



Beat Flu Communications – Partner Toolkit 2020/21	
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Purpose and Summary of Document: This document sets out a plan for communications in collaboration with key partners as part of the Beat Flu campaign 2020/2021	
Campaign start date: 21 September 2020	

Contents

1. [Background information](#)
2. [Research](#)
3. [Misinformation guide](#)
4. [Press release](#)
5. [News / web story](#)
6. [Print assets \(linked\)](#)
7. [Radio/audio file \(linked\)](#)
8. [Video content \(linked\)](#)
9. [Social media copy bank and assets \(linked\)](#)

1. Background

Public Health Wales' annual Beat Flu campaign will be taking place this autumn / winter. As ever, the aim of the campaign is to reduce the impact of flu on the population of Wales by encouraging those who are eligible for a free annual flu vaccination to get vaccinated in a timely way.

The COVID-19 global pandemic does make this an extraordinary year, and as such, there will be a need throughout the planning process, as well

as the campaign itself, to be flexible and adapt to circumstances and situations as they progress or arise.

A key part of this year's Beat Flu programme and campaign will be collaboration with yourselves as key links to local or particular audiences. We would appreciate your assistance in promoting this year's campaign via your networks on internal and external web pages, on web page resources/links lists, stakeholder emails or newsletters and on social media.

Thank you in advance for your support.

Contact: Hannah Lindsay – hannah.lindsay@wales.nhs.uk / Jodie Phillips – jodie.phillips2@wales.nhs.uk, Public Health Wales

Key sources:

- Website – www.beatflu.org / www.curwchffliw.org
- Further information on flu: <https://phw.nhs.wales/topics/flu/>
- Facebook: www.facebook.com/beatflu/ / www.facebook.com/curwchffliw
- Twitter: @BeatFlu / @CurwchFfliw

2. Research

Anecdotally, it seems the COVID-19 pandemic has altered the public awareness and perceptions around viruses and vaccinations, but exactly how remains to be fully understood. We anticipate an increased demand for flu vaccine in 2020/21, but there may also be an increase in the barriers to vaccination. The 2020/21 Beat Flu campaign will tap into this changed consumer opinion to speak about flu viruses, and the benefits of flu vaccination with maximum contextual relevance.

In order to understand the public's perception surrounding flu, in light of COVID-19, we have undertaken one research survey and have another one planned for early September. These two bursts of research are proposed due to the rapidly changing landscape of COVID-19 as well as the restrictions in place to stop its spread and reduce its impact.

The first survey (which is available for further reference) of people living in Wales about flu vaccines and COVID-19 was conducted in July 2020. In brief summary, the finding showed:

- Over half of adults (54%) think that it is fairly or very likely they will have a flu vaccine this year

- 33% of those who did not have a flu vaccine last year, think they will get vaccinated this year
- 56% think that it is more important to get a flu vaccine this winter due to the COVID-19 pandemic
- 10% of people don't think flu vaccine are safe
- 19% don't think the vaccine is effective
- Almost two thirds (64%) of adults in Wales would consider going to a drive-through clinic to get a vaccine

3. Misinformation guide

We know that misinformation and anti-vaccine sentiment is going to be a key challenge for any communications activity. Whilst we have some dedicated misinformation content developed or in development, some questions and sentiments will come through directly to you. Here are some handy bits of information to help you to deal with them:

There is not one homogenous audience group who harbour anti-vaccine sentiment, in particular there is a difference between those who are vaccine hesitant and anti-vaccine conspiracy theorists, and the best way to way to approach communications differs with each. For example:

For those who are vaccine hesitant:	For vaccine conspiracy theorists:
Emphasise the danger of false information	Undermine false beliefs without directly referencing them
Frame vaccines as responsible, communal and socially just;	Avoid directly attacking those who believe anti-vaccine messaging
Describe vaccines as a communal tool in the fight against COVID-19	Highlight relative obscurity of false beliefs
Frame vaccines as a way for things to return to normal	Provide high quality news media sources
Encourage vaccine pledges or commitments	Emphasise the danger of misinformation

Key points to bear in mind when encouraging vaccine uptake:

- Communications should avoid highlighting or repeating false theories / using the myth-busting method
- Many people have a lack of trust in structured institutions so we should consider where messaging might be best coming from
- Societal norming and an 'all in this together' community focus is important
- The term 'anti-vaxxer' is badly received and the term 'pro-choice' is best avoided. 'People who are anti-vaccination' is the preferable term

- Health disbeliefs are often from a very personal place so avoid negative engagement and instead try to be empathetic using emotive and communitarian language

4. Press release

This will be issued under embargo on Friday 18 September.

5. News/Web story

This will be issued under embargo on Friday 18 September.

6. Print assets (linked)

We have a number of resources - including accessible formats - available including the below and a blank template, available either to order or to download [here](#).

- **Poster template**
- **General** – leaflet
- **Children** – leaflet
- **Pregnancy** – flyer
- **General** – poster - Flu version 1 (family)
- **General** – poster - Flu version 2 (older person)
- **Pregnancy** – poster
- **Healthcare worker** – poster
- **Care home worker** – poster
- **Domiciliary carer** - poster
- **Children** – poster (primary school)
- **Children** – poster - children ages 2-3
- **General** – flyer - Free flu vaccine eligibility *available in 24 languages and a range of different formats to aide accessibility
- **General** – email and letter footer

- **Children** – email and letter footer

7. Radio/audio files (linked)

We have produced a radio advert or audio file available for your use [here](#).

Please note - creative usage is secured for you to use these radio adverts between 21/09/20 - 21/12/20

8. Video content (linked)

We have produced a number of pieces of video content including the below, available [here](#).

Now available:

- **Children:** flu virus and vaccine explainer
- **BSL eligibility:** are you eligible?

To come:

- **General:** TV advert – digital version
- **Children:** VOD advert – digital version
- **General:** 3-4 video clips from main TV advert
- **Children:** 3 video clips from main VOD advert
- **General:** how to maintain good hygiene to prevent spread of viruses
- **General:** flu virus explainer video
- **Misinformation:** expert explanation

9. Social media copy bank and assets (linked)

Below is a bank of social media copy content for your use. Please feel free to adjust for your audience as necessary.

A blank template for you to adjust, plus a variety of social media graphics are available to accompany copy content [here](#). Please note - the collection of social media graphics and assets will be updated regularly.

Beat Flu – social media copy content bank / Curwch Ffliw – banc cynnwys copi o'r cyfryngau cymdeithasol

Content / Cynnwys

1. General / Cyffredinol
2. Pregnancy / Beichiogrwydd
3. 65 and over (*50-64 to come later in the season) / 65 a throsodd (*50-64 i ddod yn ddiweddarach yn y tymor)
4. Care homes (workers and residents) / Cartrefi gofal (gweithwyr a phreswylwyr)
5. Care sector workers / Gweithwyr y sector gofal
6. Healthcare sector workers / Gweithwyr y sector gofal iechyd
7. Shielded / Wedi'i amddiffyn
8. Shielded household contacts / cysylltiadau cartref wedi'u gwarchod
9. Long term health conditions / cyflwr iechyd hirdymor
10. Children / Plant

Audience focus Ffocws cynulleidfa	English Including character count (280 limit)	Cymraeg Gan gynnwys cyfrif cymeriad (terfyn 280)
General – context	221/280 characters This winter, protecting yourself and those around you is more important than ever, and flu can be very serious.	263/280 characters Y gaeaf yma mae gwarchod eich hun a'r rhai o'ch cwmpas yn bwysicach nag erioed, a gall y fflw fod yn ddifrifol iawn.

