



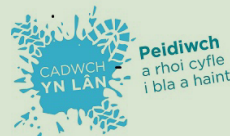
Peidiwch â rhoi lifft adref i heintiau

Mae rhai plâu a chlefydau'n rhoi iechyd coed mewn perygl yng Nghymru.

Gallwch eu hatal rhag ymledu i goedwigoedd eraill, yn ogystal â'ch ardal leol, trwy wneud y canlynol:

- aros ar y llwybr (cŵn hefyd), gan frwsio mwd a baw oddi ar eich esgidiau, eich dillad neu eich beic cyn ichi adael
- glanhau eich esgidiau (a'ch beic) yn drylwyr ar ôl ichi fynd adref, cyn eich ymweliad nesaf
- gadael deunyddiau pren a phlanhigion ble y maent.

Diolch.



Don't give bugs a lift home

Some pests and diseases are putting the health of trees at risk in Wales.

You can prevent them spreading to other forests as well as your local area by:

- staying on the path or trail (dogs too) brushing off mud and dirt from your footwear, clothing or bike before you leave
- thoroughly cleaning footwear (and bike) at home, before your next visit
- leaving wood and plant material where it is.

Thank you.

