

# How to protect you and your baby

This leaflet tells you about vaccines  
you can have when you are pregnant



**Mae'r llyfryn hon ar gael yn Gymraeg. You can get this booklet in Welsh.**

## Protecting you and your baby



When you are pregnant, your body has to work hard to keep you and your baby healthy.



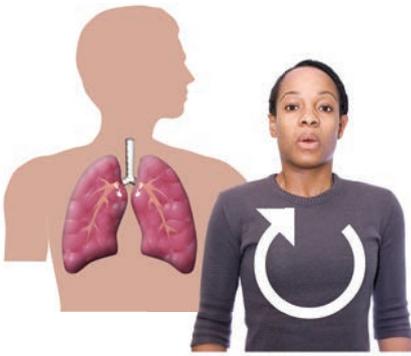
If you catch some illnesses your body finds it harder to fight them off.

This means you and your baby have more chance of being very poorly.



Some of the illnesses that can make you and your baby very poorly are:

- Whooping cough.
- Respiratory Syncytial Virus.  
This is called **RSV** for short.
- Flu.
- COVID-19.



All of these illnesses can affect your lungs and your breathing.



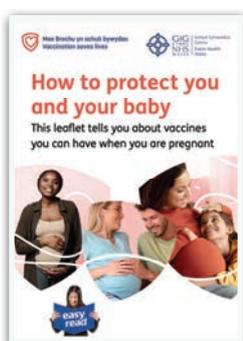
This can be very serious. You or your baby might need to go to hospital.



It is really important to protect you and your baby from these illnesses.

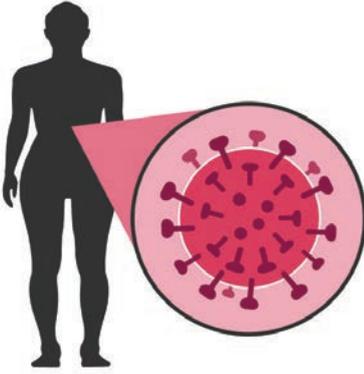


There are some vaccines you can have to protect you and your baby. The vaccines are free to pregnant people.



This leaflet tells you more about 4 vaccines.

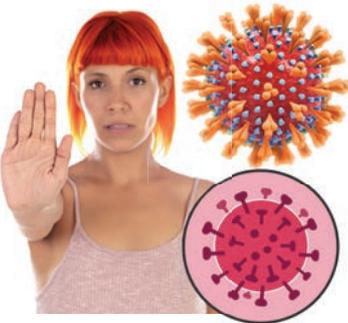
## What is a vaccine



A **vaccine** is a medicine that helps to keep you safe from catching an illness.



Getting a vaccine is usually done by giving you an injection at the top of your arm.



Your body then knows how to fight the illness if you catch it in the future.



A vaccine cannot stop you from catching an illness but it can make you less poorly if you do catch it.



You have the vaccine when you are pregnant so you can pass on a bit of protection to your baby.

This means they are protected as soon as they are born.



All of the vaccines in this leaflet are safe to have when you are pregnant. They will not hurt you or your baby.



Your midwife will tell you more about vaccines and how to get them.

# When to have your vaccines



## Whooping cough vaccine

Whooping cough starts off a bit like a cold. Then after a week or so you get a really bad cough.



The coughing can make it hard to breathe. You might also feel like you can't breathe.



The best time to have this vaccine is between 16 and 32 weeks pregnant.



You can have it after 32 weeks but it might not work as well.

## RSV Vaccine



RSV can affect your lungs and breathing. It can also cause ear infections.



If babies find it hard to breathe they find it harder to drink milk too.



Some babies with RSV get very poorly and have to go into hospital.



The best time to have this vaccine is between 28 and 36 weeks pregnant. You should have it as soon as you are offered it.



You can have it after 36 weeks but it might not work as well.

## Flu vaccine



If you are pregnant, there is more chance of becoming more poorly than if you are not pregnant. Flu can also be very serious for babies.



You can have your flu vaccine at any time when you are pregnant.

## COVID-19 vaccine



All people who are pregnant should have the COVID-19 vaccine.



You can have the vaccine at any time between October and February. It doesn't matter how many weeks pregnant you are.

## Side effects



Side effects are things that might happen to you after you have had a vaccine.

Not everyone has side effects.

