Mae Brechu yn achub bywydau
Vaccination saves lives

GIG CYMRU NHS WALES | Iechyd Cyhoeddus Cymru | Public Health Wales

Flu Immunisation Programme

Briefing document for head teachers and school staff

This briefing is for **primary schools, secondary schools and other educational settings** on the school-aged influenza (flu) vaccination programme in Wales this autumn/winter.

Please ensure that all school staff who need to know about the programme have access to this information.

> **!** **Having a flu vaccine every year is one of the best ways to protect against flu**

3 reasons for having the flu vaccine:

1. The flu vaccine helps **protect school children and others** from flu-related illness, which can be serious – even for children who are healthy.

2. It's **quick, easy, and safe**. The flu vaccine routinely offered to children in school is a quick and painless nasal spray.

3. The flu vaccine helps **prevent flu related absences from school**.

Eligibility for flu vaccination

- **All school children** in Wales, from **reception class up to and including school year 11**, will be offered a free flu vaccination this autumn/winter to help protect them from flu. In some areas, younger children (aged two to three) are offered their flu vaccine in nursery settings.
- **School staff at increased risk of complications if they catch flu are also eligible** to get the free flu vaccine from their GP surgery or a community pharmacy. Some local authorities may offer flu vaccination for school staff through their occupational health service, but this is not part of the NHS vaccination programme. More information on eligibility can be found at **phw.nhs.wales/fluvaccine/eligibility**

About flu and the flu vaccine

- Flu can be very serious. It is caused by a virus and some children can develop serious complications, such as bronchitis, pneumonia and ear infections.
- Most years some children need treatment in intensive care because of flu. In 2024 over 460 children and young people in Wales went to A&E with flu.
- There are outbreaks of flu most winters. In a normal winter, thousands of people will die from flu-related illnesses in the UK. **Having a flu vaccine every year is one of the best ways to protect against flu.**
- Most children will receive the flu vaccine as a **painless nasal spray**. This is a fine mist that is sprayed up the nose from the tip of each nostril. The nasal spray is the recommended flu vaccine for most children and young people. **It does not cause flu.**

- A small number of children cannot have the nasal spray because of some pre-existing medical conditions or treatments. The consent form asks parents/guardians questions that will help the team giving the vaccines to identify these children. These children may be offered the flu vaccine by **injection**. The flu injection may be offered in the same school session, or children may be asked to attend a community vaccination centre or their GP surgery to receive the injection.
- The nasal spray vaccine contains small traces of highly purified pork gelatine, which is also used in a range of essential medicines, however, flu injections are gelatine-free. Some faith groups such as the Muslim and Jewish communities have approved the use of non-oral medicines and vaccines that contain gelatine. More information is available here: **phw.nhs.wales/PorkGelatine**
- The nasal spray vaccine is the recommended vaccine for children who can receive it as it offers effective protection. However, those who would prefer their child to have the alternative gelatine free vaccine by injection, should inform the school nurse or immunisation team.
- To find out more about the flu vaccines available, including their 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 can find the name of the vaccine at **phw.nhs.wales/AboutTheFluVaccine**

Consent packs and flu vaccination information

Consent packs for pupils and their parents or guardians will be supplied to schools before the scheduled school flu vaccination session. This may be paper based or in a digital format.

Each consent pack usually contains:

- A **letter (or email), leaflet and consent form**. The letter and leaflet gives pupils and parents/guardians an understanding of the vaccine and its benefits. Information is provided to enable informed consent for children and young people to receive the flu vaccine. Some schools will be asked to send these electronically.
- The leaflet is available in **accessible formats** (usually including Large Print, Easy Read, British Sign Language and Audio). To find these formats parents and guardians should be directed to: **phw.nhs.wales/vaccines/accessible-information**
- **A completed consent form is required before a vaccination is given**. While we recommend that pupils get **agreement from their parents/guardians**, some children in secondary school will be able to legally consent for themselves. This may include some children who are under 16, but only if they are assessed by the person giving the vaccine as being mature enough to fully understand what is being offered. This is called 'Gillick competence.' For more information about this, search consent here: **111.wales.nhs.uk** (external site), or speak to your school nurse or immunisation team.
- Where young people give their own consent, it is still preferred that parents/guardians are involved in the decision making. If the young person is in agreement, the parent/guardian will be informed that the vaccination has been given.
- Schools are asked to allow health professionals to use their clinical judgement in the application of Gillick competency assessment as a means of obtaining self-consent from young people where appropriate.
- Any queries or concerns from parents/guardians about self-consent and the process of Gillick competency assessment should be directed to health board school nurse or immunisation teams.

