Mae Brechu yn achub bywydau
Vaccination saves lives

Brechiad COVID-19

Canllaw i frechiad COVID-19 y gwanwyn

GIG CYMRU NHS WALES
Iechyd Cyhoeddus Cymru
Public Health Wales

Mae rhai pobl yn gymwys i gael brechiad COVID-19 y gwanwyn. Mae'r daflen hon yn egluro beth ydyw a sut i'w gael.

Beth yw COVID-19?

Mae COVID-19 yn glefyd anadlol heintus iawn a achosir gan feirws. Mae'n fwy difrifol mewn pobl hŷn a'r rhai â chyflyrau iechyd penodol.

Pam mae angen brechiad adeg y gwanwyn ar rai pobl?

Fel rhai brechlynnau eraill, gall lefelau amddiffyniad ddechrau lleihau dros amser. Bydd dos y gwanwyn yn helpu i'ch amddiffyn am gyfnod hirach.

Bydd hefyd yn helpu i leihau'r risg y bydd angen i chi fynd i'r ysbyty oherwydd haint COVID-19.

Pwy fydd yn cael cynnig brechlyn COVID-19 y gwanwyn?

Bydd dos y gwanwyn yn cael ei gynnig i grwpiau o bobl sydd mewn mwy o berygl os ydyn nhw'n cael COVID-19. Mae'r rhain fel a ganlyn:

- pobl 75 oed a hŷn;
- preswylwyr mewn cartrefi gofal i bobl hŷn; ac
- unrhyw un chwe mis oed a throsodd sydd â system imiwnedd wan.

Pryd fydd brechlyn COVID-19 y gwanwyn yn cael ei roi?

Os ydych yn gymwys i gael dos y gwanwyn caiff ei gynnig rhwng mis Ebrill a mis Mehefin, tua chwe mis (ac nid cyn tri mis) ar ôl eich dos olaf o'r brechlyn. Os byddwch yn sâl rhwng mis Ebrill a mis Mehefin, efallai y byddwch yn gallu cael y brechlyn ym mis Gorffennaf. Os byddwch yn troi'n 75 oed rhwng Ebrill a Mehefin, byddwch yn cael eich galw am eich brechiad yn ystod y rhaglen – nid oes angen i chi aros am eich pen-blwydd.

Sut byddaf yn cael fy mrechiad?

Bydd y GIG yn cysylltu â chi i roi gwybod i chi pryd a ble i gael y brechlyn. Mae'n bwysig dod i'r apwyntiad pan gewch wahoddiad.

Os na allwch fynychu, rhowch wybod i'r tîm archebu fel y gallant roi eich apwyntiad i rywun arall. Mae manylion cyswllt y tîm ar y llythyr apwyntiad.

Gallwch ddod o hyd i ragor o wybodaeth am sut i gael y brechiad yn **Raglen brechu rhag COVID-19** (safle allanol).

Pa frechlyn fydd yn cael ei gynnig i mi?

Byddwch yn cael cynnig y brechlyn mwyaf priodol, a all fod yr un fath neu'n wahanol i'r brechlynnau a gawsoch o'r blaen. Mae brechlynnau yn ffordd ddiogel ac effeithiol o amddiffyn eich hun.

Mae pob meddyginiaeth a brechlyn wedi bodloni safonau diogelwch llym i'w defnyddio yn y DU ac maent yn ddiogel iawn. Yn yr un modd â phob meddyginiaeth a brechlyn, mae adroddiadau am sgîl-effeithiau'r brechlyn COVID-19 yn cael eu monitro a'u hadolygu'n agos.

Oes sgîl-effeithiau?

Fel pob meddyginiaeth, gall brechlynnau achosi sgil-effeithiau. Mae hyn oherwydd bod brechlynnau'n gweithio trwy ysgogi ymateb yn eich system imiwnedd. Mae'r rhan fwyaf o sgîl-effeithiau yn rhai ysgafn a thymor byr, ac nid yw pawb yn eu cael.

Gallwch gael rhagor o wybodaeth am sgil-effeithiau'r brechlyn yn **medicines.org.uk/emc** (safle allanol, Saesneg yn unig). Bydd angen i chi nodi enw'r brechlyn yn y blwch chwilio. Gallwch hefyd weld y daflen i gleifion ar-lein.

Mae sgîl-effeithiau cyffredin yn ystod y diwrnod neu ddau cyntaf yn cynnwys:

- teimlad trwm yn y fraich neu ddolur lle cawsoch y pigiad;
- poenau cyffredinol neu symptomau ysgafn tebyg i ffliw;
- teimlo'n gyfoglyd neu'n chwydu;
- dolur rhydd;
- pen/tost cur pen, a
- thwymyn ysgafn.

