



Mae Brechu yn achub bywydau  
Vaccination saves lives



GIG  
CYMRU  
NHS  
WALES

Iechyd Cyhoeddus  
Cymru  
Public Health  
Wales

# Flu vaccine

## Information for people having the flu vaccine by injection



Mae'r daflen hon ar gael yn Gymraeg. You can get this leaflet in Welsh.

## About flu



Flu is an illness that can make you feel very ill.



Lots of people get flu every year. It can spread easily to other people by coughing or sneezing.

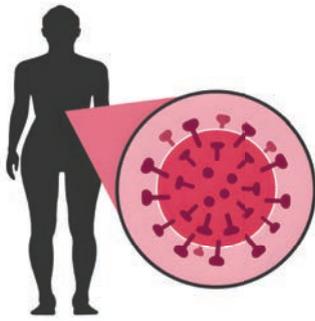


Flu can be very serious. It can make some people very poorly and have to go into hospital.



It is really important to try to protect yourself from flu.

# 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.



Most children aged 2 to 17 years old have the flu vaccine as a spray up their nose instead.



Babies aged 6 to 12 months have the vaccine in the top of their leg.



It can take 2 weeks for the flu vaccine to start working.



The flu vaccine is very safe. It will not give you flu.



The flu vaccine may not always stop you from catching flu.

But it can help make you less poorly if you do catch it.



The flu vaccine can also help to stop you from passing flu onto other people.



You should have the flu vaccine every year to protect you from flu.

## Who can have the flu vaccine



Some people have more chance of being very poorly with flu.

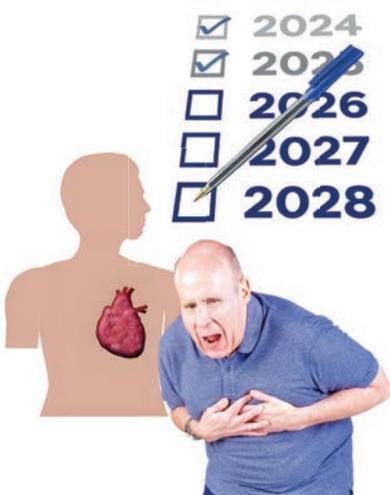


You should have the flu vaccine if you:

- Are pregnant.



- Are aged 65 or older.



- Are aged 6 months to 64 years old with a **long term health condition**.

A **long term health condition** is something that affects your body for 12 months or more.

Things like problems with your heart or breathing.



- Have a learning disability.



- Have a serious **mental health problem**.

**Mental health** is things like your thoughts, feelings and how you cope in everyday life.



Some other groups of people should also have the flu vaccine.



You should have the vaccine if you:

- Care for other people

or



- Live or work with people who have more chance of being poorly if they catch flu.

# Getting your flu vaccine



It is quick and easy to get the flu vaccine.



You can usually get it from September and October.



You should have the vaccine as soon as you are offered it.



Speak to your local doctors or ask at the chemist to find out where you can have the vaccine.



You can have the flu vaccine at the same time as most other vaccines.



The doctor or nurse will talk to you about this at your appointment.



If you are worried about needles, tell the person who is giving you the vaccine. They will support you.

## What to do if you are ill when it is time to have the vaccine



If you are unwell, it is best to wait until you feel better.



You should cancel your appointment and make a new one.

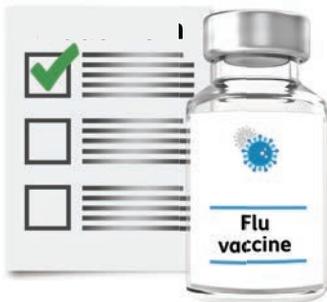
But you should try to have the vaccine as soon as possible.

## Who should not have the vaccine



Most people who are allergic to something can have the flu vaccine with no problems.

You should **not** have the vaccine if you:



- Are allergic to something that the vaccine is made from and it gives you a **serious reaction**

or



- Have had a **serious reaction** to the flu vaccine before.



A **serious reaction** is when:

- You find it hard to breathe.



- You feel confused, faint and you cannot be woken up.



- Your face, neck or tongue start to swell up.



Tell the person giving you the vaccine if you have had a serious reaction to the vaccine before.

## Side effects



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

Not everyone has side effects.



Any side effects should only last for 1 or 2 days.



Things you might feel after the flu vaccine are:

- Having a sore arm where you had the injection.



- Having aches in your body or having a headache.



- Feeling tired.



- Not feeling hungry.



- Pooing a lot or having more runny or soft poo than is normal for you.



Babies and young children might also:

- Be upset or cry a lot.



