

APPENDIX 14 – WHEN TO WASH YOUR HANDS POSTER



Llywodraeth Cymru  
Welsh Government



**Dylech olchi'ch dwylo â sebon a dŵr neu ddiheintydd dwylo:  
You should wash hands with soap & water or hand sanitiser:**



**Ar ôl cymeryd egwyl  
After breaks**



**Cyn coginio a bwyta  
Before cooking & eating**



**Ar ôl defnyddio trafnidiaeth gyhoeddus  
After using public transport**



**Ar ôl defnyddio'r toiled  
After using the toilet**



**Cyn gadael eich cartref  
Before leaving home**