



Mae Brechu yn achub bywydau
Vaccination saves lives



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Respiratory syncytial virus (RSV) vaccination for older adults

This leaflet explains the RSV vaccination programme for adults who are:

- turning 75 years old, or
- aged 76 to 79.

You can get this leaflet in other formats, including British Sign Language (BSL), Easy Read, large print and audio.

Visit: phw.nhs.wales/vaccines/accessible-information



Scan me for more information on RSV

Key facts

Respiratory syncytial virus (RSV) is a common cause of respiratory tract infections. For most adults and children, RSV causes a mild illness, such as a cough or cold, and usually gets better on its own.

Most RSV infections occur in autumn and winter.

In a small number of older adults, particularly those with heart or lung disease or a weakened immune system, RSV infection can lead to serious health problems such as pneumonia (infection of the lungs) or even death.

RSV infection is more common in children but is most serious for small babies and older adults.

Act now to protect yourself from RSV

You can help protect yourself against serious illness from RSV by having the RSV vaccination when it is offered to you.

How is RSV spread?

RSV spreads when someone with the virus coughs or sneezes. You can also catch RSV by touching surfaces or objects that have the virus on them. Most people have had RSV as a child, but a past infection may not prevent you from getting RSV again.

What are the symptoms of RSV?

RSV infection causes symptoms similar to a cold. These include:

- a cough
- a runny or blocked nose
- sneezing, and
- tiredness.

In some cases, RSV can cause wheezing, shortness of breath or a fever, and may lead to pneumonia.

Why is the RSV vaccine part of the routine UK immunisation schedule?

Every year in Wales, RSV is thought to cause around 400 to 600 deaths in people aged 75 or older. In September 2023, vaccine experts advised there should be an RSV immunisation programme for older adults.

Can I still get RSV even if I have had the vaccine?

Vaccination is one of the most effective ways to prevent severe illness from RSV. No vaccine is 100% effective, so it is still important to know the signs and symptoms of RSV, even if you are vaccinated.

How do I protect myself?

You can get the vaccine to help protect against RSV.

You can also protect yourself and others by:

- covering your mouth and nose when coughing or sneezing
- throwing tissues in the bin as soon as possible
- regularly washing your hands with soap and warm water, and
- keeping your environment (for example, hard surfaces) clean.

Who will be offered the RSV vaccine?

Your age	When can I have the RSV vaccine?
74 years	On or after your 75th birthday
75 to 79 years	Any time during this age range
80 years or over (if you were born after 2 September 1944)	Any time

There is also an RSV vaccination programme for pregnant women.

How will I get my vaccination?

When you become eligible, the NHS will let you know when and where to get the vaccine. If they don't, or you think you might have missed the invitation, speak to your healthcare provider.

You can have the RSV vaccine at any time of the year. It is an injection given in the upper arm.

Do I need to have the vaccine every year?

No. Vaccine trials show the vaccine gives good protection for at least two years and is likely to last longer.

Is there anyone who should not have the RSV vaccine?

There are very few people who cannot have the RSV vaccine. The vaccine should not be given to anyone who has had a serious (life-threatening) reaction to:

- a previous dose of the vaccine, or
- any ingredient in the vaccine.

Make sure you tell the person giving you the vaccine if you have had a serious allergic reaction to the vaccine or its ingredients in the past.

Is the RSV vaccine safe?

Yes, the RSV vaccine is safe. It meets all safety standards. Once a vaccine is in use, its safety continues to be monitored.

Are there any side effects from the vaccine?

Like all medicines, vaccines can cause side effects. Most of these are mild and don't last long, and not everyone gets them. The most common side effects should only last a day or two.

For older adults the most common side effects in the first day or two are:

- pain, swelling and redness in the arm where the injection was given.

Rare or very rare side effects from the vaccine include:

- Guillain-Barré syndrome (GBS), a nerve condition that can cause muscle weakness, and
- allergic reactions, such as swelling of the face, lips, tongue or throat, hives (a raised, itchy rash), difficulty swallowing and feeling dizzy.

GBS is a rare but serious condition. There is thought to be around 10 to 25 cases of GBS for every million doses of the vaccine given to older people. GBS can also happen after some common infections such as flu or tummy bugs, and sometimes after other vaccines.

If you notice tingling, numbness, weakness, sharp pain or pins and needles in your hands, feet, arms or legs after the vaccine, get medical attention straight away. Ask for an urgent GP appointment or get help from NHS 111 Wales.

Rarely, people can have a severe reaction soon after the vaccination, which causes breathing difficulties and may cause them to collapse. This is called an anaphylactic reaction, and it can also happen with other medicines and food. These reactions are extremely rare, affecting less than one in a million people. Staff who give vaccinations are trained to manage these reactions.

