

**Wrth disian**

**When you sneeze**



**EI DDAL**

**CATCH IT**



**I'R BIN**

**BIN IT**

[sirgar.llyw.cymru](http://sirgar.llyw.cymru)

[carmarthenshire.gov.wales](http://carmarthenshire.gov.wales)

Cyngor Sir Gâr  
Carmarthenshire  
County Council

