GIG CYMRU NHS WALES | Iechyd Cyhoeddus Cymru Public Health Wales

Mae Brechu yn achub bywydau
Vaccination saves lives

Protect your baby against rotavirus infection

a common cause of diarrhoea and sickness that can be very serious

What is rotavirus?

Most babies have sickness (vomiting) and diarrhoea at some time. Many of these illnesses are caused by rotavirus.

Most babies recover at home. Some cases can become serious, with babies getting dehydrated (losing body fluids) and needing hospital treatment.

Before the introduction of the rotavirus vaccine programme, about half of all cases of gastroenteritis (a very common condition that causes diarrhoea and vomiting) in children under five years old were caused by rotavirus. Each year in England and Wales, about 1 in 10 children were admitted to hospital. Vaccination is now helping to stop 8 out of every 10 cases of rotavirus infection.

How is rotavirus spread?

Rotavirus is spread very easily and babies can pass it on to others. The virus spreads through hand-to-mouth contact and is picked up from surfaces such as toys, hands or used nappies.

Washing hands and keeping surfaces clean can help but can never completely stop the virus spreading. The best way to protect your baby is to give them the rotavirus vaccine.

When will my baby be offered the vaccine?

The rotavirus vaccine will be given with your baby's other vaccinations at two months and three months. Your baby needs two rotavirus vaccines at least four weeks apart. The vaccine is given as liquid drops straight into the baby's mouth for them to swallow.

If your baby misses the first dose, they can have it up to 15 weeks old. If they miss the second dose, they can have it up to 24 weeks old. The two doses need to be given at least four weeks apart to get the best protection.

The rotavirus vaccine can be given at the same time as your baby's other vaccines.

Why can't older babies have the vaccine?

As they get older, some babies (about 1 in 1,000) can get a condition, called intussusception, that causes a blockage in their lower gut. This is very rare before three months of age – most cases occur between five months and one year of age.

There is a very small chance (around 2 in every 100,000 babies) that the first dose of the vaccine might also cause this blockage. To reduce the risk of a blockage, the first dose will not be given to babies older than 15 weeks, and no rotavirus vaccine will be given to babies older than 24 weeks.

The benefits of the rotavirus vaccine in preventing infection outweigh the very small risk of blockage in the gut in young children.

What if my baby vomits immediately after having the vaccine?

This doesn't usually happen, but if it does the drops will be given again at the same vaccination visit.

Will my baby get the rotavirus disease from having the vaccine?

No. The viruses in the vaccine are weakened, so they don't cause the disease. The vaccine helps your baby build up immunity so the next time they come into contact with the virus they will have the best possible protection.

Because the vaccine is given by mouth, it's possible that the virus in the vaccine will pass through your baby's gut and be picked up by whoever changes their nappy. All those in close contact with recently vaccinated babies, especially those with weakened immune systems, should wash their hands after changing a nappy.

Does the vaccine have any side effects?

Millions of doses of the vaccine have been used and it has a good safety record.

Babies who have had the vaccine can become restless and irritable, and some may develop mild diarrhoea.

In very rare cases, the vaccine can affect the baby's lower gut. They may develop pain and vomiting, and may pass what looks like red jelly in their nappies, usually within seven days of having the vaccine. If this happens, you should contact your doctor immediately.

! If you are concerned about your baby's health after any vaccination you should speak to your doctor or health visitor.

You can report suspected side effects of vaccines and medicines through the Yellow Card scheme 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 my baby have the vaccine if they are unwell on the day the vaccination is due?

If your child has a minor illness without a raised temperature (fever), such as a cold, they should have their vaccinations as normal. If your child is ill with a raised temperature or has diarrhoea or vomiting on the day the vaccination is due, delay the vaccination until they have recovered.

Are there any babies who should not have the vaccine?