People who have an anaphylactic reaction can be successfully treated and usually recover within a few hours.

Serious side effects are rare. Overall, the vaccine is safer than the risk of serious illness from RSV infection.

See the back page of this leaflet for further details on:

- the vaccine, including all possible side effects, and
- reporting suspected side effects through the Yellow Card scheme.

If you have any questions about side effects, you can ask the person giving you the vaccine.

If the side effects last for more than a few days, you should talk to your healthcare professional or contact NHS 111 Wales by calling **111**.

Can the RSV vaccine be given at the same time as other vaccines?

The RSV vaccine can be given at the same time as most other vaccines. The person giving you your vaccine will let you know which vaccines can be given together.

If I am unwell, should I have the vaccine?

If you are unwell, it is better to wait until you have recovered to have the vaccine, but you should try to have it as soon as possible. If you cannot attend your vaccination appointment, please cancel and rearrange the appointment. A cold or other minor illness is not a reason to delay your vaccine. If in doubt, discuss this with the person giving you your vaccination.

Did you know?

These other routine vaccines are available for older adults.

- Influenza (flu)
- Pneumococcal
- Shingles

For more information, visit phw.nhs.wales/vaccines

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

Further information

If you have any questions or want more information, you can go to 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). You will need to 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/RSV-older-adults

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)



Scan me to go to the Public Health Wales website



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Rhagor o wybodaeth

Os oes gennych gwestiynau neu os hoffech gael rhagor o wybodaeth, gallwch fynd i 111.wales.nhs.uk (safle allanol), siarad â'ch meddyg neu nysr, neu gysylltu 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, ei gynnwys a'i sgil-ffeithiau posibl, ewch i 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 datfen i glfeifion ar-lein.

Gallwch ddod o hyd i enw'r brechlyn yn icc.gig.cymru/RSV-oodolion-hyn

Dylech roi gwybod am sgil-ffeithiau 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 ma'r GIG yn defnyddio'ch gwybodaeth, ewch i 111.wales.nhs.uk/amdanomni/eichgwybodaeth (safle allanol).



Sganiwch fi i fynd i wefan lechyd Cyhoeddus Cymru

Awst 2025

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(gyda chydabwyddiaeth i Asiantaeth Diogelwch lechyd y DU)

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Er mwyn helpu i atal feirysau rhag lledaenu, cofiwch wneud y canlynol:

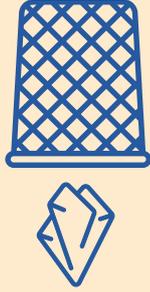
Daliwch e

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



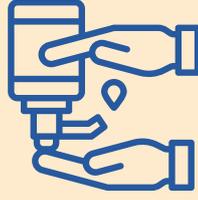
Biniwch e

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



Lladdwch e

Golchwch eich dwyllo neu defnyddiwch hylif diheintio dwyllo.



Maer wybodaeth yn y datlen hon yn gywir ar adeg ei chyhoeddi.
I gael yr wybodaeth ddiweddaraf, ewch i icc.gig.cymru/brechlynnau

Gweler tudalen gefn y daflen hon i gael rhagor o fanylion am:

- y brechlyn, yn cynnwys yr holl sgil-ffeithiau posibl, ac
- adrodd am sgil-ffeithiau a amheuir trwy gynllun y Cerdyn Melyn.

Os bydd gennyhych gwestiynau am sgil-ffeithiau, gallwch ofyn i'r unigolyn a fydd yn rhoi'r brechlyn i chi.

Os yw'r sgil-ffeithiau'n para am fwy nag ychydig ddyddiau, dylech siarad â'ch gweithiwr gotal iechyd profesiynol neu gysylltu â GIG 111 Cymru drwy ffonio 111.

A ellir rhoi'r brechlyn RSV ar yr un pryd â brechlynnau eraill?

Gellir rhoi'r brechlyn RSV ar yr un pryd â'r rhan fwyaf o frechlynnau eraill. Bydd yr unigolyn sy'n rhoi eich brechlyn i chi yn rhoi gwybod i chi pa frechlynnau y gellir eu rhoi gyda'i gilydd.

Os ydwi'n sâl, a ddylwn i gael y brechlyn?

Os ydych chi'n sâl, mae'n well aros nes eich bod wedi gwella cyn cael y brechlyn, ond dylech chi geisio ei gael cyn gynted â phosibl. Os na allwch ddod i'ch apwyntiad brechu, cansiwch ac ail-drefnwch yr apwyntiad. Nid yw annwyd neu fân salwch arall yn rheswm dros ohirio eich brechlyn. Os oes gennyhych amheuan, trafodwch hyn gyda'r unigolyn sy'n rhoi eich brechiad i chi.

