

Iechyd Cyhoeddus Cymru - Public Health Wales

Ymgyrch cyfathrebu diogelwch gwyliau - Holiday safety communications campaign

Negeseuon cadw'n ddiogel dros y gwyliau / Holiday safety messages	
Cymraeg / Welsh	English / Saesneg
Oes gennych chi larwm carbon monocsid? Cofiwch ei bacio a'i ddefnyddio ar eich gwyliau'r haf yma #GwyliauDiogel #CarbonMonocsid	Do you have a carbon monoxide alarm? Remember to pack it and use it on your holiday this summer #HolidaySafe #CarbonMonoxide
Hyd yn oed pan fyddwch ar wyliau neu oddi cartref, cofiwch am arwyddion a symptomau gwenwyn carbon monocsid. #GwyliauDiogel	Even when you're on holiday or away from home, remember the signs and symptoms of carbon monoxide poisoning. #HolidaySafe
 <p>A yellow poster titled 'GWENWYNIAID CARBON MONOCSID' (Signs of Carbon Monoxide Poisoning) in Welsh. It contains the following text: Ni allwch ei weld, ei ffasu na'i arogl. Goff iadd yn sydym a heb unrhyw rybudd. Gallai gwybod beth yw'r arwyddion aribed eich bywyd. 'Yn ddiwrth yw: CUR PEN CYFOG PENSGAFNADER DIFFYG ANADL YMGWYMPIAD COLLI YMWYBYDDIAETH</p>	 <p>A yellow poster titled 'CARBON MONOXIDE POISONING' in English. It contains the following text: You can't see it, taste it or smell it. It can kill quickly and with no warning. Knowing the signs could save your life The 6 main signs are: HEADACHE NAUSEA DIZZINESS BREATHLESSNESS COLLAPSE LOSS OF CONSCIOUSNESS</p>
#CarbonMonocsid	#CarbonMonoxide
Mae hi bob tro'n well mynd i draethau sydd ag achubwyr bywyd ar ddyletswydd, ond dydyn nhw ddim yn gallu bod ym mhob man felly cofiwch #ParchurDŵr #DiogelwchArfordir #GwyliauDiogel #DiogelwchTraeth	It's always best to go to beaches that have lifeguards on duty but they can't be everywhere so remember to #RespectTheWater #BeCoastSafe #HolidaySafe #BeBeachSafe
Mae tywydd cynhesach ar ei ffodd ond mae'r môr yn dal yn oer iawn – mae'r tymheredd yn ddigon isel i achosi sioc dŵr oer. Cofiwch #ArnofiolFyw a chael #GwyliauDiogel yr haf yma	Warmer weather is coming but the sea is still very cold – temperatures are low enough to cause cold-water shock. Remember to #FloatToLive and stay #HolidaySafe this summer

<p>Os ydych chi'n defnyddio twba twym yr haf hwn, cofiwch y canlynol:</p> <ul style="list-style-type: none"> • Dylai oedolyn cyfrifol <u>oruchwylio rhai bach bob amser</u> • Dylech osgoi chwarae tanddwr gan y gall jetiau a draeniau fod yn beryglus • Defnyddiwch orchudd y gellir ei gloi bob amser pan nad yw'n cael ei ddefnyddio • Storiwch gemegau'n ddiogel #GwyliauDiogel 	<p>If you are using a hot tub this summer, remember the following:</p> <ul style="list-style-type: none"> • A responsible adult should supervise little ones at all times • Avoid underwater play as jets and drains can be dangerous • Always use a lockable cover when not in use • Keep chemicals stored away <p>#HolidaySafe</p>
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