



MESURAU AMDDIFFYNNOL

PROTECTIVE MEASURES

GOLCHWCH EICH DWYLO



WASH YOUR HANDS

Defnyddiwch y diheintydd neu golchwch eich dwylo wrth ddod i mewn i'r capel.

Use sanitiser or wash your hands as you enter the chapel.

CADWCH EICH PELLTER



KEEP YOUR DISTANCE

Cadwch eich pellter trwy aros 2 fetr ar wahân.

Practise social distancing by keeping 2 metres apart.

PESWCH NEU THISIAN



COUGH AND SNEEZE

Cofiwch beswch neu thisian i fewn i'ch penelin neu hances bapur.

Remember to cough and sneeze into your elbow or a tissue.

ARHOSWCH GARTREF OS YDYCH YN DOST



STAY AT HOME IF YOU ARE ILL

Os ydych yn dioddef un o symptomau Covid -19 arhowsch gartref.

If you suffer from one of the Covid-19 symptoms stay home.