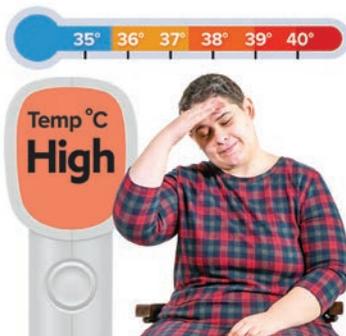


Side effects usually only last up to 2 to 3 days.

You might:



- Have a sore or swollen arm where you had the injection.



- Have a fever. This is when you have high temperature of 38 degrees or more on a thermometer.



- Feel very tired.



- Have aches in your body.



- Have a headache.



- Poo a lot or have more runny or soft poo.

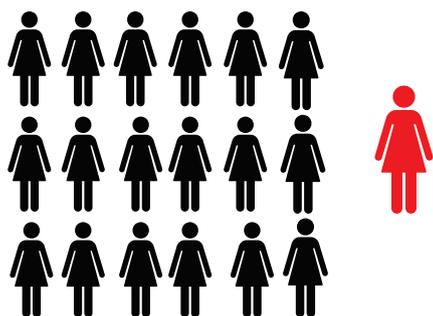


After the COVID-19 vaccine some people have a sore or swollen neck or armpit.

This is on the same side as they had their injection.



This should get better within 10 days. If it lasts any longer, you should speak to your midwife or doctor.



Serious side effects are very rare. This means that not a lot of people have them.



If you are worried or your side effects get worse, speak to your doctor or midwife

**or**



call **NHS 111**

## Breastfeeding



These vaccines are safe to have if you are breastfeeding.

You do not need to stop breastfeeding before or after you have the vaccines.

## Gelatine



**Gelatine** is something that is sometimes found in food. It is made from parts of animals like pigs.



For some people it is important to them that they do not have any pork or gelatine.



There is no gelatine in any of the vaccines.

## More information



If you want more information about the vaccines, you can speak to your midwife or local doctor.



You can also phone NHS 111 Wales.

### Phone 111

It is free to call this number.



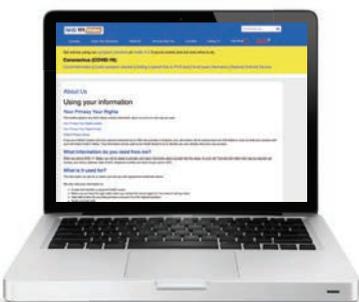
There is more information on the NHS 111 Wales website:

**[111.wales.nhs.uk](https://111.wales.nhs.uk)**



You can look on the Public Health Wales website:

**[phw.nhs.wales/vaccines](https://phw.nhs.wales/vaccines)**



To find out how the NHS uses your information, visit:

**[111.wales.nhs.uk/AboutUs/Yourinformation](https://111.wales.nhs.uk/AboutUs/Yourinformation)**

# Mwy o wybodaeth

Os hoffech chi gael mwy o wybodaeth am y brechlynnau gallwch chi siarad â'ch bydwraig neu'ch meddyg lleol.

Gallwch chi hefyd ffonio GIG 111  
Cyrmu. **Ffoniwch 111**

Mae'n bosib ffonio'r rhif yma am  
ddim.

Mae rhagor o wybodaeth ar  
wefan GIG 111 Cyrmu:  
**111.wales.nhs.uk**

Mae mwy o wybodaeth ar gael ar  
wefan Iechyd Cyhoeddus Cyrmu:  
**ic.gig.cyrmu/brechlynnau**

I gael gwybod sut mae'r GIG yn  
defnyddio'ch gwybodaeth, ewch i:  
**111.wales.nhs.uk/amdanomi/**  
**eichgwybodaeth**



## Bwydo ar y fron

Mae'n ddiogel cael y brechlynnau hyn os ydych chi'n bwydo ar y fron.

Nid oes angen i chi stopio bwydo ar y fron neu ar ôl i chi gael y brechlynnau.



## Gelatin

Mae **gelatin** yn rhywbeth sydd mewn bwyd weithiau. Mae'n cael ei wneud o rannau o anifeiliaid fel moch.

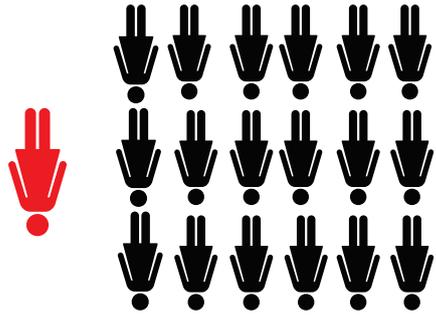
Mae'n bwysig i rai pobl nad ydyn nhw'n bwyta porc na gelatin.



