

	°C	°F	
Hot - babies and older people can overheat	27	80	Poeth - gall babanod a phobl hŷn orgynhesu
Reduce heat, but stay warm	24	75	Trowch y gwres i lawr ond cadwch yn gynnes
Ideal living room temperature	21	70	Tymheredd Delfrydol i ystafell fyw
Comfortable house temperature	18	65	Tymheredd Cyfforddus i dŷ
Chilly - risk of respiratory illness	15	60	Oer - risg o salwch resbiradol
Too Cold - increased risk of heart attack and stroke	12	54	Rhy Oer - risg cynyddol o drawiad ar y galon a strôc
Risk - of Hypothermia. Danger! Turn up heating	9	49	Risg - o hypothermia. Perygl! Trowch y gwres canolog i fyny
Use this thermometer to monitor the temperature of your room and keep the temperature between 18°C and 21°C (65°F and 70°F)			Defnyddiwch thermomedr yma i fonitro tymheredd eich ystafell ac i gadw'r tymheredd rhwng 18°C a 21°C (65°F a 70°F)

Spread the Warmth is an Age Cymru campaign tackling health, heating and loneliness during the winter. Spread the Warmth www.agecymru.org.uk/spreadthewarmth runs alongside Keep Well this Winter www.kwtw.org.uk To get involved visit www.agecymru.org.uk

Ymgyrch gan Age Cymru yw Lles drwy Wres www.agecymru.org.uk/spreadthewarmth, sy'n mynd i'r afael â materion iechyd, gwresogi ac unigrwydd yn ystod y gaeaf. Mae Lles drwy Wres yn rhedeg ar y cyd â Gofal Piau hi y Gaeaf Hwn www.kwtw.org.uk I gymryd rhan ewch i www.agecymru.org.uk