Efallai y bydd gennych dwymyn ysgafn am ddau neu dri diwrnod ar ôl cael brechlyn. Fodd bynnag, mae tymheredd uchel yn anarferol a gall fod oherwydd bod gennych haint neu salwch arall. Os ydych chi'n poeni, siaradwch â'ch meddyg teulu neu nyrs. Gallwch gymryd paracetamol (dilynwch y cyngor ar y pecyn a pheidiwch â chymryd mwy na'r dos a argymhellir). Dylech orffwys i'ch helpu i deimlo'n well. Ni ddylid rhoi meddyginiaethau sy'n cynnwys aspirin i blant dan 16 oed.

Sgîl-effaith anghyffredin ar ôl y brechlyn COVID-19 yw chwarennau chwyddedig yn y gesail neu'r gwddf, ar yr un ochr â'r fraich lle cawsoch y brechlyn. Gall hyn bara am tua 10 diwrnod, ond os yw'n para'n hirach cysylltwch â'ch Practis Meddyg Teulu am gyngor. Os ydych i fod i gael prawf sgrinio'r fron (mamogram) yn yr ychydig wythnosau ar ôl cael y brechlyn, cofiwch sôn wrth fynd i'ch apwyntiad eich bod wedi cael y brechlyn COVID-19.

Mae achosion prin o lid y galon (a elwir yn myocarditis neu pericarditis) wedi'u hadrodd ar ôl rhai brechlynnau COVID-19. Mae'r achosion hyn wedi'u gweld yn bennaf ymhlith dynion iau o fewn sawl diwrnod ar ôl y brechiad. Gwnaeth y rhan fwyaf o'r bobl hyn wella ac roedden nhw'n teimlo'n well ar ôl gorffwys a chael triniaeth syml.

Dylech gael cyngor meddygol ar frys os ydych yn profi'r canlynol:

- poen yn y frest;
- diffyg anadl; neu
- galon sy'n curo'n gyflym, yn afreolaidd neu'n curo'n drwm.

Mae sgil-effeithiau eraill yn anghyffredin neu'n brin iawn.

Os yw'n ymddangos bod eich symptomau'n gwaethygu neu os ydych chi'n bryderus, ffoniwch GIG **111** neu eich Practis meddyg teulu. Os byddwch yn cael cyngor gan feddyg neu nyrs, gwnewch yn siŵr eich bod yn dweud wrthynt pa frechlynnau a gawsoch fel y gallant eich asesu'n llawn.

Pwy na ddylai gael brechlyn COVID-19 y gwanwyn?

Ychydig iawn o bobl na ddylai gael brechlyn COVID-19.

Ni ddylid rhoi'r brechlyn i unrhyw un sydd wedi cael:

- adwaith alergaidd difrifol wedi'i gadarnhau (anaffylacsis) i un o'i gynhwysion; neu
- adwaith alergaidd difrifol wedi'i gadarnhau (anaffylacsis) i ddos blaenorol o'r un brechlyn COVID-19.

Dylech drafod hyn gyda'r meddyg neu'r arbenigwr sy'n gyfrifol am eich gofal. Dylech roi gwybod am sgîl-effeithiau posibl brechlynnau a meddyginiaethau ar-lein yn **www.mhra.gov.uk/yellowcard** (safle allanol, Saeneg yn unig), drwy lawrlwytho ap y Cerdyn Melyn, neu drwy ffonio **0800 731 6789** (dydd Llun i ddydd Gwener, 9am i 5pm).

A ellir rhoi brechlynnau COVID-19 ar yr un pryd â brechlynnau eraill?

Gellir rhoi brechlynnau COVID-19 ar yr un pryd â brechlynnau eraill. I gael y cyngor diweddaraf ar hyn, ewch i **icc.gig.cymru/brechlyncovid**

Beth ddylwn i ei wneud os ydw i eisoes wedi cael COVID-19?

Os ydych eisoes wedi cael COVID-19 ni fydd hyn bob amser yn eich amddiffyn rhag heintiau yn y dyfodol, felly dylech gael y brechlyn o hyd.

Os ydych chi'n sâl mae'n well aros nes eich bod wedi gwella cyn i chi gael y brechlyn. Ceisiwch gael y brechlyn cyn gynted â phosibl unwaith y byddwch yn iach.

Gallwch ddod o hyd i ragor o wybodaeth a thaflenni i gleifion yn **icc.gig.cymru/brechlyncovid**

A allaf barhau i ddal COVID-19 ar ôl cael y brechlyn?

Cael brechiad yw un o'r ffyrdd gorau o atal salwch difrifol rhag COVID-19. Gall gymryd ychydig wythnosau i'ch corff adeiladu amddiffyniad rhag COVID-19 ar ôl y brechiad.

Fel pob meddyginiaeth, nid oes unrhyw frechlyn yn gwbl effeithiol - efallai y bydd rhai pobl yn dal i gael COVID-19 er gwaethaf cael brechiad, ond dylai eu symptomau fod yn llai difrifol.