Oeddech chi'n gwybod?

Mae'r brechlynnau arferol canlynol ar gael i oedolion hyn:

- Y ffliw
- Niwococol
- Yr Eryr

Am fwy o wybodaeth, ewch i icc.gig.cymru/brechlynnau

A oes unrhyw sgl-effeithiau yn gysylltiedig â'r brechlyn?

Fel pob meddyginiaeth, gall brechlynnau achosi sgl-effeithiau. Mae'r rhan fwyaf o'r rhain yn ysgafn ac nid ydynt yn para'n hir, ac nid yw pawb yn eu cael. Dim ond diwrnod neu ddau ddylai'r sgl-effeithiau mwyaf cyffredin bara. Y sgl-effeithiau mwyaf cyffredin ymhlith oedolion hŷn yn y diwrnod neu ddau cyntaf yw:

- poen, chwyddo a chochni yn y traich lle rhoddwyd y pigiad.

Mae sgl-effeithiau prin neu brin iawn o'r brechlyn yn cynnwys:

- Syndrom Guillain-Barre (GBS), cyflwr nerfol sy'n gallu achosi gwendid yn y cyhyrau, ac
- adweithiau alergaidd, megis chwydd yn y wneub, y gwefusau, y tafod neu'r gwddf, llosg danadi (brech chwyddedig, sy'n costi), anhawster llyncu, a theimlo'n benysgafn.

Mae Syndrom Guillain-Barre (GBS) yn gyflwr prin ond difrifol. Credir bod tua 10 i 25 achos o GBS am bob miliwn dos o'r brechlyn a roddir i bobl hŷn. Gall GBS hefyd ddigwydd ar ôl rhai heintiau cyffredin fel y ffliw neu fygiau stumog, ac weithiau ar ôl brechlynnau eraill.

Ewch i gael cyngor meddygol ar unwaith os byddwch chi'n sylwi ar gosi, diffyg teimlad, gwendid, poen minig neu binnau bach yn eich dwylo, eich traed, eich breichiau neu goesau ar ôl cael y brechlyn. Gofynnwch am apwyntiad brys gyda meddyg teulu neu ceisiwch gymorth gan GIG 111 Cymru.

Yn anaml, gall pobl gael adwaith difrifol yn fuan ar ôl cael eu brechu, sy'n achosi anawsterau anadlu a gall beri iddynt lewygu. Gelwir hyn yn adwaith anaffylactig. Gall ddigwydd hefyd gyda meddyginiaethau eraill a bwyd. Mae'r adweithiau hyn yn hynod o brin, ac yn effeithio ar lai nag un mewn miliwn o bobl. Mae staff sy'n rhoi brechiadau wedi'u hyfforddi i reoli'r adweithiau hyn. Gall pobl sy'n cael adwaith anaffylactig gael eu trin yn llwyddiannus ac fel arfer maent yn gwella o fewn ychydig oriau.

Mae sgl-effeithiau difrifol yn brin. Yn gyffredinol, mae'r brechlyn yn fwy diogel na'r risg o salwch difrifol o ganlyniad i haint RSV.

Sut byddaf yn cael fy mrechiad?

Pan fyddwch yn dod yn gymwys, bydd y GIG yn rhoi gwybod i chi pryd i gael y brechlyn ac ymhle. Os nad ydych yn clywed gan y GIG, neu os credwch y gallwch fod wedi methu'r gwahoddiad, siaradwch â'ch darparwr gofal iechyd. Gallwch gael y brechlyn RSV ar unrhyw adeg o'r flwyddyn. Mae'r brechlyn yn cael ei roi trwy chwistrelliad yn rhan uchaf y traich.

A oes angen i mi gael y brechlyn bob blwyddyn?

Na. Mae treialon o'r brechlyn wedi dangos bod y brechlyn yn rhoi amddiffyniad da am o leiaf dwy flynedd a'i fod yn debygol o barh'n hirach.

A oes unrhyw un na ddylai gael y brechlyn RSV?

Ychydig iawn o bobl sydd ddim yn gallu cael y brechlyn RSV. Ni ddylech gael y brechlyn os ydych wedi cael adwaith difrifol (sy'n peryllu bywyd) i'r canlynol:

- dos blaenorol o'r brechlyn, neu
- gynhwysyn yn y brechlyn.

Siaradwch â'r sawl sy'n rhoi'r brechlyn i chi os ydych wedi cael adwaith alergaidd difrifol i'r brechlyn neu ei gynhwysion yn y gorffennol.

A yw'r brechlyn RSV yn ddiogel?

Ydy, mae'r brechlyn RSV yn ddiogel. Mae'n bodloni'r holl safonau diogelwch. Unwaith y bydd brechlyn yn cael ei ddefnyddio, mae ei ddiogelwch yn parhau i gael ei fonitro.