The vaccination should not be given to babies who:

- ✕ are under six weeks of age;
- ✕ are over 24 weeks of age;
- ✕ are over 15 weeks of age if having their first rotavirus vaccine;
- ✕ have had an anaphylactic reaction (severe allergic reaction) to a previous dose of the vaccine, or to any of the ingredients;
- ✕ have a previous history of intussusception (blockage in the lower gut), or have a problem with their bowel that means they're at higher risk of intussusception;
- ✕ have a long-term condition affecting the gut or immune system, such as severe combined immunodeficiency (SCID) – discuss this with your GP first;
- ✕ are born to mothers who have had biological therapy treatment, which weakens the immune system – discuss this with your GP or specialist doctor; or
- ✕ have rare hereditary conditions called fructose intolerance, glucose-galactose malabsorption or sucrose-isomaltose insufficiency.

My baby was born premature. When should they have the vaccine?

The immunisation schedule should be followed based on your baby's actual date of birth.

Can my baby be breastfed after the vaccination?

Yes. There are no problems with breastfeeding babies who have recently had the rotavirus vaccine.

Will the vaccine stop babies getting any sickness and diarrhoea?

No. Rotavirus isn't the only cause of sickness and diarrhoea in babies. The vaccine does not protect against diarrhoea and vomiting caused by other illnesses.

The vaccine prevents severe rotavirus infection in about 8 out of 10 babies who have the vaccine. Like all medicines, no vaccine is completely effective – some babies may still get rotavirus, even if they have had the vaccine.

Rotavirus vaccination - the main messages

- Infection with rotavirus causes sickness and diarrhoea in babies and young children.
- It can be serious, and some babies may need to go to hospital.
- Rotavirus vaccine is given by mouth with other vaccines at two and three months of age.
- Two doses of the rotavirus vaccine will help prevent 8 out of 10 cases of rotavirus infection in babies.

Further information

If you have any questions or want more information, 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 about 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).

Crystal Mark 23610
Clarity approved by Plain English Campaign

Version 1 | December 2024
© Public Health Wales NHS Trust
ISBN 978-1-83766-534-1

Rhagor o wybodaeth

Os oes gennych unrhyw gwestiynau neu os hoffech gael rhagor o wybodaeth, ewch i **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, ei gynnwys a 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/AboutUs/Yourinformation** (safle allanol).

Fersiwn 1 | Rhagfyr 2024
© Ymddiriedolaeth y GIG Iechyd Cyhoeddus Cymru
ISBN 978-1-83766-534-1

A fydd y brechlyn yn atal babanod rhag cael unrhyw salwch a dolur rhydd?

Na fydd. Nid rotafeirws yw'r unig achos o salwch a dolur rhydd mewn babanod. Nid yw'r brechlyn yn diogelu rhag dolur rhydd a chwydu a achosir gan afiechydon eraill.

Mae'r brechlyn yn atal haint rotafeirws difrifol mewn tua 8 o bob 10 o fabanod sy'n cael y brechlyn. Fel pob meddyginiaeth, nid oes unrhyw frechlyn yn gwbl effeithiol - mae'n bosibl y bydd rhai babanod yn dal i gael rotafeirws, hyd yn oed os ydynt wedi cael y brechlyn.

Brechiad rotafeirws - y prif negeseuon

- Mae haint rotafeirws yn achosi salwch a dolur rhydd mewn babanod a phlant ifanc.
- Gall fod yn ddifrifol, ac mae'n bosibl y bydd angen i rai babanod fynd i'r ysbyty.
- Rhoddir brechlyn rotafeirws trwy'r geg gyda brechlynnau eraill pan fydd y babi'n ddau a thri mis oed.
- Bydd dau ddos o'r brechlyn rotafeirws yn helpu i atal 8 o bob 10 achos o haint rotafeirws mewn babanod.

A oes unrhyw fabanod na ddylai gael y brechlyn?