Beth am roi cydsyniad?

Os ydych yn rhiant neu ofalwr gyda chyfrifoldeb rhiant am blentyn neu berson ifanc, gofynnir i chi roi cydsyniad ar sail gwybodaeth (caniatâd) iddynt gael y brechlyn.

Mewn rhai amgylchiadau, gall pobl ifanc o dan 16 oed fod yn ddigon aeddfed i roi caniatâd eu hunain os ydynt yn deall yn iawn beth sy'n cael ei gynnig, er ei bod yn well bod rhieni neu ofalwyr yn rhan o'u penderfyniad ynghylch cael y brechlyn.

Bydd y nyrs neu'r sawl sy'n rhoi'r brechiad yn gallu trafod y brechlyn yn yr apwyntiad ac ateb unrhyw gwestiynau.

Er mwyn helpu i atal feirysau rhag lledaenu, cofiwch:

Ei ddal

Defnyddiwch hances bapur pan fyddwch chi'n tisian neu'n peswch.

Ei daflu

Rhowch yr hances bapur yn y bin cyn gynted â phosibl.

Ei ddifa

Golchwch eich dwylo neu defnyddiwch hylif diheintio dwylo.

Mae'r wybodaeth yn y daflen hon yn gywir ar adeg ei chyhoeddi. I gael yr wybodaeth ddiweddaraf, ewch i **icc.gig.cymru/brechlynnau**

Rhagor o wybodaeth

Os oes gennych unrhyw gwestiynau, neu os hoffech mwy o wybodaeth, gallwch ymweld â **111.wales.nhs.uk** (safle allanol), siaradwch â'ch meddyg neu nyrs neu cysylltwch â **GIG 111 Cymru drwy ffonio 111.**

Gallwch gael rhagor o wybodaeth am frechlynnau a gynigir yng Nghymru o **icc.gig.cymru/brechlynnau**

I gael rhagor o wybodaeth am y brechlyn, gan gynnwys ei gynnwys a'i sgîl-effeithiau posibl, ewch i **medicines.org.uk/emc** (safle allanol, Saesneg yn unig). Rhowch enw'r brechlyn yn y blwch chwilio. Gallwch hefyd weld y daflen i gleifion ar-lein.

Dylech roi gwybod am sgil-effeithiau a amheuir ar-lein yn **www.mhra.gov.uk/yellowcard** (safle allanol, Saesneg yn unig), drwy lawrlwytho ap y Cerdyn Melyn, neu drwy ffonio **0800 731 6789** (Dydd Llun i Ddydd Gwener, 9yb i 5yh).

I gael gwybod sut mae'r GIG yn defnyddio'ch gwybodaeth, ewch i **111.wales.nhs.uk/amdanomni/eichgwybodaeth** (safle allanol).

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Further information

If you have any questions or want more information, you can visit **111.wales.nhs.uk** (external site), talk to your doctor or nurse, or contact NHS 111 Wales by calling **111**.

You can find out more information on vaccines offered in Wales at **phw.nhs.wales/vaccines**

To find out more about the vaccine, including its contents and possible side effects, go to **medicines.org.uk/emc** (external site). Enter the name of the vaccine in the search box. You can also see the patient leaflet online.

You should report suspected side effects online at **www.mhra.gov.uk/yellowcard** (external site), by downloading the Yellow Card app, or by calling **0800 731 6789** (Monday to Friday, 9am to 5pm).

To find out how the NHS uses your information, go to **111.wales.nhs.uk/AboutUs/Yourinformation** (external site).

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Can I still catch COVID-19 after having the vaccine?

Vaccination is one of the best ways to prevent severe illness from COVID-19. It may take a few weeks for your body to build up protection against COVID-19 after the vaccination.

Like all medicines, no vaccine is completely effective – some people may still get COVID-19 despite having a vaccination, but their symptoms should be less severe.

What about giving consent?

If you are a parent or carer with parental responsibility for a child or young person, you will be asked to give informed consent (permission) for them to have the vaccine.

In some circumstances, young people under the age of 16 may be mature enough to give consent themselves if they fully understand what is being offered, although it is best that parents or carers are involved in their decision about having the vaccine.

The nurse or person giving the vaccination will be able to discuss the vaccine at the appointment and answer any questions.

To help stop viruses spreading, remember to:

Catch it

Use a tissue when you sneeze or cough.

Bin it

Put the tissue in the bin as soon as possible.

Kill it

Wash your hands or use hand sanitiser.

The information in this leaflet is correct at the time of publication. For the most up-to-date information, please visit **phw.nhs.wales/vaccines**

Who shouldn't have a spring vaccine?

There are very few people who should not have a COVID-19 vaccine.