How consent is collected:

- Your school may be asked to collect **completed paper consent forms** from parent/guardians on behalf of the school nursing or immunisation team, and to follow up on non-returned consent forms.
- Electronic consent forms are sent directly from the parents/guardians to the school nursing or immunisation team.
- Forms should be **returned by the deadline agreed** with the school nurse or immunisation team.

Who will give the vaccine to the children:

- The programme will be delivered by an NHS employed school nursing or immunisation team.
- They will administer the vaccination according to nationally set standards. NHS vaccinators have appropriate qualifications and training, including safeguarding training. They are also fully trained to answer any questions from pupils, teachers, and parents/guardians about the flu vaccine.

How your school can support the flu vaccination programme

The relationship between schools and the NHS school nursing/immunisation team is vital for protecting the health of future generations. The World Health Organization estimates that vaccination prevents up to 5 million deaths globally every year from diseases, including flu.

School support with the flu programme is highly valued and essential.

The following will help to maintain vaccination uptake and minimise disruption to the school:

- Ahead of the day of vaccinations, talk to the school nurse or immunisation team to arrange a suitable location and requirements.
- If requested, provide a complete list of eligible children and young people within the age cohort, including their parents/guardians' contact details.
- It's important to let parents/guardians know which day vaccinations will take place. The consent pack will contain this information. Please ensure the school consent packs are distributed to parents/guardians. Communication (e.g., an email or a text) can be sent to parents/guardians to remind them of the:
  - vaccination date(s); and
  - date they need to return the consent form by.
- Please **reassure** parents and care givers of the **effectiveness and safety** of the flu vaccine.
- Pupils and their parents/guardians many have questions about the vaccine. Let them know that further information is available at: **phw.nhs.wales/fluvaccine**
- Use school social media accounts or school communication channels to share relevant content available from **phw.brandkitapp.com**

Primary - 4 to 11 years

Secondary - 11 to 16 years (made with young people)

- Speak to your school nurse or immunisation team if you have any queries or are aware of any misinformation or disinformation being circulated about the vaccination.

Legislation and guidance are in place to support the administration of vaccination programmes in Wales and to facilitate the sharing of pupil information for the purposes of vaccinations for school aged children.

Further information is available from supporting the administration and management of childhood vaccination programmes delivered in schools available from **phw.nhs.wales/vaccines/Children-YoungPeople**

Further information about the flu vaccine

- Flu vaccines are safe and have been given to millions of children worldwide.
- Side effects are usually mild, and only last for a day or two, but not everyone gets them.
- The most common side effects are reduced appetite, feeling tired, headache, aching muscles and getting a temperature. Having the vaccine by nasal spray most commonly causes a runny or blocked nose. Having the vaccine by injection may cause a sore arm at the site of injection. Serious side effects are extremely rare.
- All vaccines used in Wales are tested on thousands of people before they are offered to us.
- The safety of all vaccines continues to be monitored by the Medicines and Healthcare products Regulatory Agency (MHRA) through the Yellow Card Scheme. Anybody can report suspected side effects of vaccines and medicines through the Yellow Card scheme. This can be done online at **www.mhra.gov.uk/yellowcard** (external site) or by calling **0800 731 6789** (Monday to Friday, 9am to 5pm).

A note of thanks

Delivering immunisation programmes through schools is vital for ensuring children and young people have easy access to vaccines. This helps to achieve high uptake of vaccination and reduces inequalities in health for children and young people.

Maintaining a high uptake of flu vaccination in children and young people improves protection for all by reducing the spread of flu in our communities.

We are grateful for the support of schools in hosting these vaccination sessions, and for communicating to parents and guardians when the sessions are scheduled to take place.

If you have any enquiries or questions regarding the delivery of the flu vaccination programme in your school, please direct these to the local health board school nursing/ immunisation team.