Cyffredinol – cyd-destun	<p>Find out if you're eligible for a FREE flu vaccine www.beatflu.org Let's #beatflu together and keep Wales safe.</p>	<p>Edrychwch a ydych chi'n gymwys am frechiad y fflw AM DDIM yn www.curwchffliw.org Gweithio gyda'n gilydd a chadw Cymru'n ddiogel - #curwchffliw.</p>
General – vulnerable COVID risk Cyffredinol – risg COVID sy'n agored i niwed	<p>275/280 characters Flu can be serious. People who are at high risk of COVID-19 are also those most at risk of complications from flu. There is a safe vaccine to help protect you against flu viruses. Find out if you're eligible for a FREE flu vaccine here www.beatflu.org Let's #beatflu together.</p>	<p>279/280 characters Gall fflw fod yn ddifrifol. Mae pobl sy'n wynebu risg uchel o COVID-19 yn wynebu risg fwy o gymhlethdodau'r fflw. Mae brechiad saff i'ch gwarchod rhag feirysau'r fflw. Gwiriwch ydych chi'n gymwys am frechiad AM DDIM yma www.curwchffliw.org Gweithio gyda'n gilydd - #curwchffliw</p>
General – efficacy Cyffredinol – effeithiolrwydd	<p>253/280 characters Flu can be really serious. Having a flu vaccine is one of the best ways of protecting yourself from catching or spreading flu. Check your eligibility for a free vaccine and make time to have it Let's #beatflu together to keep Wales safe. www.beatflu.org</p>	<p>272/280 characters Gall fflw fod yn ddifrifol iawn. Cael brechiad yw un o'r ffyrdd gorau o warchod eich hun rhag dal neu ledaenu'r fflw. Edrychwch ydych chi'n gymwys am frechiad am ddim a rhoi amser i'w gael. Gweithio gyda'n gilydd a chadw Cymru'n ddiogel - #curwchffliw www.curwchffliw.org</p>
General – how to get it Cyffredinol – sut i'w gael	<p>191/280 characters If you are eligible for a free flu vaccine – please contact your GP surgery or pharmacy to find out how to get it. Find out more at www.beatflu.org Let's #beatflu together to keep Wales safe.</p>	<p>225/280 characters Os ydych chi'n gymwys am frechiad y fflw am ddim – cysylltwch â'ch meddygfa neu eich fferyllfa i gael gwybod sut i'w gael. Mwy o wybodaeth yn www.curwchffliw.org Gweithio gyda'n gilydd a chadw Cymru'n ddiogel - #curwchffliw.</p>
General – safety of vaccines	<p>208/280 characters Flu vaccine are very safe and one of the best ways to protect yourself and others against flu viruses.</p>	<p>208/259 characters Mae brechiad y fflw yn ddiogel iawn ac yn un o'r ffyrdd gorau o warchod eich hun ac eraill rhag feirysau'r fflw.</p>

<p>Cyffredinol – diogelwch brechlynnau</p>	<p>Find out if you're eligible for a FREE flu vaccine at www.beatflu.org</p> <p>Let's #beatflu together to keep Wales safe.</p>	<p>Edrychwch a ydych chi'n gymwys am frechiad y fflw AM DDIM yn www.curwchffliw.org</p> <p>Gweithio gyda'n gilydd a chadw Cymru'n ddiogel - #curwchffliw.</p>
<p>General – environmental reassurance</p> <p>Cyffredinol – sicrwydd amgylcheddol</p>	<p>275/280 characters</p> <p>If you're eligible for a FREE flu vaccine, it might mean you are more vulnerable to complications from viruses like COVID-19 and flu.</p> <p>GP surgeries and pharmacies are following COVID-19 guidelines to ensure you receive your flu vaccine safely.</p> <p>Help keep Wales safe.</p> <p>www.beatflu.org</p>	<p>279/280 characters</p> <p>Os ydych chi'n gymwys am frechiad fflw AM DDIM gall olygu eich bod yn fwy agored i gymhlethdodau feirysau fel COVID-19 a fflw. Mae meddygfeydd a fferyllfeydd yn dilyn canllawiau COVID-19 er mwyn rhoi brechiadau fflw yn saff.</p> <p>Helpwch i gadw Cymru'n ddiogel.</p> <p>www.curwchffliw.org</p>
<p>General – norming</p> <p>Cyffredinol – normadu</p>	<p>268/280 characters</p> <p>People across Wales are now having their FREE flu vaccine this year, it's recommended for those who are most vulnerable to flu viruses and is one of the best ways to protect against catching or spreading flu.</p> <p>Let's #beatflu together to keep Wales safe.</p> <p>www.beatflu.org</p>	<p>279/280 characters</p> <p>Mae pobl ledled Cymru'n cael brechiad fflw AM DDIM nawr. Mae'n cael ei argymell i bawb sy'n fwy agored i niwed o feirysau'r fflw. Dyma un o'r ffyrdd gorau o warchod rhag dal neu ledaenu'r fflw.</p> <p>Gweithio gyda'n gilydd a chadw Cymru'n ddiogel - #curwchffliw.</p> <p>www.curwchffliw.org</p>
<p>General - eligibility</p> <p>Cyffredinol - cymhwysedd</p>	<p>266/280 characters</p> <p>Many people are eligible for a free flu vaccine because they are more at risk of serious illness if they catch flu.</p> <p>So it's really important that those who are eligible don't miss out this autumn and winter.</p> <p>Let's #beatflu together to keep Wales safe.</p> <p>www.beatflu.org</p>	<p>279/280 characters</p> <p>Mae llawer o bobl yn gymwys am frechiad fflw am ddim oherwydd eu risg uwch o salwch difrifol wrth ddal y fflw.</p> <p>Felly mae'n bwysig iawn nad yw pawb cymwys yn colli'r cyfle yr hydref a'r gaeaf yma.</p> <p>Gweithio gyda'n gilydd a chadw Cymru'n ddiogel - #curwchffliw.</p> <p>www.curwchffliw.org</p>
<p>General –</p>	<p>251/280 characters</p>	<p>275/280 characters</p>

<p>misinformation</p> <p>Cyffredinol – gwybodaeth anghywir</p>	<p>Flu is can be serious and false health information around flu can be very dangerous, especially for those who are vulnerable.</p> <p>Please use trusted information sources for facts about flu. Go to www.beatflu.org</p> <p>Let's #beatflu together to keep Wales safe.</p>	<p>Gall fflw fod yn ddifrifol a gall gwybodaeth iechyd ffug am fflw fod yn beryglus iawn, yn enwedig i bawb sy'n agored i niwed.</p> <p>Defnyddiwch ffynonellau gwybodaeth dibynadwy am y fflw. Ewch i www.curwchffliw.org</p> <p>Gweithio gyda'n gilydd a chadw Cymru'n ddiogel - #curwchffliw.</p>
<p>General – misinformation</p> <p>Cyffredinol – gwybodaeth anghywir</p>	<p>279/280 characters</p> <p>False information can spread quickly on the internet and through social groups. This can have dangerous consequences on the health of those around us.</p> <p>Please go to www.beatflu.org for trusted information sources. Follow the facts.</p> <p>Let's #beatflu together and help keep Wales safe.</p>	<p>280/280 characters</p> <p>Gall gwybodaeth ffug ledu'n gyflym ar y rhyngwyd a grwpiau cymdeithasol gan greu canlyniadau peryglus i iechyd pawb o'n cwmpas ni.</p> <p>Ewch i www.curwchffliw.org am ffynonellau gwybodaeth dibynadwy a dilyn y ffeithiau.</p> <p>Helpu i gadw Cymru'n ddiogel gyda'n gilydd - #curwchffliw</p>
<p>General – advice on side effects</p> <p>Cyffredinol – cyngor ar sgil-ffeithiau</p>	<p>248/280 characters</p> <p>Flu vaccines are very safe. Most people feel fine after having a flu vaccine but any side effects are usually very mild and only last a day or two.</p> <p>Click here for more information https://phw.nhs.wales/services-and-teams/beat-flu/resources/</p> <p>Let's #beatflu together and help keep Wales safe.</p>	<p>258/280 characters</p> <p>Mae brechiadau'r fflw yn ddiogel. Mae pawb bron yn iawn ar ôl cael brechiad gydag unrhyw sgil-ffeithiau'n fân fel rheol gan bara diwrnod neu ddau.</p> <p>Cliciwch yma am wybodaeth https://phw.nhs.wales/services-and-teams/beat-flu/resources/</p> <p>Helpu i gadw Cymru'n ddiogel gyda'n gilydd - #curwchffliw</p>
<p>General – communal effort</p> <p>Cyffredinol – ymdrech gymunedol</p>	<p>275/280 characters</p> <p>This winter, protecting yourself and those around you is more important than ever.</p> <p>Having a flu vaccine is a key part of this.</p> <p>Please go to www.beatflu.org for more information and let's</p>	<p>265/280 characters</p> <p>Y gaeaf yma, mae gwarchod eich hun a'r rhai o'ch cwmpas yn bwysicach nag erioed.</p> <p>Mae cael brechiad y fflw yn rhan allweddol o hyn.</p> <p>Ewch i www.curwchffliw.org am fwy o wybodaeth ac i weithio gyda'n</p>