- Not feel very hungry.



- Be very sleepy.



If you are worried about side effects, speak to your local nurse or doctor.

## More information



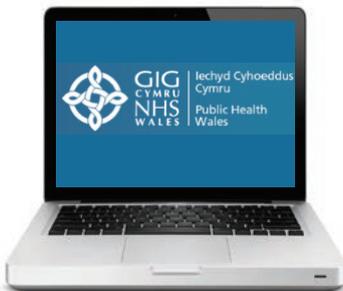
If you want more information about the vaccine, you can speak to your doctor.



You can also phone NHS 111 Wales.

### **Phone 111**

It is free to call this number.



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)**

# Rhagor o wybodaeth

Rydych chi'n gallu siarad â'ch meddyg os ydych chi eisiau mwy o wybodaeth am y brechlyn.

Rydych chi'n gallu ffonio GIG 111  
Cyrru hefyd.

## Ffonio 111

Mae'n rhad ac am ddim i ffonio'r rhif  
hwn.



Ewch i'r wefan hon i gael gwybod sut  
mae'r GIG yn defnyddio eich  
gwybodaeth chi:

**111.wales.nhs.uk/amdanomi/  
eichgwybodaeth**

**!cc.gig.cymru/brechlynau**

Rydych chi'n gallu edrych ar wefan  
Iechyd Cyhoeddus Cymru:



- Yn gysgilyd iawn.

Siaradwch â'ch nyrs neu feddyg lleol os ydych chi'n poeni am sgil-effithiau.



- Dim yn teimlo'n llwglyd iawn.



- Yn ofidus neu'n crio lot.

Efallai bydd babanod a phlant bach hefyd:



- Mynd i'r tŷ bach i gael pŵ yn fwy aml neu gael mwy o pŵ dyfrllyd neu feddal nag ydych chi fel arfer.



- Dim yn teimlo'n llwglyd.

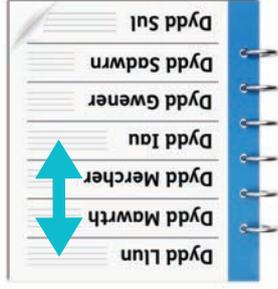


- Teimlo wedi blino.

# Sgîl-effithiau

**Sgîl-effithiau** yw pethau sy'n gallu digwydd i chi ar ôl i chi gael y brechlyn.

Fydd pawb ddim yn cael sgîl-effithiau.



Mae sgîl-effithiau fel arfer yn gwella ar ôl 1 neu 2 ddiwrnod.

Mae'n bosibl y byddwch chi'n teimlo'r pethau canlynol ar ôl i chi gael brechlyn ffliw:

- Braich boenus lle cawsoch y pigiad.



- Y corff yn brifo neu gur pen/pen tost.

## Adwath difrifol yw pan fyddwch chi:

- Yn cael trafferth anadlu.
- Yn teimlo'n ddrwslyd, yn benysgafn a dydy hi ddim yn bosibl eich deffro chi.
- Bydd eich wyneb, gwddf neu da fod yn dechrau chwyddo.



Rhowch wybod i'r person sy'n rhoi'r brechlyn i chi os ydych chi wedi cael adwath difrifol i'r brechlyn o'r blaen.

# Pwy na ddylai gael y brechlyn

Mae'r rhan fwyaf o bobl sydd ag alergedd i rywbeth yn gallu cael brechlyn ffliw heb broblem.



**Ddylech chi ddim cael y brechlyn os oes gennych chi:**

- Alergedd i rywbeth sydd yn y brechlyn sy'n achosi i chi gael **adwaith difrifol**



neu

- Os ydych chi wedi cael **adwaith difrifol** i'r brechlyn ffliw o'r blaen.





Dylech chi ganslo eich apwyntiad a threfnu apwyntiad newydd. Ond dylech chi geisio cael y brechlyn cyn gynted â phosibl.



Os ydych chi'n sâl, mae'n well aros nes eich bod chi'n teimlo'n well i gael y brechlyn.

## Beth ddylech chi ei wneud os ydych chi'n sâl pan fydd yn amser i chi gael y brechlyn



Dywedwch wrth y person sy'n rhoi'r brechlyn i chi os ydych chi'n poeni am nodwyddau. Bydd y person yn eich cefnogi chi.



Bydd y meddyg neu'r nyrs yn trafod hyn gyda chi yn eich apwyntiad.

