



Llywodraeth Cymru  
Welsh Government

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# **GWYBODAETH IECHYD**

**GALL DEFNYDDIO GWELY  
HAUL NIWEIDIO'CH CROEN  
A'CH GOLWG A CHYNYDDU  
EICH RISG O DDIODDEF  
GAN GANSER Y CROEN.**



## **HEALTH INFORMATION**

**SUNBED USE CAN DAMAGE  
YOUR SKIN AND EYESIGHT  
AND INCREASE YOUR RISK  
OF SUFFERING FROM  
SKIN CANCER.**