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**

Scan me to go to the school age children and young people webpage

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Rhagor o wybodaeth am y brechlyn ffliw

- Mae brechlynnau ffliw yn ddiogel ac wedi cael eu rhoi i filiynau o blant ledled y byd.
- Mae sgîl-effeithiau fel arfer yn ysgafn, a dim ond yn para am ddiwrnod neu ddau, ond nid yw pawb yn eu cael.
- Y sgîl-effeithiau mwyaf cyffredin yw llai o awydd bwyd, teimlo'n flinedig, cur pen, cyhyrau poenus a thymheredd. Sgîl-effaith mwyaf cyffredin cael y brechlyn drwy chwistrell drwynol yw trwyn yn rhedeg neu wedi blocio Gall cael y brechlyn drwy bigiad achosi braich ddolurus yn y fan lle cafodd y pigiad ei roi. Mae sgîl-effeithiau difrifol yn brin iawn.
- Mae pob brechlyn a ddefnyddir yng Nghymru yn cael ei brofi ar filoedd o bobl cyn iddynt gael eu cynnig i ni.
- Mae diogelwch pob brechlyn yn parhau i gael ei fonitro gan yr Asiantaeth Rheoleiddio Meddyginiaethau a Chynhyrchion Gofal Iechyd (MHRA) drwy'r Cynllun Cerdyn Melyn. Gall unrhyw un roi gwybod am yr hyn a amheuir i fod yn sgîl-effeithiau brechlynnau a meddyginiaethau drwy'r cynllun Cerdyn Melyn. Gellir gwneud hyn ar-lein yn **www.mhra.gov.uk/yellowcard** (safle allanol, Saesneg yn unig) neu drwy ffonio **0800 731 6789** (dydd Llun i ddydd Gwener, 9yb i 5yh).

Diolch

Mae cyflwyno rhaglenni imiwneiddio drwy ysgolion yn hanfodol er mwyn sicrhau bod gan blant a phobl ifanc fynediad hawdd at frechlynnau. Mae hyn yn helpu i sicrhau bod cynifer â phosib o bobl yn cael eu brechu ac yn lleihau anghydraddoldebau iechyd i blant a phobl ifanc.

Mae sicrhau bod nifer fawr o blant a phobl ifanc yn cael eu brechu rhag y ffliw yn gwella'r amddiffyniad i bawb drwy leihau lledaeniad y ffliw yn ein cymunedau.

Rydym yn ddiolchgar am gymorth ysgolion i gynnal y sesiynau brechu hyn, ac am gyfathrebu â rhieni a gwarcheidwaid ynglŷn â phryd y bwriedir cynnal y sesiynau.

Os oes gennych unrhyw ymholiadau neu gwestiynau ynglŷn â chyflwyno rhaglen brechu ffliw yn eich ysgol, cyfeiriwch nhw at dîm nyrsio ysgol/imiwneiddio'r bwrdd iechyd lleol.

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

Sganiwch fi i fynd i wefan plant a phobl ifanc oed ysgol

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Pwy fydd yn rhoi'r brechlyn i'r plant:

- Bydd y rhaglen yn cael ei chyflwyno gan dîm nyrsio ysgol neu dîm imiwneiddio a gyflogir gan y GIG.
- Byddant yn rhoi'r brechiad yn unol â safonau a osodwyd yn genedlaethol. Mae gan frechwyr y GIG gymwysterau a hyfforddiant priodol, gan gynnwys hyfforddiant diogelu. Maent hefyd wedi'u hyfforddi'n llawn i ateb unrhyw gwestiynau gan ddisgyblion, athrawon, a rhieni/gwarcheidwaid am y brechlyn ffliw.

Sut gall eich ysgol gefnogi'r rhaglen brechu rhag y ffliw

Mae'r berthynas rhwng ysgolion a thîm nyrsio ysgol/imiwneiddio'r GIG yn hanfodol ar gyfer diogelu iechyd cenedlaethau'r dyfodol. Mae Sefydliad Iechyd y Byd yn amcangyfrif bod brechu yn atal hyd at 5 miliwn o farwolaethau ledled y byd bob blwyddyn o glefydau, gan gynnwys y ffliw.

