



Mae Brechu yn achub bywydau
Vaccination saves lives



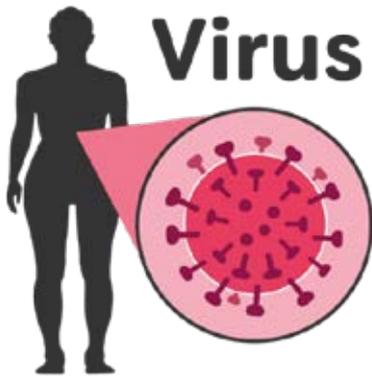
GIG
CYMRU
NHS
WALES

Iechyd Cyhoeddus
Cymru
Public Health
Wales

HPV Vaccination

Protect yourself from cancers
caused by HPV



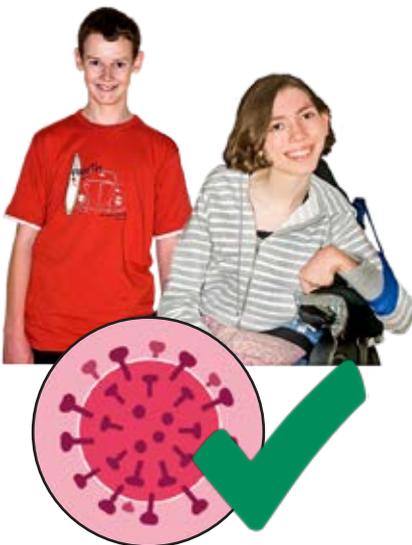


What is a vaccination

A vaccination is a way of protecting people. It can help stop you from catching a virus.



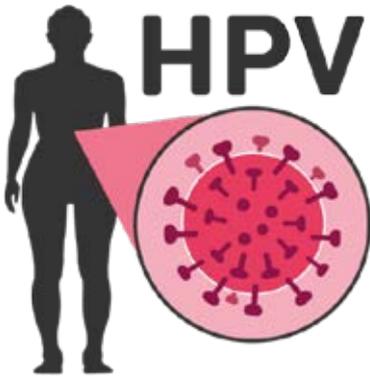
Getting a vaccine is usually done by giving you an injection.



How do vaccinations work

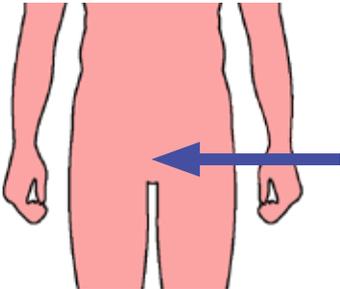
Your body then knows how to fight the virus if you catch it in the future.

What is HPV



HPV is the short name for viruses called Human Papillomavirus.

HPV is very common. Most people do not know they have it. It can sometimes clear up quickly by itself.



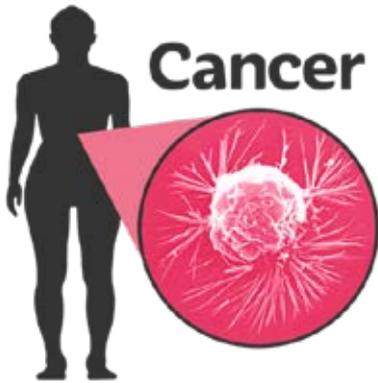
HPV lives on the skin in and around the genital area. The genital area are places like your penis, vagina or anus.



HPV can be spread if your skin touches someone else's genital area.