Pam mae'r brechlyn RSV yn rhan o amserlen imiwneiddio arferol y DU?

Credir bod RSV yn achosi tua 400 i 600 o farwolaethau mewn pobl 75 oed neu hyn bob blwyddyn yng Nghymru. Ym mis Medi 2023, cynghorodd arbenigwyr ar frechlynnau y dylid cyflwyno rhaglen imiwneiddio RSV ar gyfer oedolion hyn.

A allaf gael RSV os wyt wedi cael y brechlyn?

Brechlyn yw un o'r ffyrdd mwyaf effeithiol o atal salwch difrifol o RSV. Nid oes unrhyw frechlyn 100% yn effeithiol, felly mae'n dal yn bwysig gwybod arwyddion a symptomau RSV, hyd yn oed os ydych chi wedi cael eich brechlyn.

Sut ydwi i'n amddiffyn fy hun?

Gallwch gael y brechlyn i helpu i amddiffyn rhag RSV.

Gallwch hefyd amddiffyn eich hun ac eraill trwy wneud y canlynol:

- gorchuddio'ch ceg a'ch trwyn wrth beswch neu disian
- taffu hancesi papur yn y bin cyn gynted â phosibl
- golchi'ch dwylon rheolaidd â sebon a dŵr cynnes, a
- chadw eich amgylchedd (er enghraifft, arwynebau caled) yn lân.

Pwy fydd yn cael cynnig y brechlyn RSV?

Eich oedran	Pryd y gallaf gael y brechlyn RSV?
-------------	------------------------------------

74 oed	Ar eich pen-blwydd yn 75 oed neu ar ôl hynny
Rhwng 75 a 79 oed	Unrhyw adeg yn ystod yr ystod oedran hon
80 oed neu'n hyn (os cawsoch eich geni ar ôl 2 Medi 1944)	Unrhyw adeg

Mae rhaglen frechlyn RSV hefyd ar gael ar gyfer menywod beichiog.

Ffeithiau allweddol

Mae feirws syncytiol anadlol (RSV) yn achos cyffredin o heintiau'r llwybr anadlol. I'r rhan fwyaf o oedolion a phlant, mae RSV yn achosi salwch ysgafn, fel peswch neu annwyd, ac fel arfer mae'n gwella ar ei ben ei hun.

Mae'r rhan fwyaf o heintiau Feirws Syncytiol Anadlol (RSV) yn digwydd yn yr hydref a'r gaeaf.

Mewn nifer fach o oedolion hŷn, yn enwedig y rhai â chlefyd y galon neu'r ysgyfaint neu system imiwedd wan, gall haint RSV arwain at broblemau iechyd difrifol fel niwmonia (haint yr ysgyfaint) neu hyd yn oed farwolaeth.

Mae haint RSV yn fwy cyffredin mewn plant ond mae'n fwyaf difrifol i fabanod bach ac oedolion hŷn.

Gweithredwch nawr! amddiffyn eich hun rhag RSV

Gallwch helpu i amddiffyn eich hun rhag salwch difrifol o RSV drwy gael y brechiad RSV pan gaiff ei gynnig i chi.

Sut mae RSV yn cael ei ledaenu?

Mae RSV yn lluedaenu pan fydd rhywun sydd â'r feirws yn pesychu neu'n tisian. Gallwch hefyd ddal RSV trwy gyffwrdd ag arwynebau neu wrthrychau sydd â'r feirws arnynt. Mae'r rhan fwyaf o bobl wedi cael RSV pan oeddent yn blentyn, ond etallai na fydd haint yn y gorffennol yn eich atal rhag cael RSV eto.

Beth yw symptomau RSV?

Mae haint RSV yn achosi symptomau tebyg i annwyd. Mae'r rhain yn cynnwys:

- peswch
- trwyn yn rhedeg neu wedi blocio
- tisian, a
- blinder.

Mewn rhai achosion, gall RSV achosi gwichian, diffyg anadl neu dwymyn, a gall arwain at niwmonia.



Brechïad feirws syncytïol anadliol (RSV) ar gyfer oedolion hŷn

Mae'r datlen hon yn esbonio'r rhaglen frechu RSV ar gyfer
oedolion sydd:

- troi'n 75 oed, neu
- rhwng 76 a 79 oed.

Gallwch gael y datlen hon mewn fformatau eraill, yn cynnwys iaith
Arwyddion Prydain (BSL), Hawdd ei Deall, print bras a sain.
Ewch i: ic.gig.cymru/brechlynnau/adnoddau-hygrych

Sganïa fi am ragor o wybodaeth ar RSV

