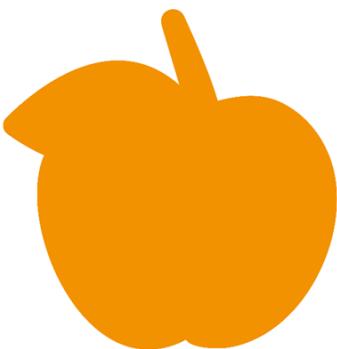
**On arrival at
the setting**

**Ar ôl
cyrraedd y
lleoliad**



**After outdoor
play**

**Ar ôl chwarae
yn yr awyr
agored**



**Before and
after eating**

**Cyn ac ar ôl
bwtya**

Wash your hands

Golchwch eich dwylo



**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