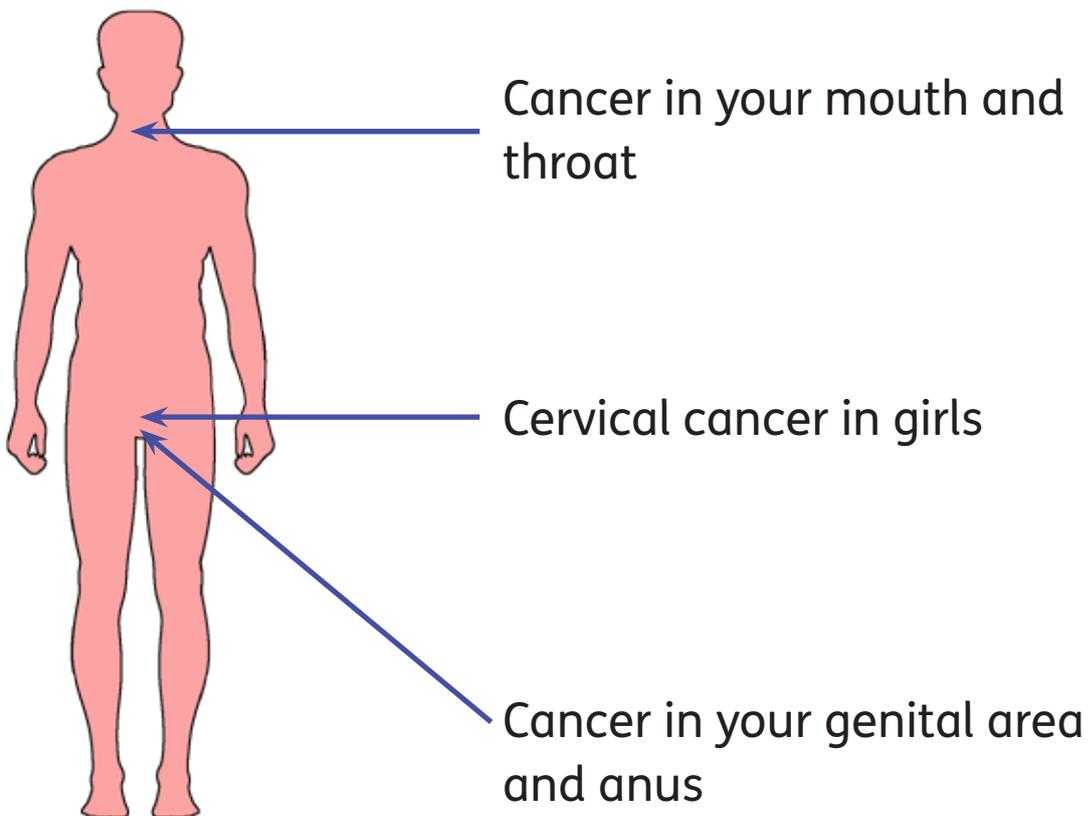


Wearing a condom does not stop you from getting HPV.



If you get HPV you have more chance of getting some cancers. Cancer is a serious disease, some cancers can kill you.

Cancers that can be caused by HPV



HPV can also cause warts to grow around your genital area.

Warts are small lumps of extra skin that can grow on your body.

What is the HPV vaccine



The HPV vaccine is an injection you can have to help stop you from getting cancers caused by HPV.



Who can have the HPV vaccine

All young people aged 12 to 13 years old can have the vaccine at school in year 8.



If you are not at school you can ask your local doctor about it.

Having the HPV vaccine



A nurse will give you 1 injection in the top of your arm. It is quick to have the injection.



Most people only need one dose to be fully protected.

The nurse will tell you if you need to have more doses at a later time. But most people don't need more doses.

Side effects



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

The nurse will talk to you about this.



You might get a headache or have a sore, swollen or red arm where you had the injection. It should feel better in a few days.



You might also feel sick, hot and tired.



You can take paracetamol to help. Remember to read the instructions on the packet.



Do not take **aspirin** if you are under 16.



If you feel ill and you are worried you can call **NHS 111 Wales**:

Phone

111. It is free to call this number.

Choosing to have the vaccine



When it is time for you to have the vaccine you will get a form to fill in with your parent or carer.



The form will ask if you agree to have the vaccine.



You should talk to your parent or carer before you agree to have it.



Return the form straight away. If you lose the form, ask your school nurse for another one.

What happens if I miss my vaccine appointment



If you miss your vaccine, speak to your school nurse or local doctor.

They will talk to you about how to get the vaccine another time.



It is really important to get your vaccine to help protect you.