Nid oes gelatin yn unrhyw un o'r brechlynnau.



Dylai hyn wella o fewn 10 diwrnod.  
Os yw'n para'n hirach, dylech siarad  
â'ch bydwraig neu'ch meddyg.



Mae sgl-ffeithiau difrifol yn brin  
iawn. Mae hyn yn golygu nad oes  
llawer o bobl yn eu cael nhw.



Os ydych chi'n poeni neu os bydd eich  
sgil-ffeithiau'n mynd yn waeth  
siaradwch â'ch meddyg neu'ch  
bydwraig

neu

ffoniwch GIG 111





● Byddwch chi'n teimlo'n flinedig iawn.



● Byddwch chi'n cael poenau yn eich corff.



● Byddwch chi'n cael pen tost neu gur pen.



● Byddwch chi'n gwneud pŵ yn aml neu bydd eich pŵ yn rhydd neu'n feddal.



Ar ôl cael brechlyn COVID-19 bydd gan rai pobl wddf neu gesail sy'n boenus neu wedi chwyddo.  
Mae hyn ar yr un ochr ag y cawsant eu pigiad.

# Sgil-ffeithiau

Sgil-ffeithiau yw pethau a allai ddigwydd i chi ar ôl i chi gael brechlyn.

Nid yw pawb yn cael sgil-ffeithiau.



Efallai:

- Bydd eich braich yn boenus neu wedi chwyddo lle cawsoch chi'r pigiad.



- Bydd gennyh chi wres. Pan fydd gennyh chi dymheredd uchel o 38 gradd neu fwy ar thermometr.



Gallwch chi gael y brechlyn unrhyw  
 bryd rhwng mis Hydref a mis  
 Chwefror. Does dim ots sawl wythnos  
 rydych chi wedi bod yn feichlog.



Dylai pawb sy'n feichlog gael brechlyn  
 COVID-19.



## Brechlyn COVID-19

Gallwch chi gael eich brechlyn ffliw  
 unrhyw bryd pan fyddwch chi'n  
 feichlog.



Os ydych chi'n feichlog mae mwy o  
 siawns o fynd yn sal nag os nad ydych  
 chi'n feichlog. Mae'r ffliw yn gallu bod  
 yn ddifrifol iawn i fabanod hefyd.



## Brechlyn y ffliw

# Brechlyn RSV

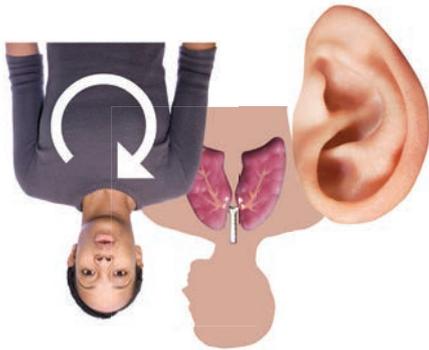
Mae RSV yn gallu effeithio ar eich ysgyfaint a'ch anadlu. Mae'n gallu achosi heintiau yn y glust hefyd.

Os yw babanod yn cael trafferth anadlu maen nhw'n cael mwy o drafferth yfed llaeth hefyd.

Mae rhai babanod sydd ag RSV yn mynd yn sâl iawn ac yn gorfod mynd i'r ysbty.

Yr amser gorau i gael y brechlyn hwn yw pan fyddwch chi wedi bod yn feichiog am rhwng 28 a 36 wythnos. Dylech chi ei gael cyn gynted ag y cewch ei gynniig.

Gallwch chi ei gael ar ôl 36 wythnos ond efallai na fydd yn gweithio cystal.



# Pryd i gael eich brechlynnau

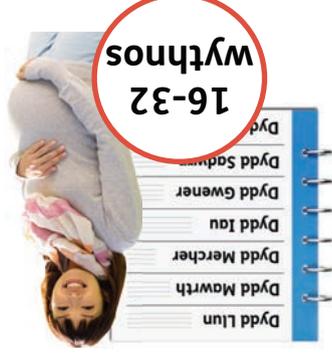
## Brechlyn y pas

Mae'r pas yn dechrau'n debyg i  
annwyd. Yna ar ôl rhyw wythnos  
rydych chi'n cael peswch gwael iawn.

Mae'r peswch yn gallu gwneud  
anadu'n anodd. Efallai y byddwch  
chi'n teimlo na allwch chi anadu  
hefyd.