	#beatflu together and help keep Wales safe.	gilydd a helpu i gadw Cymru'n ddiogel - #curwchffliw
Pregnancy – vulnerability Beichiogrwydd – bod yn agored i niwed	260/280 characters: If you are pregnant, you are at risk of becoming very unwell if you catch COVID-19 or flu, but there is a safe vaccine for flu. Protect yourself and your baby and book your flu vaccine appointment at your GP surgery or community pharmacy. www.beatflu.org	260 characters: Os ydych chi'n feichiog rydych yn wynebu risg o fod yn sâl iawn o ddal COVID-19 neu'r fflw, ond mae brechiad fflw diogel ar gael. Gwarchodwch eich hun a'ch babi a threfnwch apwyntiau brechiad fflw yn eich meddygfa neu eich fferyllfa gymunedol. www.curwchffliw.org
Pregnancy – efficacy Beichiogrwydd – effeithiolrwydd	271/280 characters: Catching flu while pregnant can be very dangerous for you and your baby. Having a flu vaccine is one of the most effective ways of protecting you and your baby against flu. Ask your midwife, community pharmacy, or GP surgery about getting your flu vaccine www.beatflu.org	278/280 characters: Gall dal y fflw yn feichiog fod yn beryglus iawn i chi a'ch babi. Cael brechiad y fflw yw un o'r ffyrdd mwyaf effeithiol o'ch gwarchod chi a'ch babi rhag y fflw. Holwch eich bydwraig, y fferyllfa gymunedol neu'r feddygfa am gael brechiad y fflw www.curwchffliw.org
Pregnancy – safety Beichiogrwydd - diogelwch	263/280 characters Pregnant women – the flu vaccine is very safe in pregnancy and is one of the best ways to protect your and your baby against flu. Talk to your midwife, community pharmacy, or GP surgery today. Go to www.beatflu.org for more information and let's #beatflu together	279/280 characters Ferched beichiog, mae brechiad y fflw'n saff ac yn un o'r ffyrdd gorau o'ch gwarchod chi a'ch babi. Holwch eich bydwraig, fferyllfa gymunedol neu feddygfa nawr. Ewch i www.curwchffliw.org am fwy o wybodaeth ac i weithio gyda'n gilydd a helpu i gadw Cymru'n ddiogel - #curwchffliw
Pregnancy – environmental reassurance Beichiogrwydd	243/280 characters If you, are pregnant, don't miss out on getting your flu vaccine. Your GP surgery and community pharmacy are following COVID-19 guidelines to ensure you receive it safely. Protect yourself and your baby.	257/280 characters Os ydych chi'n feichiog, cofiwch gael brechiad y fflw. Mae eich meddygfa a'ch fferyllfa gymunedol yn dilyn canllawiau COVID-19 i sicrhau eich bod yn ei gael yn ddiogel. Gwarchod eich hun a'ch babi.

<p>– sicrwydd amgylcheddol</p>	<p>Let's #beatflu together www.beatflu.org</p>	<p>Gweithio gyda'n gilydd - #curwchffliw www.curwchffliw.org</p>
<p>Pregnancy – longer term protection</p> <p>Beichiogrwydd – diogelwch tymor hwy</p>	<p>240/280 characters: Mums to be - flu spreads easily and can be dangerous for you and your unborn baby. Having a flu vaccine whilst you are pregnant will protect you and also help protect your baby for up to 4 to 6 months after they are born Let's #beatflu together www.beatflu.org</p>	<p>273/280 characters: Famau beichiog, mae'r fflw yn lledu'n hawdd a gall fod yn beryglus i chi a'ch babi. Bydd cael brechiad y fflw yn feichiog yn eich gwarchod chi ac yn helpu i warchod eich babi am hyd at 4 i 6 mis ar ôl ei eni. Gweithio gyda'n gilydd - #curwchffliw www.curwchffliw.org</p>
<p>Pregnancy – norming</p> <p>Beichiogrwydd – normadol</p>	<p>253/280 characters: Pregnant women - other expectant mothers just like you are getting their flu vaccine to protect themselves and their unborn baby from flu viruses. Ask your midwife, community pharmacy, or GP surgery about getting your flu vaccine. Let's #beatflu together www.beatflu.org</p>	<p>272/280 characters: Ferched beichiog, mae mamau beichiog eraill yn union fel chi'n cael brechiad fflw i warchod eu hunain a'u babi rhag feirysau'r fflw. Holwch eich bydwraig, fferyllfa gymunedol neu feddygfa am gael brechiad y fflw. Gweithio gyda'n gilydd - #curwchffliw www.curwchffliw.org</p>
<p>65 and over – context</p> <p>65 oed a throsodd – cyd-destun</p>	<p>261/280 characters If you're aged 65 or over, you are eligible for a FREE flu vaccine. This winter, protecting yourself against flu is more important than ever. Please book in for your flu vaccine with your GP surgery or community pharmacy. Let's #beatflu together www.beatflu.org</p>	<p>280/280 characters Os ydych chi'n 65 oed neu'n hŷn, rydych chi'n gymwys am frechiad fflw AM DDIM. Y gaeaf yma mae gwarchod eich hun rhag fflw'n bwysicach nag erioed. Gwnewch apwyntiad am frechiad yn eich meddygfa neu fferyllfa gymunedol. Gweithio gyda'n gilydd - #curwchffliw www.curwchffliw.org</p>
<p>65 and over – severity</p>	<p>243/280 characters People aged 65 and over are more at risk of serious</p>	<p>261/280 characters Mae pobl 65 oed a hŷn yn wynebu mwy o risg o gymhlethdodau</p>

