

Stay calm, no harm.

#ThinkZigZag

1 Adders are peaceful and shy, though they are venomous. Bites can happen by accidentally stepping on or picking them up.

2 Venomous snakes are awesome, their venom is used to make drugs that save human lives.

When would I come across an adder?

Spring and summer are the main periods when adders are active. They hibernate from October to mid February.

Adders are generally seen basking in the sun, but as long as it is above 5°C and not heavily raining they can be found in most weather conditions.

They are usually found in open “wild” habitats such as commons, woodland edges, near beaches and where you see lots of bracken fern, bramble and heather.

Adam's Top Tips

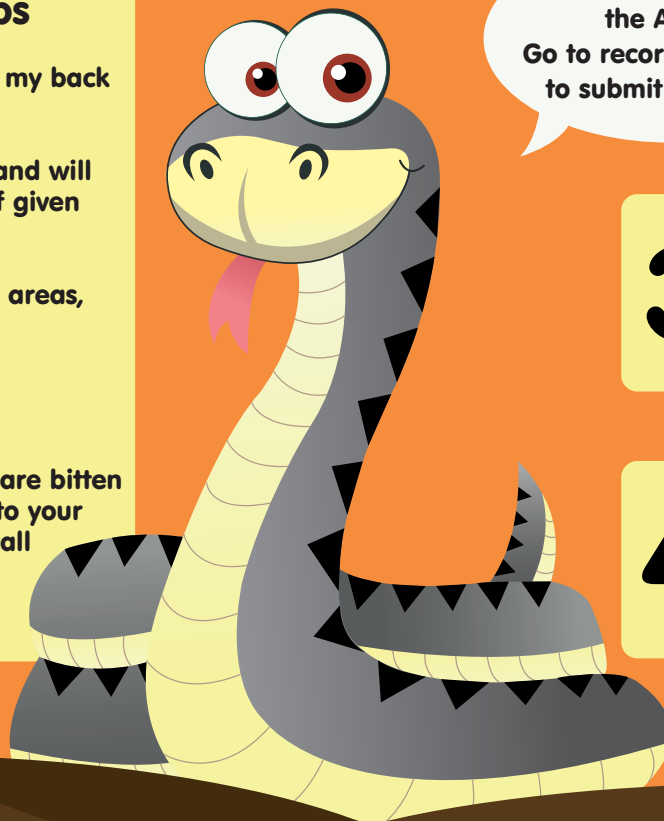
- If you see a zigzag down my back then I'm an adder!
- We want a peaceful life and will move into nearby cover if given the chance.
- Stick to wide paths, open areas, and wear sensible shoes.
- Keep dogs on leads in adder habitats.
- In the unlikely event you are bitten by an adder, go straight to your nearest A&E hospital or call 999.

Visit www.arc-trust.org for more!

Hello I am Adam
the Adder!
Go to recordpool.org.uk
to submit a sighting

3 If they are lucky adders can live until they are 30 years old, females give birth to live young like us and are pregnant for over three months.

4 Male adders often have dance offs to impress the females.



Dim panic, dim niwed

#ThinkZigZag

1 Mae gwiberod yn heddychlon a swil, er eu bod nhw'n wenwynig. Gall brathiadau ddigwydd ar ddamwain drwy sathru ar wiberod neu eu codi.

2 Mae nadroedd gwenwynig yn anhygoel, mae eu gwenwyn yn cael ei ddefnyddio i wneud cyffuriau sy'n achub bywyda pobl.

Pryd fyddwn i'n dod ar draws gwiberod?

Y gwanwyn a'r haf yw'r prif gyfnodau pryd mae gwiberod yn weithredol. Maen nhw'n cysgu o fis Hydref i ganol mis Chwefror.

Yn gyffredinol, mae gwiberod i'w gweld yn torheulo yn yr haul, ond os yw'r tymheredd dros 5°C ac os nad yw'n bwrw glaw trwm, mae posib eu gweld men unrhyw dywydd bron.

Maen nhw i'w gweld fel arfer mewn cynefinoedd "gwyllt" agored fel tiroedd comin, ymylon coetiroedd, ger traethau a lle gwelwch chi lawer o redyn, mieri a grug.

Er nad yw hynny'n debygol o ddigwydd, os bydd gwiber yn eich brathu chi, ewch yn syth i Adran Frys eich ysbyty lleol neu ffoniwch 999.

Cyngor Doeth Wil

- Os gwelwch chi igam ogam i lawr fy nghefn, yna rydw i'n wiber!
- Rydyn ni eisiau bywyd heddychlon a byddwn yn symud i gysgod cyfagos os cawn gyfle i wneud hynny.
- Cadwch at lwybrau llydan ac ardaloedd agored a gwisgwch esgidiau synhwyrol.
- Cadwch gŵn ar dennyn mewn cynefinoedd addas i wiberod.



Helo, Wil y Wiber ydw i!
Ewch i recordpool.org.uk
i gyflwyno cofnod

3 Os ydyn nhw'n lwcus, gall gwiberod fyw i fod yn 30 oed, mae'r benywod yn geni eu rhai bach yn fyw fel ni acyn feichiog am fwy na thri mis.

4 Mae gwiberod gwryw yn cael cystadlaethau dawnsio er mwyn creu argraff ar y benywod.