The vaccine should not be given to anyone who has had:

- a confirmed serious allergic reaction (anaphylaxis) to any of its ingredients; or
- a confirmed serious allergic reaction (anaphylaxis) to a previous dose of the same COVID-19 vaccine.

You should discuss this with the doctor or specialist responsible for your care. You should report suspected side effects of vaccines and medicines online at **www.mhra.gov.uk/yellowcard** (external site), by downloading the Yellow Card app, or by calling **0800 731 6789** (Monday to Friday, 9am to 5pm).

Can COVID-19 vaccines be given at the same time as other vaccines?

Yes, COVID-19 vaccines can be given at the same time as other vaccines. For the latest advice on this, please visit **phw.nhs.wales/covidvaccine**

What should I do if I have already had COVID-19?

If you have already had COVID-19 this won't always protect you against future infections, so you should still have the vaccine.

If you are unwell it is better to wait until you have recovered before you have the vaccine. Try to get the vaccine as soon as possible once you are well.

You can find more information and patient leaflets at **phw.nhs.wales/covidvaccine**

An uncommon side effect after the COVID-19 vaccine is swollen glands in the armpit or neck, on the same side as the arm where you had the vaccine. This can last for around 10 days, but if it lasts longer contact your GP surgery for advice. If you are due for breast screening (a mammogram) in the few weeks after the vaccine, mention you've had the COVID-19 vaccine when you attend.

Rare cases of inflammation of the heart (called myocarditis or pericarditis) have been reported after some COVID-19 vaccines. These cases have been seen mostly in younger men within several days after vaccination. Most of these people recovered and felt better following rest and simple treatment.

You should get medical advice urgently if you have:

- chest pain;
- shortness of breath; or
- a fast-beating, fluttering or pounding heart.

Other side effects are uncommon or very rare.

If your symptoms seem to get worse or if you are concerned, call NHS **111** or your GP surgery. If you do get advice from a doctor or nurse, make sure you tell them what vaccines you have had so they can assess you fully.

Which vaccine will I be offered?

You will be offered the most appropriate vaccine, which may be the same or different from the vaccines you have had before. Vaccines are a safe and effective way to protect yourself.

All medicines and vaccines have passed strict safety standards for use in the UK and are very safe. As with all medicines and vaccines, any reports of side effects of the COVID-19 vaccine are closely monitored and reviewed.

Are there any side effects?

Like all medicines, vaccines can cause side effects. This is because vaccines work by prompting a response in your immune system. Most side effects are mild and short term, and not everyone gets them.

You can find out more about the side effects of the vaccine at **medicines.org.uk/emc** (external site). You will need to enter the name of the vaccine in the search box. You can also see the patient leaflet online.

Common side effects in the first day or two include:

- a heavy feeling or soreness where you had the injection;
- general aches or mild flu-like symptoms;
- feeling sick or vomiting;
- diarrhoea;
- having a headache; and
- mild fever.

You may have a mild fever for two to three days after having a vaccine. However, a high temperature is unusual and may be because you have another infection or illness. If you are worried, speak to your doctor or nurse. You can take paracetamol (follow the advice in the packet and do not take more than the recommended dose), and rest to help you feel better. Children under 16 should not be given medicines that contain aspirin.

When will the spring vaccine be given?

If you are eligible for a spring dose it will be offered between April and June, around six months (and not before three months) after your last dose of vaccine. If you are unwell between April and June, you may be able to have the vaccine in July. If you will be turning 75 between April and June, you will be called for your vaccination during the programme – you do not need to wait for your birthday.

How will I get my vaccination?

The NHS will contact you to let you know when and where to have the vaccine. It's important to attend the appointment when invited.

If you can't attend, please let the booking team know so they can give your appointment to someone else. The team's contact details are on the appointment letter.

You can find more information on how to get the vaccination at **gov.wales/covid-19-vaccination-programme** (external site).

Some people are eligible for a spring COVID-19 vaccination. This leaflet explains what it is and how to get it.

What is COVID-19?

COVID-19 is a very infectious respiratory disease caused by a virus. It is more serious in older people and those with certain health conditions.

Why do some people need a spring vaccination?

Like some other vaccines, levels of protection may begin to reduce over time. The spring dose will help protect you for longer.

It will also help to reduce the risk of you needing to go to hospital due to COVID-19 infection.

Who will be offered a spring vaccine?

The spring dose will be offered to groups of people who are at greater risk if they get COVID-19. These are:

- people aged 75 and older;
- residents in care homes for older people; and
- anyone aged six months and over who has a weakened immune system.

Mae Brechu yn achub bywydau
Vaccination saves lives

COVID-19 vaccination

A guide to the spring COVID-19 vaccination

Mae'r gwybodaeth hon ar gael yn Gymraeg.
This information is available in Welsh.

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