<p>65 oed a throsodd – difrifoldeb</p>	<p>complications if they catch flu. Encourage your older family, friends and neighbours to get their FREE flu vaccine this year Let's #beatflu together and help keep Wales safe. www.beatflu.org</p>	<p>difrifol os byddant yn dal y fflw. Cofiwch annog teulu, ffrindiau a chymdogion hŷn i gael brechiad y fflw AM DDIM eleni. Helpu i gadw Cymru'n ddiogel gyda'n gilydd - #curwchffliw. www.curwchffliw.org</p>
<p>65 and over – vulnerability</p> <p>65 oed a throsodd - bod yn agored i niwed</p>	<p>261/280 characters People aged 65 and over are at higher risk of becoming very unwell with viruses like COVID-19 and flu. If you are aged 65 or over please make time to get your FREE flu vaccine at your GP surgery or community pharmacy soon. Let's #beatflu together www.beatflu.org</p>	<p>279/280 characters Mae pobl 65 oed a hŷn yn wynebu risg uwch o fod yn sâl iawn gyda feirysau fel COVID-19 a'r fflw. Os ydych chi'n 65 oed neu'n hŷn gwnewch amser i gael brechiad fflw AM DDIM yn y feddygfa neu'r fferyllfa gymunedol yn fuan. Gweithio gyda'n gilydd - #curwchffliw www.curwchffliw.org</p>
<p>65 and over – health</p> <p>65 oed a throsodd - iechyd</p>	<p>239/280 characters If you are aged 65 or over, even if you are a fit and healthy, flu could still be very serious for you. Get your FREE flu vaccine at your GP surgery or community pharmacy. Protect yourself and others Let's #beatflu together www.beatflu.org</p>	<p>278/280 characters Os ydych chi'n 65 oed neu'n hŷn, yn heini ac iach hyd yn oed, gall fflw fod yn ddifrifol iawn i chi. Cofiwch gael brechiad fflw AM DDIM yn eich meddygfa neu eich fferyllfa gymunedol. Gwarchodwch eich hun ac eraill. Gweithio gyda'n gilydd - #curwchffliw www.curwchffliw.org</p>
<p>65 and over – efficacy</p> <p>65 oed a throsodd – effeithiolrwydd</p>	<p>257/280 characters If you are aged 65 or over, you are eligible for a FREE flu vaccine. It is one of the most effective ways of protecting yourself and those around you from flu. You can get it from your GP surgery or community pharmacy. Let's #beatflu together www.beatflu.org</p>	<p>280/280 characters Os ydych chi'n 65 oed neu'n hŷn rydych chi'n gymwys am frechiad fflw AM DDIM. Dyma un o'r ffyrdd mwyaf effeithiol o warchod eich hun ac eraill o'ch cwmpas rhag fflw. Gallwch ei gael yn y feddygfa neu'r fferyllfa gymunedol. Gweithio gyda'n gilydd - #curwchffliw www.curwchffliw.org</p>

<p>65 and over – safety</p> <p>65 oed a throsodd – diogelwch</p>	<p>280/280 characters</p> <p>People aged 65 and over are at higher risk of serious complications if they catch flu. Flu vaccines are very safe and help protect against catching and spreading flu.</p> <p>If you are aged 65 or over please make time to get your FREE flu vaccine.</p> <p>Let's #beatflu together. www.beatflu.org</p>	<p>274/280 characters</p> <p>Mae gan bobl 65 oed a hŷn risg uwch o gymhlethdodau difrifol o ddal y fflw. Mae brechiadau'n saff iawn ac yn helpu i warchod rhag dal a lledu'r fflw.</p> <p>Os ydych chi'n 65 oed neu'n hŷn cofiwch gael y brechiad AM DDIM.</p> <p>Gweithio gyda'n gilydd - #curwchffliw. www.curwchffliw.org</p>
<p>65 and over – environmental reassurance</p> <p>65 oed a throsodd – sicrwydd amgylcheddol</p>	<p>264/280 characters</p> <p>Flu can be really serious for older people. If you are aged 65 or over, your GP surgery or community pharmacy has made adjustments to make sure you receive your flu vaccine in the safest way, so please remember to get yours.</p> <p>Let's #beatflu together www.beatflu.org</p>	<p>279/280 characters</p> <p>Gall fflw fod yn ddifrifol i bobl hŷn. Os ydych chi'n 65 oed neu'n hŷn mae'r feddygfa / fferyllfa gymunedol wedi addasu i sicrhau eich bod yn cael brechiad y fflw yn gwbl ddiogel, felly cofiwch ei gael.</p> <p>Gweithio gyda'n gilydd - #curwchffliw www.curwchffliw.org</p>
<p>65 and over – norming</p> <p>65 oed a throsodd – normadol</p>	<p>199/280 characters</p> <p>Across Wales, people aged 65 and over are prioritising getting a flu vaccine this autumn – it is the best way to protect yourself and others against flu viruses.</p> <p>Let's #beatflu together www.beatflu.org</p>	<p>217/280 characters</p> <p>Ledled Cymru, mae pobl 65 oed a hŷn yn blaenoriaethu cael brechiad y fflw yr hydref yma – dyma'r ffordd orau o warchod eich hun ac eraill rhag feirysau'r fflw.</p> <p>Gweithio gyda'n gilydd - #curwchffliw www.curwchffliw.org</p>
<p>65 and over – action for others</p> <p>65 oed a throsodd – gweithredu</p>	<p>219/280 characters</p> <p>Flu can be very serious for people aged 65 and over. Remind your older family, friends and neighbours to arrange their FREE flu vaccine this winter. It is more important than ever.</p> <p>Let's #beatflu together</p>	<p>240/280 chracters</p> <p>Gall y fflw fod yn ddifrifol iawn i bobl 65 oed a hŷn. Atgoffwch eich teulu, ffrinidau a chymdogion hŷn i drefnu brechiad y fflw AM DDIM y gaeaf yma. Mae'n bwysicach nag erioed.</p> <p>Gweithio gyda'n gilydd - #curwchffliw</p>

dros erail	www.beatflu.org	www.curwchfliw.org
Care home – vulnerability Cartref gofal – bod yn agored i niwed	259/280 characters People who are at high risk of COVID-19 are also those most at risk of complications from flu. For those living in a care home, or working in one with regular client contact, there are safe free flu vaccines available. www.beatflu.org Let's #beatflu together	280/280 characters Mae pawb sy'n wynebu risg uwch o COVID-19 yn wynbeu risg fwy o gymhlethdodau'r fflw. I'r rhai sy'n byw mewn cartref gofal neu'n gweithio yno ac yn cael cyswllt rheolaidd â chleientiaid, mae brechiadau am ddim saff ar gael. www.curwchfliw.org Gweithio gyda'n gilydd - #curwchfliw
Care home – context Cartref gofal – cyd-destun	249/280 For those living or working in a care home (with regular client contact), protecting yourself against flu with a flu vaccine is more important than ever as we may see both flu and COVID-19 circulating together. www.beatflu.org Let's #beatflu together	268/280 I bawb sy'n byw / gweithio mewn cartref gofal (â chyswllt rheolaidd â chleientiaid) mae gwarchod eich hun rhag fflw gyda brechiad yn bwysicach nawr oherwydd gall fflw a COVID-19 fodoli ochr yn ochr â'i gilydd. www.curwchfliw.org Gweithio gyda'n gilydd - #curwchfliw
Care home - context Cartref gofal – cyd-destun	257/280 characters As we know from the COVID-19 pandemic, respiratory illness can spread very quickly around care homes. If you live in a care home, please protect yourself from flu with a free flu vaccine from your community pharmacy. Let's #beatflu together. www.beatflu.org	274/280 characters Fel y gwyddom gyda phandemig COVID-19 gall salwch anadlol ledu'n gyflym mewn cartref gofal. Os ydych chi'n byw mewn cartref gofal, gwarchodwch eich hun rhag y fflw gyda brechiad am ddim yn eich fferyllfa gymunedol. Gweithio gyda'n gilydd - #curwchfliw. www.curwchfliw.org
Care home worker – eligibility Gweithiwr	265/280 characters If you are a care home worker, and have regular client contact, you are eligible for a free flu vaccine. It is more important to protect yourself and those you care for, so please arrange yours soon.	280/280 characters Os ydych chi'n weithiwr mewn cartref gofal â chyswllt rheolaidd â chleientiaid, gallwch gael brechiad y fflw am ddim. Mae'n bwysig gwarchod eich hun a phawb yn eich gofal - trefnwch frechiad yn fuan.

