

Yr rhai sy'n fregus yw:	Those who are vulnerable are:
70 oed neu'n hŷn (waeth beth fo'r cyflyrau meddygol)	aged 70 or older (regardless of medical conditions)
dan 70 oed â chyflwr iechyd sylfaenol a restrir isod (hy unrhyw un sy'n cael ei gyfarwyddo i gael pigiad ffliw fel oedolyn bob blwyddyn am resymau meddygol):	under 70 with an underlying health condition listed below (ie anyone instructed to get a flu jab as an adult each year on medical grounds):
afiechydon anadlol cronig (tymor hir), fel asthma, clefyd rhwystrol cronig yr ysgyfaint (COPD), emffysema neu bronchitis	chronic (long-term) respiratory diseases, such as asthma, chronic obstructive pulmonary disease (COPD), emphysema or bronchitis
clefyd cronig y galon, fel methiant y galon	chronic heart disease, such as heart failure
clefyd cronig yn yr arennau	chronic kidney disease
clefyd cronig yr afu, fel hepatitis	chronic liver disease, such as hepatitis
cyflyrau niwrolegol cronig, megis clefyd Parkinson, clefyd motor niwron, sglerosis ymledol (MS), anabledd dysgu neu barlys yr ymennydd	chronic neurological conditions, such as Parkinson's disease, motor neurone disease, multiple sclerosis (MS), a learning disability or cerebral palsy
diabetes	diabetes
problemau gyda'ch dueg - er enghraifft, clefyd cryman-gell neu os tynnwyd eich dueg	problems with your spleen – for example, sickle cell disease or if you have had your spleen removed
system imiwneidd wan o ganlyniad i gyflyrau fel HIV ac AIDS, neu feddyginiaethau fel tabledi steroid neu gemotherapi	a weakened immune system as the result of conditions such as HIV and AIDS, or medicines such as steroid tablets or chemotherapy
bod dros bwysau yn ddifrifol (mynegai màs y corff (BMI) o 40 neu'n uwch)	being seriously overweight (a body mass index (BMI) of 40 or above)
y rhai sy'n feichiog	those who are pregnant

Gall pobl fod mewn perygl penodol oherwydd problemau iechyd cymhleth. Maent yn cynnwys:	Some people may be at particular risk due to complex health problems. They include:
pobl sydd wedi derbyn trawsblaniad organ ac yn aros ar feddyginiaeth gwrthimiwnedd parhaus	people who have received an organ transplant and remain on ongoing immunosuppression medication
pobl â chanser sy'n cael cemotherapi gweithredol neu radiotherapi	people with cancer who are undergoing active chemotherapy or radiotherapy
pobl â chanserau'r gwaed neu fêr esgyrn fel lewcmia sydd ar unrhyw gam o'r driniaeth	people with cancers of the blood or bone marrow such as leukaemia who are at any stage of treatment
pobl â chyflyrau difrifol ar y frest fel ffibrosis systig neu asthma difrifol (sy'n gofyn am dderbyniadau i'r ysbyty neu gyrsiau o dabledi steroid)	people with severe chest conditions such as cystic fibrosis or severe asthma (requiring hospital admissions or courses of steroid tablets)
pobl â chlefydau difrifol systemau'r corff, megis clefyd difrifol yr arenau (dialysis)	people with severe diseases of body systems, such as severe kidney disease (dialysis)