Ni ddylid rhoi'r brechiad i fabanod sydd:

- ✕ o dan chwe wythnos oed;
- ✕ dros 24 wythnos oed;
- ✕ dros 15 wythnos oed os ydynt yn cael eu brechlyn rotafeirws cyntaf;
- ✕ wedi cael adwaith anaffylactig (adwaith alergaidd difrifol) i ddos blaenorol o'r brechlyn, neu i unrhyw un o'r cynhwysion;
- ✕ â hanes blaenorol o lawesiad (rhwystr yn rhan isaf y perfedd), neu sydd â phroblem gyda'u perfedd sy'n golygu eu bod mewn mwy o berygl o lawesiad;
- ✕ â chyflwr hirdymor sy'n effeithio ar y perfedd neu'r system imiwnedd, fel diffyg imiwnedd cyfun difrifol (SCID) – trafodwch hyn gyda'ch meddyg teulu yn gyntaf;
- ✕ wedi'u geni i famau sydd wedi cael triniaeth therapi biolegol, sy'n gwanhau'r system imiwnedd - trafodwch hyn gyda'ch meddyg teulu neu feddyg arbenigol; neu
- ✕ â chyflyrau etifeddol prin a elwir yn anoddefiad i ffrwctos, camamsugno glwcos-galactos neu ddiffyg swcros-isomaltos.

Cafodd fy mabi ei eni'n gynamserol. Pryd dylai gael y brechlyn?

Dylid dilyn yr amserlen imiwneiddio yn seiliedig ar ddyddiad geni gwirioneddol eich babi.

A all fy mabi gael ei fwydo ar y fron ar ôl cael y brechiad?

Gall. Nid oes unrhyw broblemau o ran bwydo ar y fron i'r rhai sydd wedi cael y brechlyn rotafeirws yn ddiweddar.

Gan fod y brechlyn yn cael ei roi trwy'r geg, mae'n bosibl y bydd y feirws yn y brechlyn yn cael ei gludo trwy berfedd eich babi ac yn cael ei godi gan bwy bynnag sy'n newid ei gewyn. Dylai pawb sydd mewn cysylltiad agos â babanod sydd wedi'u brechu'n ddiweddar, yn enwedig y rhai â systemau imiwnedd gwan, olchi eu dwylo ar ôl newid cewyn.

A oes gan y brechlyn unrhyw sgîl-effeithiau?

Mae miliynau o ddosau o'r brechlyn wedi'u defnyddio ac mae ganddo hanes da o ddiogelwch.

Gall babanod sydd wedi cael y brechlyn fynd yn aflonydd ac yn bigog, a gall rhai ddatblygu dolur rhydd ysgafn.

Mewn achosion prin iawn, gall y brechlyn effeithio ar berfedd isaf y babi. Gall ddatblygu poen a chwydu, a gall basio'r hyn sy'n edrych fel jeli coch yn ei gewynnau, fel arfer o fewn saith diwrnod ar ôl cael y brechlyn. Os bydd hyn yn digwydd, dylech gysylltu â'ch meddyg ar unwaith.

! Os ydych chi'n poeni am iechyd eich babi ar ôl unrhyw frechiad, dylech siarad â'ch meddyg neu ymwelydd iechyd.

Gallwch roi gwybod am amheuaeth o sgil-effeithiau brechlynnau a meddyginiaethau drwy gynllun y Cerdyn Melyn 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).

A all fy mabi gael y brechlyn os yw'n sâl ar y diwrnod y mae disgwyl iddo gael y brechiad?

Os oes gan eich plentyn fân salwch heb dymheredd uwch (twymyn), fel annwyd, dylai gael ei frechiadau fel arfer. Os bydd eich plentyn yn sâl gyda thymheredd uwch neu os oes ganddo ddolur rhydd neu chwydu ar y diwrnod y mae disgwyl iddo gael y brechiad, gohiriwch y brechiad nes ei fod wedi gwella.

Pryd fydd fy mabi yn cael cynnig y brechlyn?

Bydd y brechlyn rotafeirws yn cael ei roi gyda brechiadau eraill eich babi pan fydd eich babi'n ddau a thri mis oed. Bydd angen dau frechlyn rotafeirws o leiaf bedair wythnos ar wahân ar eich babi. Rhoddir y brechlyn ar ffurf diferion yn syth i geg y babi er mwyn iddo'i lyncu.