cartref gofal – cymhwystra	<p>Let's #beatflu together and help keep Wales safe. www.beatflu.org</p>	<p>Helpu i gadw Cymru'n ddiogel gyda'n gilydd - #curwchffliw www.curwchffliw.org</p>
Care home worker – safety and efficacy Gweithiwr cartref gofal – diogelwch ac effeithiolrwydd	<p>280/280 characters If you work in a care home and have regular client contact, it is important to have a flu vaccine to protect yourself and also those you care for. The flu vaccine is safe and the most effective way to protect against flu. Find out more at www.beatflu.org Let's #beatflu together.</p>	<p>280/280 characters Gweithio mewn cartref gofal ac â chyswllt rheolaidd â chleientiaid? Mae'n bwysig cael brechiad fflw i warchod eich hun a phawb yn eich gofal. Mae'n saff, y ffordd fwyaf effeithiol o warchod rhag fflw. Mwy o wybodaeth yn www.curwchffliw.org Gweithio gyda'n gilydd - #curwchffliw</p>
Care home worker – norming and action Gweithiwr cartref gofal – normaleiddio a gweithredu	<p>259/280 characters Care home workers across Wales are getting a flu vaccine this year – it's the best way to protect yourself and those you care for. Make sure you make time to get a flu vaccine this year – it's more important than ever. www.beatflu.org Let's #beatflu together</p>	<p>280/280 characters Mae gweithwyr cartrefi gofal ledled Cymru'n cael brechiad y fflw eleni – y ffordd orau o'ch gwarchod chi a phawb yn eich gofal. Cofiwch wneud amser i gael brechiad y fflw eleni – mae'n bwysicach nag erioed. www.curwchffliw.org Gweithio gyda'n gilydd - #curwchffliw</p>
Unpaid carers, domiciliary carers and social care workers – eligibility Gofalwyr di-dâl, gofalwyr cartref a gweithwyr	<p>244/280 characters If you look after someone who is vulnerable to viruses such as COVID-19 and flu, you are eligible for a free flu vaccine – to protect yourself and them. Go to www.beatflu.org for more information. Let's #beatflu together and help keep Wales safe.</p>	<p>260/280 characters Os ydych chi'n gofalu am rywun agored i niwed o feirysau fel COVID-19 a'r fflw, rydych chi'n gymwys am frechiad y fflw am ddim – i warchod eich hun a hwy. Ewch i www.curwchffliw.org am fwy o wybodaeth. Helpu i gadw Cymru'n ddiogel gyda'n gilydd - #curwchffliw</p>

<p>gofal cymdeithasol – cymhwysra</p>		
<p>Unpaid carers, domiciliary carers and social care workers – context</p> <p>Gofalwyr di-dâl, gofalwyr cartref a gweithwyr gofal cymdeithasol – cyd-destun</p>	<p>246/280</p> <p>If you look after someone who's health or welfare would be at risk if you fall ill, protecting yourself and them against flu with a free flu vaccine is more important than ever.</p> <p>Go to www.beatflu.org for more information. Let's #beatflu together.</p>	<p>275/280</p> <p>Os ydych chi'n gofalu am rywun y byddai ei iechyd a'i les mewn perygl pe baech chi'n mynd yn sâl, mae gwarchod eich hun ac ef rhag y fflw gyda brechiad am ddim yn bwysicach nag erioed.</p> <p>Ewch i www.curwchffliw.org am fwy o wybodaeth. Gweithio gyda'n gilydd - #curwchffliw</p>
<p>Unpaid carers, domiciliary carers and social care workers – safety and efficacy</p> <p>Gofalwyr di-dâl, gofalwyr cartref a gweithwyr gofal cymdeithasol – diogelwch ac</p>	<p>276/280 characters</p> <p>If you care for someone who's health or welfare would be a risk if you fall ill, it is important to have a flu vaccine to protect yourself but also those you care for.</p> <p>The flu vaccine is safe and the most effective way to protect against flu.</p> <p>Find out more at www.beatflu.org</p>	<p>276/280 characters</p> <p>Os ydych chi'n gofalu am rywun y byddai ei iechyd a'i les mewn perygl pe baech yn sâl, mae'n bwysig cael brechiad y fflw i warchod eich hun a phawb yn eich gofal.</p> <p>Brechiad yw'r ffordd fwyaf diogel ac effeithiol o warchod rhag y fflw.</p> <p>Mwy o wybodaeth yn www.curwchffliw.org</p>

effeithiolrwydd		
Unpaid carers, norming and action Gofalwyr di-dâl, normio a gweithredu	280/280 characters People across Wales who care for someone who's health or welfare would be a risk if they fall ill, are getting a flu vaccine this year. If you care for someone else, make sure you get a free flu vaccine this year and protect yourself and them. www.beatflu.org Let's #beatflu together	279/280 characters Mae pobl ledled Cymru sy'n gofalu am rywun y byddai ei iechyd a'i les mewn perygl pe bai'n sâl yn cael brechiad y fflw eleni. Os ydych chi'n gofalu am rywun, cofiwch gael brechiad am ddim eleni i warchod pawb. www.curwchffliw.org Gweithio gyda'n gilydd - #curwchffliw
Healthcare worker – vulnerability Gweithiwr gofal iechyd – bod yn agored i niwed	268/280 characters People who are at high risk of COVID-19 are also those most at risk of complications from flu. If you are a healthcare worker, there is a safe and free flu vaccine available. Go to www.beatflu.org for more information. Let's #beatflu together and help keep Wales safe.	278/280 characters Mae'r bobl â risg uchel o COVID-19 yn wynebu risg fwy o gymhlethdodau'r fflw hefyd. Os ydych chi'n weithiwr gofal iechyd, mae brechiad y fflw am ddim diogel ar gael i chi. Ewch i www.curwchffliw.org am fwy o wybodaeth. Helpu i gadw Cymru'n ddiogel gyda'n gilydd - #curwchffliw
Healthcare worker – context Gweithiwr gofal iechyd – cyd-destun	280/280 For those working in a healthcare setting, protecting yourself and those you care for against flu is really important as this winter we may see both flu and COVID-19 circulating together. Go to www.beatflu.org for more information. Let's #beatflu together and help keep Wales safe.	280/280 Mae'n bwysig bod pawb sy'n gweithio mewn lleoliad gofal iechyd yn gwarchod eu hunain a phawb yn eu gofal rhag fflw. Gall fflw a COVID-19 fodoli ochr yn ochr â'i gilydd eleni. Ewch i www.curwchffliw.org am fwy o wybodaeth. Helpu i gadw Cymru'n ddiogel gyda'n gilydd - #curwchffliw
Healthcare worker - context Gweithiwr gofal iechyd – cyd-destun	273/280 characters As we know from the COVID-19 pandemic, respiratory illness can spread very quickly in healthcare settings. If you are a healthcare worker, please protect yourself and others from flu with a free flu vaccine.	277/280 characters Fel gwyddom gyda COVID-19 gall salwch anadlol ledu'n gyflym iawn mewn lleoliadau gofal iechyd. Os ydych chi'n weithiwr gofal iechyd gwarchodwch eich hun ac eraill rhag y fflw gyda brechiad am ddim.

	<p>Let's #beatflu together and help keep Wales safe. www.beatflu.org</p>	<p>Helpu i gadw Cymru'n ddiogel gyda'n gilydd - #curwchffliw. www.curwchffliw.org</p>
<p>Healthcare worker – safety and efficacy</p> <p>Gweithiwr gofal iechyd – diogelwch ac effeithiolrwydd</p>	<p>236/280 characters If you are a frontline healthcare worker. It is important to have a flu vaccine to protect yourself but also those you care for.</p> <p>The flu vaccine is safe and the most effective way to protect against flu.</p> <p>Let's #beatflu together. www.beatflu.org</p>	<p>272/280 characters Os ydych chi'n weithiwr gofal iechyd rheng flaen, mae'n bwysig cael brechiad y fflw i warchod eich hun a hefyd y rhai yn eich gofal.</p> <p>Brechiad y fflw yw'r ffordd fwyaf diogel ac effeithiol o warchod rhag y fflw.</p> <p>Gweithio gyda'n gilydd - #curwchffliw. www.curwchffliw.org</p>
<p>Healthcare worker – norming and action</p> <p>Gweithiwr gofal iechyd – normadol a gweithredu</p>	<p>272/280 characters Healthcare workers across Wales are getting a free flu vaccine this year – it's the best way to protect you and those you care for. Make time to get your flu vaccine – contact your employer for more info on how to get it. Let's #beatflu together and help keep Wales safe.</p>	<p>279/280 characters Mae gweithwyr gofal iechyd ledled Cymru'n cael brechiad fflw am ddim eleni – y ffordd orau o'ch gwarchod chi a phawb yn eich gofal. Cofiwch gael brechiad y fflw – holwch eich cyflogwr am fwy o wybodaeth am sut i'w gael. Helpu i gadw Cymru'n ddiogel gyda'n gilydd - #curwchffliw</p>
<p>Shielding – context and eligibility</p> <p>Amddiffyn pobl – cyd-destun a chymhwysedd</p>	<p>251/280 characters If you have been shielding during the COVID-19 pandemic, you are eligible for a free flu vaccine. Find out more at www.beatflu.org It's more important than ever to protect yourself and those around you. Let's #beatflu together and help keep Wales safe.</p>	<p>280/280 characters Os ydych chi wedi bod yn gwarchod eich hun drwy bandemig COVID-19 rydych chi'n gymwys am frechiad fflw am ddim. Mwy o wybodaeth yn www.curwchffliw.org</p> <p>Mae'n bwysicach nag erioed gwarchod eich hun a phawb o'ch cwmpas.</p> <p>Helpu i gadw Cymru'n ddiogel gyda'n gilydd - #curwchffliw</p>

