

YDY DY DDIOD WEDI EI **SBEICIO?**

HAS YOUR DRINK BEEN **SPIKED?**

**Rwy'n meddwl fy mod i wedi cael
fy sbeicio – beth y dylwn i ei
wneud?**

- Dywedwch wrth aelod o'r staff.
- Os byddwch yn teimlo'n sâl, dylech gael cymorth meddygol ar unwaith.
- Rhowch wybod i'r heddlu. Gall cyffuriau ymadael â'r corff yn gyflym, felly mae'n bwysig eich bod yn cael eich profi cyn gynted â phosibl.

**I think I've been spiked – what
should I do?**

- Tell a staff member.
- If you feel unwell, seek medical attention straight away.
- Report it to the police. Drugs can leave the body quickly, so it's important you get tested as soon as possible.

Sganiwch am fwy o
wybodaeth ac i wneud
adroddiad

Scan for more
information and to make
a report



**MEWN ARGYFWNG, FFONIWCH 999.
IN AN EMERGENCY, CALL 999.**