Yr amser gorau i gael y brechlyn hwn  
yw pan fyddwch chi wedi bod yn  
feichlog am rhwng 16 a 32 wythnos.



Gallwch chi ei gael ar ôl 32 wythnos  
ond efallai na fydd yn gweithio cystal.





Bydd eich bydwaig yn dweud mwy wrthoch chi am frechlynnau a sut i'w cael.



Mae'n ddiogel cael pob un o'r frechlynnau yn y darfen hon pan fyddwch chi'n feichlog. Fyddan nhw ddim yn brifo chi na'ch babi.



Byddwch chi'n cael y brechlyn pan fyddwch chi'n feichlog felly gallwch chi roi rhywfaint o amddiffyniad i'ch babi.  
Mae hyn yn golygu bod y babi yn cael ei amddiffyn pan fydd yn cael ei eni.

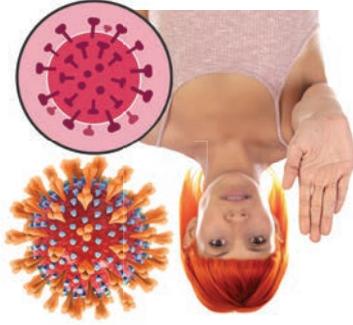
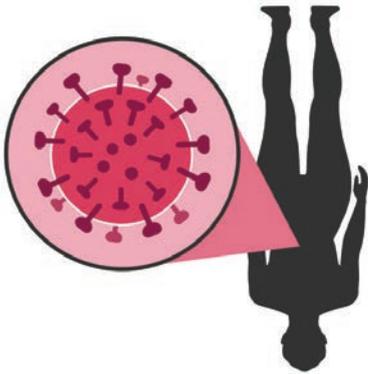
# Beth yw brechlyn

Mae **brechlyn** yn feddyginaeth sy'n helpu i'ch cadw chi'n ddiogel rhag dal salwch.

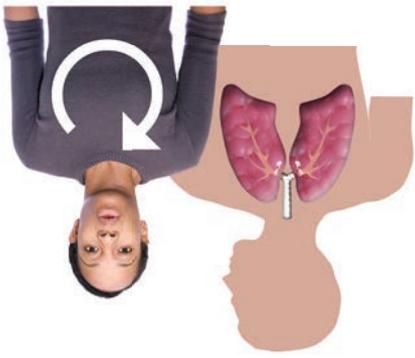
Fel arfer byddwch chi'n cael brechlyn trwy roi pigiad i chi ar eich braich.

Yna mae eich corff yn gwybod sut i frwydro yn erbyn y salwch os byddwch chi'n ei ddal yn y dyfodol.

Nid yw brechlyn yn gallu eich stopio chi rhag dal salwch ond mae'n gallu eich gwneud yn llai i'ch dal os byddwch yn ei ddal.



Mae pob un o'r arfychdon hyn yn gallu effeithio ar eich ysgyfaint a'ch anadlu.



Mae hyn yn gallu bod yn ddifrifol iawn. Efallai y bydd angen i chi neu'ch babi fynd i'r ysbty.



Mae'n bwysig iawn eich amddiffyn chi a'ch babi rhag y salwch hyn.



Rydych chi'n gallu cael rhai brechlynnau sy'n amddiffyn chi a'ch babi. Mae'r brechlynnau yn rhad ac am ddim i bobl feichlog.



Mae'r datlen hon yn dweud mwy wrthoch chi am 4 brechlyn.



# Eich amddiffyn chi a'ch babi

Pan fyddwch chi'n feichio maen rheid i'ch corff weithio'n galed i'ch cadw chi a'ch babi yn iach.



Os byddwch chi'n dal rhai afiechydon maen fwy anodd i'ch corff chi eu hymladd. Mae hyn yn golygu bod gennyh chi a'ch babi fwy o siawns o fod yn sal iawn.



Dyma rai o'r afiechydon sy'n gallu eich gwneud chi a'ch babi yn sal iawn:

- Y pas.
- Feirws Syncytioi Anadlol.
- RSV yw'r enw arall ar gyfer hyn.
- Y fflw.
- COVID-19.



# Sut mae amddiffyn chi a'ch babi!

Mae'r datfen hon yn rhoi gwybodaeth am  
y brechlynnau y gallwch chi eu cael pan  
fyddwch chi'n feichio



Mae Brechu yn achub bywydau  
Vaccination saves lives