<p>Shielding – vulnerability</p> <p>Amddiffyn pobl – – bod yn agored i niwed</p>	<p>278/280 characters: If you have been shielding, you may be at high risk of being very unwell if you catch flu, but there is a safe and free vaccine for you and your household contacts. Protect yourself and others, get your flu vaccine at your GP surgery or community pharmacy ASAP. www.beatflu.org</p>	<p>273/280 characters: Os ydych chi wedi bod yn gwarchod eich hun gallwch fod â risg uwch o salwch o ddal y fflw. Mae brechiad am ddim saff ar gael bawb yn eich cartref. Gwarchod eich hun ac eraill a chael brechiad yn eich meddygfa / fferyllfa gymunedol cyn gynted â phosib. www.curwchffliw.org</p>
<p>Shielding – efficacy</p> <p>Amddiffyn pobl – Effeithiolrwydd</p>	<p>276/280 characters: Catching flu if you have been shielding could be dangerous for you. Having a flu vaccine is a good way of protecting yourself against flu, so contact your GP surgery or community pharmacy to get a free flu vaccine. The people your live with should get one too www.beatflu.org</p>	<p>279/280 characters: Gall dal y fflw os ydych chi wedi bod yn gwarchod eich hun fod yn beryglus. Mae cael brechiad yn ffordd dda o warchod eich hun rhag fflw, cysylltwch â'ch meddygfa neu'r fferyllfa gymunedol i gael brechiad am ddim. Dylai pawb sy'n byw gyda chi gael un hefyd. www.curwchffliw.org</p>
<p>Shielding – safety</p> <p>Amddiffyn pobl – diogelwch</p>	<p>248/280 characters Flu vaccines are very safe and one of the best ways to protect against flu. So if you have been shielding talk to your community pharmacy or GP surgery today about a vaccine for you and those you live with. Go to www.beatflu.org for more information</p>	<p>273/280 characters Mae brechiadau'r fflw yn ddiogel iawn - un o'r ffyrdd gorau o warchod rhag fflw. Felly os ydych chi wedi bod yn gwarchod eich hun, holwch eich fferyllfa gymunedol / meddygfa heddiw am frechiad i chi a'r rhai sy'n byw gyda chi. Ewch i www.curwchffliw.org am fwy o wybodaeth</p>
<p>Shielding – environmental reassurance</p> <p>Amddiffyn pobl – sicrwydd amgylcheddol</p>	<p>272/280 characters If you have been shielding and are nervous about going to have your flu vaccine, your GP surgery or community pharmacy has made adjustments for you to receive it in the safest way. Protect yourself and others with a free flu vaccine.</p>	<p>279/280 characters Os ydych chi wedi bod yn gwarchod eich hun ac yn nerfus am gael brechiad fflw, mae eich meddygfa / fferyllfa wedi addasu i'w roi yn y ffordd fwyaf diogel posib. Gwarchodwch eich hun ac eraill gyda brechiad fflw am ddim. Gweithio gyda'n gilydd - #curwchffliw</p>

	Let's #beatflu together www.beatflu.org	www.curwchffliw.org
Shielding household contact – context and eligibility	272/280 characters It's more important than ever to protect yourself and those around you. If you live with someone who has been shielding during the COVID-19 pandemic, you are eligible for a free flu vaccine. Find out more at www.beatflu.org Let's #beatflu together and help keep Wales safe.	275/280 characters Mae'n bwysicach nag erioed gwarchod eich hun a phawb arall. Byw gyda rhywun sydd wedi bod yn gwarchod ei hun drwy bandemig COVID-19? Gallwch gael brechiad y fflw am ddim. Mwy o wybodaeth yn www.curwchffliw.org Helpu i gadw Cymru'n ddiogel gyda'n gilydd - #curwchffliw
Shielding household contact – vulnerability	273/280 characters: If you live with someone who has been shielding, they may be at risk of becoming unwell if you catch flu. You are eligible for a free vaccine to protect them.	276/280 characters: Byw gyda rhywun sydd wedi bod yn gwarchod ei hun? Gall fod â risg o salwch os byddwch chi'n dal fflw. Gallwch gael brechiad am ddim i'w gwarchod.
Amddiffyn cyswllt â'r cartref – bod yn agored i niwed	Protect yourself and them, arrange your flu vaccine at your GP surgery or community pharmacy ASAP. www.beatflu.org	Gwarchodwch eich hun a hwy, trefnwch frechiad yn eich meddygfa neu'r fferyllfa gymunedol cyn gynted â phosib. www.curwchffliw.org
Shielding household contact – efficacy	273/280 characters: Catching flu for those who have been shielding can be very dangerous. If you live with someone who has been shielding, you are eligible for a free flu vaccine too. Having a flu vaccine is the most effective way of protecting yourself and others against flu. www.beatflu.org	277/280 characters: Gall dal y fflw fod yn beryglus i bawb sydd wedi bod yn gwarchod eu hunain. Byw gyda rhywun sydd wedi bod yn gwarchod ei hun? Gallwch gael brechiad y fflw am ddim hefyd. Cael brechiad yw'r ffordd fwyaf effeithiol o warchod eich hun ac eraill rhag y fflw. www.curwchffliw.org
Amddiffyn cyswllt â'r cartref – effeithiolrwydd		