Mae cefnogaeth ysgolion gyda'r rhaglen ffliw yn cael ei gwerthfawrogi'n fawr ac yn hanfodol.

Bydd y canlynol yn helpu i sicrhau bod cynifer â phosibl yn cael eu brechu ac yn lleihau'r aflonyddwch i'r ysgol:

- Cyn diwrnod y brechiadau, siaradwch â'r nyrs ysgol neu'r tîm imiwneiddio i drefnu lleoliad addas a'u gofynion.
- Os gofynnir amdano, rhowch restr gyflawn o blant a phobl ifanc cymwys o fewn y garfan oedran, gan gynnwys manylion cyswllt eu rhieni/gwarcheidwaid.
- Mae'n bwysig rhoi gwybod i rieni/warcheidwaid pa ddiwrnod y bydd brechiadau'n digwydd. Bydd y pecyn cydsyniad yn cynnwys y wybodaeth hon. Gwnewch yn siŵr bod pecynnau cydsyniad yr ysgol yn cael eu dosbarthu i rieni/gwarcheidwaid. Gellir anfon neges (e.e., e-bost neu neges destun) at rieni/gwarcheidwaid i'w hatgoffa o'r canlynol:
  - dyddiad(au) brechu; ac
  - erbyn pa ddyddiad y mae angen iddynt ddychwelyd y ffurflen gydsynio.
- Rhowch **sicrwydd** i rieni a gofalwyr ynglŷn ag **effeithiolrwydd a diogelwch** y brechlyn ffliw.
- Gall disgyblion a'u rhieni/gwarcheidwaid fod â chwestiynau am y brechlyn. Rhowch wybod iddyn nhw fod rhagor o wybodaeth ar gael yn: **icc.gig.cymru/brechlynffliw**
- Defnyddiwch gyfrifon cyfryngau cymdeithasol yr ysgol neu sianeli cyfathrebu'r ysgol i rannu cynnwys perthnasol sydd ar gael o **phw.brandkitapp.com**

Cynradd - 4 i 11 oed

Uwchradd – 11 i 16 oed (wedi'i wneud gyda phobl ifanc)

- Siaradwch â'ch nyrs ysgol neu'r tîm imiwneiddio os oes gennych unrhyw ymholiadau neu os ydych yn ymwybodol o unrhyw gamwybodaeth sy'n cael ei lledaenu am y brechiad.

Mae deddfwriaeth a chanllawiau ar waith i gefnogi gweinyddu rhaglenni brechu yng Nghymru ac i hwyluso rhannu gwybodaeth am ddisgyblion at ddibenion brechiadau ar gyfer plant oedran ysgol.

Mae rhagor o wybodaeth ar gyfer cefnogi gweinyddu a rheoli rhaglenni brechu plant a gyflwynir mewn ysgolion ar gael o **icc.gig.cymru/brechlynnau/Plant-Pobllfanc**

- Ni all nifer fach o blant gael y chwistrell drwynol oherwydd rhai cyflyrau meddygol neu driniaethau sydd ganddynt eisoes. Mae'r ffurflen gydsynio'n gofyn cwestiynau i rieni/warcheidwaid a fydd yn helpu'r tîm sy'n rhoi'r brechlynnau i adnabod y plant hyn. Efallai y cynigir y brechlyn ffliw i'r plant hyn trwy **bigiad.** Efallai y cynigir y pigiad ffliw yn yr un sesiwn ysgol, neu efallai y gofyn i blant fynychu canolfan frechu gymunedol neu eu meddygfa i gael y pigiad.
- Mae'r brechlyn chwistrell trwyn yn cynnwys olion bach o gelatin porc wedi'i buro'n fawr, a ddefnyddir hefyd mewn amrywiaeth o feddyginiaethau hanfodol, fodd bynnag, nid oes gelatin mewn pigiadau ffliw. Mae rhai grwpiau ffydd fel y cymunedau Mwslimaidd ac Iddewig wedi cymeradwyo defnyddio meddyginiaethau nad ydynt yn cael eu cymryd drwy'r geg a brechlynnau sy'n cynnwys gelatin. Mae rhagor o wybodaeth ar gael yma: **icc.gig.cymru/GelatinPorc**
- Y brechlyn chwistrell drwynol yw'r brechlyn a argymhellir ar gyfer plant sy'n gallu ei dderbyn gan ei fod yn cynnig amddiffyniad effeithiol. Fodd bynnag, dylai'r rhai sy'n well ganddynt i'w plentyn gael y brechlyn amgen heb gelatin trwy bigiad ddweud wrth y nyrs ysgol neu'r tîm imiwneiddio.
- I gael rhagor o wybodaeth am y brechlynnau ffliw sydd ar gael, gan gynnwys eu cynnwys a'u 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. Gallwch ddod o hyd i enw'r brechlyn yn **icc.gig.cymru/AmYBrechlynFfliw**