# Cael eich brechlyn ffiw

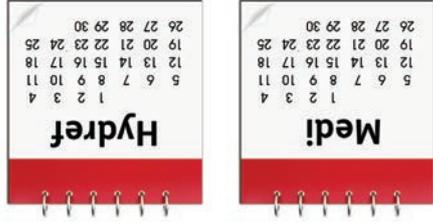
Mae cael y brechlyn ffiw yn gyflym ac yn hawdd.

Fel arfer gallwch chi gael y brechlyn rhyng mis Medi a mis Hydref.

Dylech chi gael y brechlyn cyn gynted â phosib ar ôl cael cynnig.

Siaradwch â'ch meddygon lleol neu holwch yn y fferyllfa i gael gwybod ble gallwch chi gael y brechlyn.

Gallwch chi gael y brechlyn ffiw ar yr eraill.  
un pryd â'r rhan fwyaf o frechlynnau





- Yn byw neu'n gweithio gyda phobl sydd â mwy o siawns o fod yn sâl os ydyn nhw'n dal ffliw.

neu os ydych chi



- Yn gofalu am bobl eraill

Dylech chi gael y brechlyn os ydych chi:



Dylai rhai grwpiau eraill o bobl gael y brechlyn ffliw hefyd.

dydd.

**Iechyd meddwl** yw pethau fel eich meddyliau, eich teimladau a sut rydych chi'n ymdopi â bywyd bob



- A phroblem iechyd meddwl ddifrifol.

- Ag anabledd dysgu.



# Pwy sy'n gallu cael y brechlyn ffiw

Mae rhai pobl yn gallu mynd yn sâl iawn os ydynt yn dal ffiw.



Dylech chi gael y brechlyn ffiw os ydych chi:

- Yn feichlog.



- Yn 65 oed neu'n hyn.

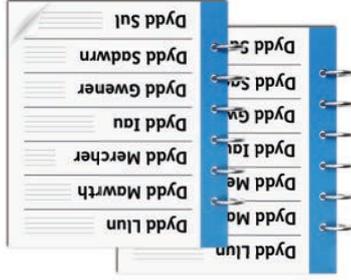


- Rhwng 6 mis a 64 oed ac yn

dioddef o gyflwr iechyd hirdymor. Mae cyflwr iechyd hirdymor yn rhywbeth sy'n effeithio ar eich corff am 12 mis neu fwy.

Pethau fel problemau gyda'ch calon neu anadlu.





Mae'n gallu cymryd 2 wythnos i'r brechlyn ffiw ddechrau gweithio.

Mae'r brechlyn ffiw yn ddiogel iawn. Fydd y brechlyn ffiw ddim yn rhoi ffiw i chi.



Dydych chi'n brechlyn ffiw ddim bob amser yn atal pobl rhag dal ffiw. Ond mae'r brechlyn yn gallu helpu i'ch gwneud chi yn llai os byddwch chi'n dal ffiw.



Mae'r brechlyn ffiw hefyd yn gallu helpu i'ch rhwystro chi rhag ffiw i bobl eraill.



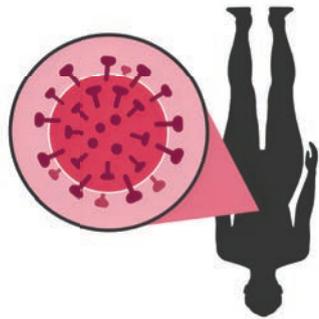
Dylech chi gael y brechlyn ffiw bob blwyddyn i'ch amddiffyn chi rhag ffiw.



# Beth yw brechlyn

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

Mae brechlynnau fel arfer yn cael eu rhoi trwy bigiad yn rhan uchaf eich braich.



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

Mae'r rhan fwyaf o blant rhwng 2 a 17 oed yn cael y brechlyn ffiw fel chwistrell i fyny eu trwyn yn lle pigiad.



Mae babanod rhwng 6 a 12 mis oed yn cael y brechlyn yn rhan uchaf eu coes.

Mae ffliw yn salwch sy'n gallu gwneud  
i chi deimlo'n sâl iawn.

Mae llawer o bobl yn cael ffliw bob  
blwyddyn. Mae ffliw yn gallu  
lledaenu'n hawdd i bobl eraill trwy  
besychu neu disian.

Mae ffliw yn gallu bod yn ddifrifol  
iawn. Mae'n gallu gwneud rhai pobl  
yn sâl iawn a byddant yn gorfod mynd  
i'r ysbyty.

Mae'n bwysig iawn ceisio diogelu eich  
hun rhag ffliw.





Gwybodaeth i bobl sy'n cael y brechlyn fflw trwy bigiad

# Y brechlyn fflw

Mae Brechu yn achub bywydau  
Vaccination saves lives