<p>Shielding household contact – safety</p> <p>Amddiffyn cyswllt â'r cartref - diogelwch</p>	<p>266/280 characters</p> <p>Flu vaccines are very safe and one of the best ways to protect yourself and others against flu.</p> <p>So if you live with someone who has been shielding, talk to your community pharmacy or GP surgery about having a free flu vaccine today.</p> <p>Go to www.beatflu.org for more information.</p>	<p>275/280 characters</p> <p>Mae brechiadau'r fflw yn ddiogel ac yn un o'r ffyrdd gorau o'ch gwarchod chi ac eraill rhag y fflw.</p> <p>Felly os ydych chi wedi bod yn gwarchod eich hun, siaradwch â'ch fferyllfa gymunedol / meddygfa am gael brechiad am ddim heddiw.</p> <p>Ewch i www.curwchffliw.org am fwy o wybodaeth.</p>
<p>Long term health condition – context and eligibility</p> <p>Cyflwr iechyd hirdymor – cyd-destun a chymhwysedd</p>	<p>239/280 characters</p> <p>If you have a long term health condition, it's more important than ever to protect yourself and those around you.</p> <p>You may be eligible for a free flu vaccine. Find out more at www.beatflu.org</p> <p>Let's #beatflu together and help keep Wales safe.</p>	<p>270/280 characters</p> <p>Os oes gennych chi gyflwr iechyd tymor hir mae'n bwysicach nag erioed gwarchod eich hun a'r rhai o'ch cwmpas chi.</p> <p>Efallai eich bod chi'n gymwys am frechiad y fflw am ddim. Mwy o wybodaeth yn www.curwchffliw.org</p> <p>Helpu i gadw Cymru'n ddiogel gyda'n gilydd - #curwchffliw.</p>
<p>Long term health condition – vulnerability</p> <p>Cyflwr iechyd hirdymor – bod yn agored i niwed</p>	<p>259/280 characters:</p> <p>If you have a long term health condition, you may at high risk of becoming very unwell if you catch flu, but there is a safe and free vaccine.</p> <p>Protect yourself and others, arrange your flu vaccine at your GP surgery or community pharmacy ASAP.</p> <p>www.beatflu.org</p>	<p>271/280 characters:</p> <p>Os oes gennych chi gyflwr iechyd tymor hir, gallwch fod â risg uwch o fod yn sâl iawn o ddal y fflw, ond mae brechiad diogel ar gael am ddim.</p> <p>Gwarchodwch eich hun ac eraill, trefnwch frechiad y fflw yn eich meddygfa / fferyllfa cyn gynted â phosib.</p> <p>www.curwchffliw.org</p>
<p>Long term health condition – efficacy</p>	<p>266/280 characters:</p> <p>Catching flu if you have a long term health condition can be very dangerous for you.</p> <p>Having a flu vaccine is one of the best ways of protecting</p>	<p>279/280 characters:</p> <p>Gall dal y fflw os oes gennych chi gyflwr iechyd tymor hir fod yn beryglus i chi.</p> <p>Cael brechiad y fflw yw un o'r ffyrdd gorau o warchod eich hun ac</p>

<p>Cyflwr iechyd hirdymor – effeithiolrwydd</p>	<p>yourself and others against flu. Contact your GP surgery or community pharmacy to get a free flu vaccine www.beatflu.org</p>	<p>eraill rhag y fflw. Cysylltwch â'ch meddygfa / fferyllfa gymunedol i gael brechiad y fflw am ddim www.curwchffliw.org</p>
<p>Long term health condition – safety</p> <p>Cyflwr iechyd hirdymor - diogelwch</p>	<p>280/280 characters Flu vaccines are very safe and one of the best ways to protect yourself and others against flu. So if you have a long term health condition talk to your community pharmacy or GP surgery today. Go to www.beatflu.org for more information and let's #beatflu together and help keep Wales safe.</p>	<p>280/280 characters Mae brechiadau'r fflw yn ddiogel- un o'r ffyrdd gorau o warchod pawb rhag fflw. Os oes gennych chi gyflwr iechyd tymor hir holwch y fferyllfa / meddygfa heddiw. Ewch i www.curwchffliw.org am fwy o wybodaeth ac i weithio gyda'n gilydd a helpu i gadw Cymru'n ddiogel - #curwchffliw</p>
<p>Long term health condition – environmental reassurance</p> <p>Cyflwr iechyd hirdymor – sicrwydd amgylcheddol</p>	<p>248/280 characters If you have a long term health condition, your GP surgery or community pharmacy has made adjustments for you to receive your flu vaccine in the safest way. Protect yourself and others with a free flu vaccine. Let's #beatflu together www.beatflu.org</p>	<p>266/280 characters Os oes gennych chi gyflwr iechyd tymor hir, mae eich meddygfa / fferyllfa gymunedol wedi addasu i sicrhau eich bod yn cael brechiad fflw yn gwbl ddiogel. Gwarchodwch eich hun ac eraill gyda brechiad am ddim. Gweithio gyda'n gilydd - #curwchffliw www.curwchffliw.org</p>
<p>Long term health condition– norming</p> <p>Cyflwr iechyd hirdymor – normadu</p>	<p>269/280 characters: People with long term health conditions across Wales are getting their flu vaccine to protect themselves from flu viruses. You may be eligible for a free vaccine, contact your GP surgery or community pharmacy for more information. Let's #beatflu together</p>	<p>278/280 characters: Mae pobl â chyflwr iechyd tymor hir ledled Cymru'n cael brechiad y fflw i warchod eu hunain rhag feirysau'r fflw. Gallwch fod yn gymwys am frechiad, cysylltwch â'ch meddygfa neu'r fferyllfa gymunedol am fwy o wybodaeth. Gweithio gyda'n gilydd - #curwchffliw www.curwchffliw.org</p>

	www.beatflu.org	
Long term health condition – respiratory Cyflwr iechyd hirdymor – anadlol	239/280 characters: If you have a respiratory condition like COPD or moderate to severe asthma, getting flu could make you seriously ill. Don't risk it - get a FREE flu vaccine from your GP surgery or community pharmacy. Let's #beatflu together www.beatflu.org	276/280 characters: Os oes gennych chi gyflwr anadlol fel COPD neu asthma cymedrol / difrifol, gallai'r fflw eich gwneud yn ddifrifol wael. Peidiwch â pheryglu'ch hun – cofiwch gael brechiad AM DDIM yn eich meddygfa / fferyllfa gymunedol. Gweithio gyda'n gilydd - #curwchffliw www.curwchffliw.org
Long term health condition – diabetes Cyflwr iechyd hirdymor - diabetes	228/280 characters: Do you have diabetes? Catching flu could cause serious complications for your health. Remember to get your FREE flu vaccine this year – contact your GP surgery or community pharmacy today. Let's #beatflu together www.beatflu.org	251/280 characters: Oes gennych chi ddiabetes? Gallai dal y fflw achosi cymhlethdodau difrifol i'ch iechyd. Cofiwch gael brechiad y fflw AM DDIM eleni – cysylltwch â'ch meddygfa neu'r fferyllfa gymunedol heddiw. Gweithio gyda'n gilydd - #curwchffliw www.curwchffliw.org
Long term health condition – spleen Cyflwr iechyd hirdymor - spleen	222/280 characters: Flu spreads easily and if your spleen doesn't work properly or has been removed flu could be serious for you. Get your FREE flu vaccine from your GP surgery or community pharmacy soon Let's #beatflu together www.beatflu.org	275/280 characters: Mae'r fflw yn lledaenu'n hawdd ac os nad yw eich dueg yn gweithio'n iawn neu os yw wedi cael ei dynnu, gall y fflw fod yn ddifrifol i chi. Cofiwch gael brechiad AM DDIM yn eich meddygfa / fferyllfa gymunedol yn fuan. Gweithio gyda'n gilydd - #curwchffliw www.curwchffliw.org
Long term health condition – heart condition	228/280 characters: Do you have a heart condition? It's really important to protect you from flu and potentially serious complications. Get your FREE flu vaccine from your GP surgery or	261/280 characters: Oes gennych chi gyflwr ar y galon? Mae wir yn bwysig eich gwarchod chi rhag y fflw a chymhlethdodau difrifol posib. Cofiwch gael brechiad y fflw AM DDIM yn eich meddygfa neu'r

