



Coronavirus

Looking out

for each other

You must stay at home, but there are safe ways to provide essential support to vulnerable people who are in isolation.

HOW YOU CAN HELP:

- ✓ Phone or keep in touch on social media
- ✓ Pick up food for others
- ✓ Pick up medicines

Find out how to help each other safely at
gov.wales/safe-help



Coronafeirws

Edrych ar ôl

ein Gilydd

Rhaid i chi aros gartref, ond mae ffyrdd diogel o roi cefnogaeth i bobl fregus sy'n ynysu.

SUT GALLWCH CHI HELPU:

- ✓ Ffonio neu gadw mewn cysylltiad drwy'r cyfryngau cymdeithasol
- ✓ Siopa am fwyd i eraill
- ✓ Casglu moddion

I wybod sut mae helpu eraill yn ddiogel
[Ilyw.cymru/iach-a-diogel](#)