Os bydd eich babi yn methu'r dos cyntaf, gall ei gael hyd at 15 wythnos oed. Os bydd yn methu'r ail ddos, gall ei gael hyd at 24 wythnos oed. Bydd angen rhoi'r ddau ddos o leiaf bedair wythnos ar wahân i gael yr amddiffyniad gorau.

Gellir rhoi'r brechlyn rotafeirws ar yr un pryd â brechlynnau eraill eich babi.

Pam na all babanod hŷn gael y brechlyn?

Wrth iddynt fynd yn hŷn, gall rhai babanod (tua 1 mewn 1,000) gael cyflwr, a elwir yn llawesiad, sy'n achosi rhwystr yn rhan isaf eu perfedd. Mae hyn yn anghyffredin iawn cyn tri mis oed – mae'r rhan fwyaf o achosion yn digwydd rhwng pum mis a blwydd oed.

Mae siawns fach iawn (tua 2 o bob 100,000 o fabanod) y gallai dos cyntaf y brechlyn achosi'r rhwystr hwn hefyd. Er mwyn lleihau'r risg o rwystr, ni fydd y dos cyntaf yn cael ei roi i fabanod sy'n hŷn na 15 wythnos, ac ni roddir brechlyn rotafeirws i fabanod hŷn na 24 wythnos.

Mae buddion y brechlyn rotafeirws i atal haint yn drech na'r risg fach iawn o rwystr yn y perfedd ymhlith plant ifanc.

Beth os bydd fy mabi yn chwydu yn syth ar ôl cael y brechlyn?

Nid yw hyn yn digwydd fel arfer, ond os bydd yn digwydd bydd y diferion yn cael eu rhoi eto yn ystod yr un ymweliad brechu.

A fydd fy mabi yn cael y clefyd rotafeirws o gael y brechlyn?

Na fydd. Mae'r feirysau yn y brechlyn wedi cael eu gwanhau, felly nid ydynt yn achosi'r afiechyd. Mae'r brechlyn yn helpu'ch babi i adeiladu imiwnedd. Felly, y tro nesaf y bydd yn dod i gysylltiad â'r feirws bydd ganddo'r amddiffyniad gorau posibl.

GIG CYMRU NHS WALES
Iechyd Cyhoeddus Cymru
Public Health Wales

Mae Brechu yn achub bywydau
Vaccination saves lives

Diogelu eich babi rhag haint rotafeirws

achos cyffredin o ddolur rhydd a salwch a all fod yn ddifrifol iawn

Beth yw rotafeirws?

Bydd y rhan fwyaf o fabanod yn cael salwch (chwydu) a dolur rhydd ar ryw adeg. Mae llawer o'r afiechydon hyn yn cael eu hachosi gan rotafeirws.

Mae'r rhan fwyaf o fabanod yn gwella gartref. Gall rhai achosion ddod yn ddifrifol - mae rhai babanod yn dadhydradu (colli hylifau'r corff) ac mae angen triniaeth yn yr ysbyty arnynt.

Cyn cyflwyno'r rhaglen frechu rotafeirws, roedd tua hanner yr holl achosion o gastro-enteritis (cyflwr cyffredin iawn sy'n achosi dolur rhydd a chwydu) mewn plant o dan bum mlwydd oed wedi'u hachosi gan rotafeirws. Bob blwyddyn yng Nghymru a Lloegr, roedd tua 1 o bob 10 plentyn yn cael eu derbyn i'r ysbyty. Mae brechu bellach yn helpu i atal 8 o bob 10 achos o haint rotafeirws.

Sut mae rotafeirws yn lledaenu?

Mae rotafeirws yn lledaenu'n hawdd iawn a gall babanod ei drosglwyddo i eraill. Mae'r feirws yn lledaenu trwy roi'r llaw i'r geg ac mae'n cael ei godi o arwynebau fel teganau, dwylo neu glytiau sydd wedi cael eu defnyddio.

Gall golchi dwylo a chadw arwynebau'n lân helpu ond ni all byth atal y feirws rhag lledaenu'n llwyr. Y ffordd orau o ddiogelu eich babi yw rhoi'r brechlyn rotafeirws iddo.