<p>Cyflwr iechyd hirdymor - cyflwr y galon</p>	<p>community pharmacy soon Let's #beatflu together www.beatflu.org</p>	<p>fferyllfa gymunedol yn fuan Gweithio gyda'n gilydd - #curwchffliw www.curwchffliw.org</p>
<p>Long term health condition – cancer</p> <p>Cyflwr iechyd hirdymor - cancer</p>	<p>251/280 characters: If your immune system has been affected by a medical condition or treatment, like cancer treatment – flu could be really serious for you. Make sure you get your FREE flu vaccine from your GP or community pharmacy Let's #beatflu together www.beatflu.org</p>	<p>265/280 characters: Os yw eich system imiwnedd wedi'i heffeithio gan gyflwr / triniaeth feddygol, fel triniaeth canser, gall y fflw fod yn ddifrifol i chi. Cofiwch gael brechiad AM DDIM yn eich meddygfa neu'r fferyllfa gymunedol Gweithio gyda'n gilydd - #curwchffliw www.curwchffliw.org</p>
<p>Long term health condition – liver condition</p> <p>Cyflwr iechyd hirdymor – cyflwr yr afu/iau</p>	<p>276/280 characters: Flu spreads easily and for people with a liver condition can be very serious. Have you had your flu vaccine to protect yourself yet? It's important, so don't miss out. Get your FREE flu vaccine from your GP surgery or community pharmacy Let's #beatflu together www.beatflu.org</p>	<p>277/280 characters: Mae fflw yn lledu'n hawdd a gall fod yn ddifrifol i bobl â chyflwr ar yr iau. Ydych chi wedi cael brechiad fflw i warchod eich hun eto? Mae'n bwysig. Cofiwch gael brechiad AM DDIM yn eich meddygfa / fferyllfa gymunedol Gweithio gyda'n gilydd - #curwchffliw www.curwchffliw.org</p>
<p>Long term health condition – stroke</p> <p>Cyflwr iechyd hirdymor –</p>	<p>213/280 characters: Have you had a stroke or mini stroke? It's important you have a flu vaccine to protect yourself this winter. Get yours for FREE from your GP surgery or community pharmacy soon Let's #beatflu together www.beatflu.org</p>	<p>251/280 characters: Ydych chi wedi cael strôc neu fân strôc? Mae'n bwysig eich bod yn cael brechiad y fflw i warchod eich hun y gaeaf yma. Cofiwch ei gael AM DDIM yn eich meddygfa neu'r fferyllfa gymunedol yn fuan Gweithio gyda'n gilydd - #curwchffliw www.curwchffliw.org</p>

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Children – context and eligibility Plant – cyd-destun a chymhwysedd	261/280 characters This autumn and winter, it’s more important than ever to protect your child from flu. All children aged 2-10 (age 31 August 2020) and those aged 11-18 with a long term health condition are eligible for a FREE flu vaccine. Let’s #beatflu together www.beatflu.org	280/280 characters Yr hydref a’r gaeaf yma, mae’n bwysicach nag erioed gwarchod eich plentyn rhag fflw. Mae pob plentyn 2-10 oed (oedran ar 31 Awst 2020) a phawb 11-18 oed sydd â chyflwr iechyd tymor hir yn gymwys am frechiad fflw AM DDIM. Gweithio gyda’n gilydd - #curwchffliw www.curwchffliw.org
Children – vulnerability Plant – bod yn agored i niwed	280/280 characters: Children are at high risk of catching and spreading flu viruses but there is a safe vaccine available to reduce the risk of this. Check if your child is eligible for FREE flu vaccine and make sure they are protected > www.beatflu.org Let’s #beatflu together and help keep Wales safe	277/280 characters: Mae plant yn wynebu risg uchel o ddal a lledu feirysau’r fflw ond mae brechiad diogel ar gael i leihau’r risg. Edrychwch a all eich plentyn gael brechiad AM DDIM a chofiwch ei warchod > www.curwchffliw.org Helpu i gadw Cymru’n ddiogel gyda’n gilydd - #curwchffliw
Children – efficacy Plant – effeithiolrwydd	279/280 characters: All children aged 2-10 (age 31 August 2020) and those aged 11-18 with a long term health condition are eligible for a FREE flu vaccine this year. Having a flu vaccine is one of the most effective ways of protecting your child against flu. Let’s #beatflu together www.beatflu.org	280/280 characters: Mae pob plentyn 2-10 oed (oedran ar 31 Awst 2020) a phawb 11-18 oed â chyflwr iechyd tymor hir yn gymwys am frechiad y fflw AM DDIM eleni. Cael brechiad yw un o’r ffyrdd mwyaf effeithiol o warchod eich plentyn rhag fflw. Gweithio gyda’n gilydd - #curwchffliw www.curwchffliw.org
Children –	279/280 characters	271/280 characters

<p>safety</p> <p>Plant - diogelwch</p>	<p>The nasal spray flu vaccine is very safe for children and is one of the best ways to protect them against catching or spreading flu.</p> <p>If you're a parent, check if your child is eligible for FREE flu vaccine and make sure they are protected www.beatflu.org</p> <p>Let's #beatflu together</p>	<p>Mae brechiad y fflw drwy chwistrell trwyn yn saff i blant - un o'r ffyrdd gorau o warchod rhag dal neu ledu'r fflw.</p> <p>Os ydych chi'n rhiant, edrychwch fedr eich plentyn gael brechiad AM DDIM a mynd ati i'w warchod www.curwchffliw.org</p> <p>Gweithio gyda'n gilydd - #curwchffliw</p>
<p>Children - norming</p> <p>Plant - normadol</p>	<p>275/280 characters:</p> <p>Parents across Wales are making sure their child has a flu vaccine to protect them and others from flu.</p> <p>If you're a parent, check if your child is eligible for FREE flu vaccine and make sure they are protected www.beatflu.org</p> <p>Let's #beatflu together and help keep Wales safe.</p>	<p>280/280 characters:</p> <p>Mae rhieni ledled Cymru'n sicrhau bod eu plant yn cael brechiad fflw i'w gwarchod hwy ac eraill rhag fflw.</p> <p>Os ydych chi'n rhiant, edrychwch fedr eich plentyn gael brechiad AM DDIM a mynd ati i'w warchod www.curwchffliw.org</p> <p>Helpu i gadw Cymru'n ddiogel gyda'n gilydd - #curwchffliw</p>
<p>Children - spreading</p> <p>Plant - taenu</p>	<p>274/280 characters</p> <p>Like COVID-19, flu spreads very easily and children can pass viruses around quickly. All children aged 2 to 10 (age on 31 August 2020), are eligible for a FREE flu vaccine. If you're the parent of a child this age, make sure they get protected.</p> <p>www.beatflu.org</p>	<p>278/280 characters</p> <p>Fel COVID-19, mae fflw yn lledaenu'n rhwydd iawn a gall plant basio feirysau'n gyflym. Mae pob plentyn 2-10 oed (oedran ar 31 Awst 2020) yn gymwys am frechiad AM DDIM. Os ydych chi'n rhiant i blentyn yr oedran yma, gwnewch yn siŵr ei fod yn cael ei warchod.</p> <p>www.curwchffliw.org</p>
<p>Children - nasal spray</p> <p>Plant - chwistrell trwynol</p>	<p>273/280 characters</p> <p>If you have a child aged 2-10 (age on 31 August 2020), the nasal spray vaccine will help protect them and reduce the risk of spreading flu to family and friends. Make sure they have their vaccine this autumn.</p> <p>Let's #beatflu together and help keep Wales safe.</p> <p>www.beatflu.org</p>	<p>277/280 characters</p> <p>Os oes gennych chi blentyn 2-10 oed (ar 31 Awst 2020) bydd brechiad drwy chwistrell trwyn yn helpu i'w warchod a lleihau'r risg o ledu'r fflw i deulu a ffrindiau. Rhowch frechiad iddo'r hydref yma. Helpu i gadw Cymru'n ddiogel gyda'n gilydd - #curwchffliw.</p> <p>www.curwchffliw.org</p>
<p>Children with</p>	<p>257/280 characters</p>	<p>279/280 characters</p>

<p>long term conditions</p> <p>Plant gyda chylyrau hirdymor</p>	<p>Parents or guardians - does your child have a long-term health condition? Getting their FREE flu vaccine will help protect them from flu.</p> <p>Make sure they have their vaccine this autumn - contact their GP surgery today.</p> <p>Let's #beatflu together.</p> <p>www.beatflu.org</p>	<p>Rieni/gwarcheidwaid, oes gan eich plentyn gyflwr iechyd tymor hir? Bydd rhoi brechiad fflw AM DDIM iddo'n helpu i'w warchod rhag fflw.</p> <p>Gwnewch yn siŵr ei fod yn cael brechiad yr hydref yma, cysylltwch â'r feddygfa nawr.</p> <p>Gweithio gyda'n gilydd - #curwchffliw.</p> <p>www.curwchffliw.org</p>
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