Pecynnau cydsyniad a gwybodaeth am y brechiad ffliw

Bydd **pecynnau cydsyniad ar gyfer disgyblion a'u rhieni neu warcheidwaid** yn cael eu darparu i ysgolion cyn y sesiwn brechu ffliw ysgol sydd wedi'i drefnu. Gall hyn fod ar bapur neu ar ffurf ddigidol.

Mae pob pecyn cydsyniad fel arfer yn cynnwys:

- **Llythyr (neu e-bost), taflen a ffurflen gydsynio.** Mae'r llythyr a'r daflen yn rhoi gwybodaeth i ddisgyblion a rhieni/gwarcheidwaid am y brechlyn a'i fanteision. Darperir gwybodaeth er mwyn galluogi cydsyniad ar sail gwybodaeth i blant a phobl ifanc dderbyn y brechlyn ffliw. Gofynnir i rai ysgolion anfon y rhain yn electronig.
- Mae'r daflen ar gael mewn **fformatau hygyrch** (yn cynnwys Print Bras, Darllen Hawdd, Iaith Arwyddion Prydain a Sain fel arfer). I ddod o hyd i'r fformatau hyn, dylid cyfeirio rhieni a gwarcheidwaid at: **icc.gig.cymru/brechlynnau/adnoddau-hygyrch**
- **Mae angen ffurflen gydsynio wedi'i chwblhau cyn rhoi brechiad.** Er ein bod yn argymell bod disgyblion yn cael **cydsyniad eu rhieni/gwarcheidwaid**, bydd rhai plant yn yr ysgol uwchradd yn gallu cydsynio'n gyfreithiol drostyn nhw'u hunain. Gall hyn gynnwys rhai plant sydd o dan 16 oed, ond dim ond os fydd y person sy'n rhoi'r brechlyn yn eu hasesu fel rhai sy'n ddigon aeddfed i ddeall yn llawn yr hyn sy'n cael ei gynnig. Gelwir hyn yn 'gymhwysedd Gillick'. Am ragor o wybodaeth am hyn, chwiliwch am 'consent' yma: **111.wales.nhs.uk** (safle allanol), neu siaradwch â'ch nyrs ysgol neu'ch tîm imiwneiddio.
- Pan fydd pobl ifanc yn rhoi eu cydsyniad eu hunain, mae'n dal yn well bod rhieni/gwarcheidwaid yn rhan o'r broses o wneud y penderfyniad. Os yw'r person ifanc yn cytuno, bydd y rhiant/gwarcheidwad yn cael gwybod bod y brechiad wedi'i roi.
- Gofynnir i ysgolion ganiatáu i weithwyr gofal iechyd proffesiynol ddefnyddio'u barn glinigol wrth ddefnyddio asesiad cymhwysedd Gillick fel ffordd o gael cydsyniad gan y bobl ifanc eu hunain lle bo'n briodol.
- Dylid cyfeirio unrhyw ymholiadau neu bryderon gan rieni/warcheidwaid ynglŷn â hunan-gydsyniad a phroses asesu cymhwysedd Gillick at nyrs ysgol neu dimau imiwneiddio'r bwrdd iechyd.

Sut mae cydsyniad yn cael ei gasglu:

- Efallai y gofynnir i'ch ysgol gasglu **ffurflenni cydsynio papur wedi'u cwblhau** gan rieni/warcheidwaid ar ran y tîm nyrsio ysgol neu'r tîm imiwneiddio, ac i annog dychwelyd y ffurflenni cydsynio nad ydynt wedi cael eu dychwelyd.
- Anfonir ffurflenni cydsynio electronig yn uniongyrchol gan y rhieni/gwarcheidwaid at dîm nyrsio'r ysgol neu'r tîm imiwneiddio.
- Dylid **dychwelyd ffurflenni erbyn y dyddiad cau y cytunwyd arno** gyda'r nyrs ysgol neu'r tîm imiwneiddio.

