

I experience trauma-related stress.

**I cannot put on, wear, or remove a face covering
without severe distress.**

**This makes me exempt from wearing a face covering,
per Welsh and English Government guidelines.**

Thank you for your understanding and compassion.




Cymorth i Ferched Cymru
Welsh Women's Aid

Rwy'n profi straen sy'n gysylltiedig â thrawma.

Ni allaf osod, gwisgo na thynnu gorchudd wyneb heb brofi gofid difrifol.

Mae hyn yn fy eithrio rhag gorfod gwisgo gorchudd wyneb, fel y nodir yng nghanllawiau Llywodraeth Cymru a Lloegr.

Diolch am eich dealltwriaeth a'ch tosturi.



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