

SirGâredig

Rhannu **Caredigrwydd** Sir Gâr

Sharing Carmarthenshire's **Kindness**

Cysylltwch os ydych angen help, neu os gallwch helpu,
yn ystod yr argyfwng **Coronafeirws**

Get in touch if you need help, or can offer help,
during the **Coronavirus** emergency



01267 234567



direct@carmarthenshire.gov.uk

sirgar.llyw.cymru

carmarthenshire.gov.wales

Cyngor Sir Gâr
Carmarthenshire
County Council



Yma i helpu

Os ydych yn gorfod hunan-ynysu
oherwydd coronafeirws ac angen
cymorth gyda:

- Siopa bwyd
- Casglu prescripsiwn / meddyginiaeth
- Postio
- Sgwrs ffôn gyfeillgar
- Unrhyw anghenion eraill



Here to help

If you have to self-isolate because
of coronavirus and need help with
any of the following:

- Shopping for food
- Collecting prescriptions / medicines
- Posting
- A friendly chat on the phone
- Any other needs

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