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Rhaglen Imiwneiddio rhag y Ffliw

Dogfen friffio ar gyfer penaethiaid a staff ysgolion

Mae'r briff hwn ar gyfer **ysgolion cynradd, ysgolion uwchradd a lleoliadau addysgol eraill** sy'n rhan o raglen brechu rhag y ffliw (ffliw) oedran ysgol yng Nghymru'r hydref/gaeaf hwn.

Gwnewch yn siŵr bod gan bob aelod o staff yr ysgol sydd angen gwybod am y rhaglen fynediad at y wybodaeth hon.

Cael brechlyn ffliw bob blwyddyn yw un o'r ffyrdd gorau o amddiffyn rhag y ffliw

3 rheswm dros gael y brechlyn ffliw:

1. Mae'r brechlyn ffliw yn helpu **i amddiffyn plant ysgol ac eraill** rhag salwch sy'n gysylltiedig â'r ffliw, a all fod yn ddifrifol – hyd yn oed i blant sy'n iach.
2. Mae'n **gyflym, yn hawdd, ac yn ddiogel.** Chwistrell drwynol gyflym a di-boen yw'r brechlyn ffliw a gynigir yn arferol i blant yn yr ysgol.
3. Mae'r brechlyn ffliw yn helpu **i atal absenoldebau o'r ysgol sy'n gysylltiedig â ffliw.**

Cymhwystra ar gyfer brechiad ffliw

- Bydd **pob plentyn ysgol** yng Nghymru, o'r **dosbarth derbyn hyd at ac yn cynnwys blwyddyn ysgol 11**, yn cael cynnig brechiad ffliw am ddim yr hydref/gaeaf hwn i helpu eu hamddiffyn rhag y ffliw. Mewn rhai ardaloedd, cynigir brechlyn ffliw i blant iau (dwy i dair oed) mewn meithrinfeydd.
- **Mae staff ysgol sydd mewn mwy o berygl o gymhlethdodau os ydynt yn dal y ffliw hefyd yn gymwys** i gael y brechlyn ffliw am ddim o'u meddygfa neu fferyllfa gymunedol. Gall rhai awdurdodau lleol gynnig brechiad ffliw i staff ysgolion drwy eu gwasanaeth iechyd galwedigaethol, ond nid yw hyn yn rhan o raglen frechu'r GIG. Mae rhagor o wybodaeth am gymhwysedd ar gael yn **icc.gig.cymru/brechlynffliw/cymhwystra**

Ynglŷn â'r ffliw a'r brechlyn ffliw

- Gall y ffliw fod yn ddifrifol iawn. Fe'i hachosir gan firws a gall rhai plant ddatblygu cymhlethdodau difrifol, fel broncitis, niwmonia a heintiau clust.
- Y rhan fwyaf o flynyddoedd mae angen triniaeth ar rai plant mewn uned gofal dwys oherwydd y ffliw. Yn 2024 aeth dros 460 o blant a phobl ifanc yng Nghymru i Adrannau Damweiniau ac Achosion Brys gyda'r ffliw.
- Mae achosion o'r ffliw yn ystod y rhan fwyaf o aeafau. Yn ystod gaeaf arferol, bydd miloedd o bobl yn marw o salwch sy'n gysylltiedig â ffliw yn y DU. **Cael brechlyn ffliw bob blwyddyn yw un o'r ffyrdd gorau o amddiffyn rhag y ffliw.**
- Bydd y rhan fwyaf o blant yn cael y brechlyn ffliw fel **chwistrell drwynol ddi-boen.** Mae hwn yn niwl mân sy'n cael ei chwistrellu i fyny'r trwyn o flaen pob ffroen. Y chwistrell drwynol yw'r brechlyn ffliw a argymhellir ar gyfer y rhan fwyaf o blant a phobl ifanc. **Nid yw'n achosi ffliw.**