More information



If you want more information about the vaccine you can speak to your school nurse or local 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



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

111.wales.nhs.uk/AboutUs/Yourinformation

Mwy o Wybodaeth

Os ydych chi eisiau gwybod mwy am y brechlyn, gallwch chi siarad â'ch nyrs ysgol neu feddyg lleol.



Gallwch chi hefyd ffonio GIG 111 Cymru.

Ffoniwch 111

Does dim rhaid talu i ffonio'r rhif yma.



Gallwch chi hefyd edrych ar wefan Iechyd Cyhoeddus Cymru:
ic.gig.cymru/brechlynau/



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



Beth fydd yn digwydd os bydda i'n methu fy apwyntiad brechu

Os byddwch chi'n methu eich
brechlynnau, siaradwch â'r nyrs ysgol
neu feddyg lleol.
Byddan nhw'n siarad â chi am sut i gael
y brechlyn rywbryd eto.

Mae hi'n bwysig iawn cael eich brechlyn
i helpu i'ch amddiffyn chi.



Dewis cael y brechlyn

Pan fydd hi'n adeg i chi gael y brechlyn, byddwch chi'n cael ffurflen i'w llenwi gyda'ch rhiant neu ofalwr.



Bydd y ffurflen yn gofyn os ydych chi'n cytuno i gael y brechlyn.



Dylech chi siarad â'ch rhiant neu ofalwr cyn cytuno i'w gael.

Dychwelwch y ffurflen ar unwaith. Os byddwch chi'n colli'r ffurflen, gofynnwch i'ch nyrs ysgol am un arall.





Efallai! cewch chi gur pen neu bydd eich
braich yn brifo, wedi chwyddo neu'n
goch lle gawsoch chi'r pigiad. Dylai
deimlo'n well mewn ychydig ddyddiau.

Efallai! byddwch chi hefyd yn teimlo'n sâl,
yn boeth ac wedi blino.

Gallwch chi gymryd parasetamol i helpu.
Cofiwch ddarllen y cyfarwyddiadau ar
y pecyn.

Peidiwch â chymryd **aspirin** os ydych chi
dan 16 oed.

Os byddwch chi'n teimlo'n sâl ac yn
poeni gallwch chi ffonio **GIG 111** **Cymru:**

Ffôn
111. Does dim rhaid talu i ffonio'r rhif
yma.



Cael y brechlyn HPV

Bydd nyrs yn rhoi 1 pigiad i chi yn nhop eich braich. Mae'r pigiad yn cael ei roi'n gyflym.

Dim ond un dos fydd ei angen ar y rhan fwyaf o bobl i gael eu hamddiffyn yn llawn.

Bydd y nyrs yn dweud os bydd angen i chi gael dos arall rywbryd eto. Ond does dim angen hynny ar y rhan fwyaf o bobl.



Sgil-effeithiau

Ystyr sgil-effeithiau ydy'r pethau sy'n gallu digwydd i chi ar ôl i chi gael y brechlyn.

Bydd y nyrs yn siarad â chi am hyn.



Os dydych chi ddim yn mynd i'r ysgol gallwch chi ofyn i'ch meddyg lleol.



Mae pobl ifanc rhwng 12 ac 13 oed yn gallu cael y brechlyn yn yr ysgol ym mwyddyn 8.

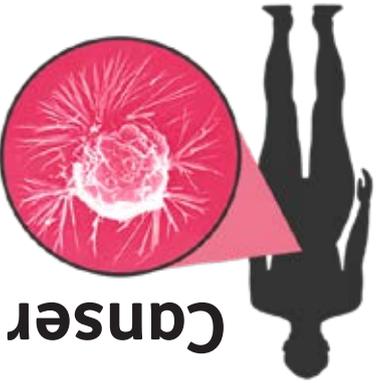


Pwy sy'n gallu cael y brechlyn HPV

Mae'r brechlyn HPV yn bigiad i'ch helpu i stopio cael canserau sy'n cael eu hachosi gan HPV.



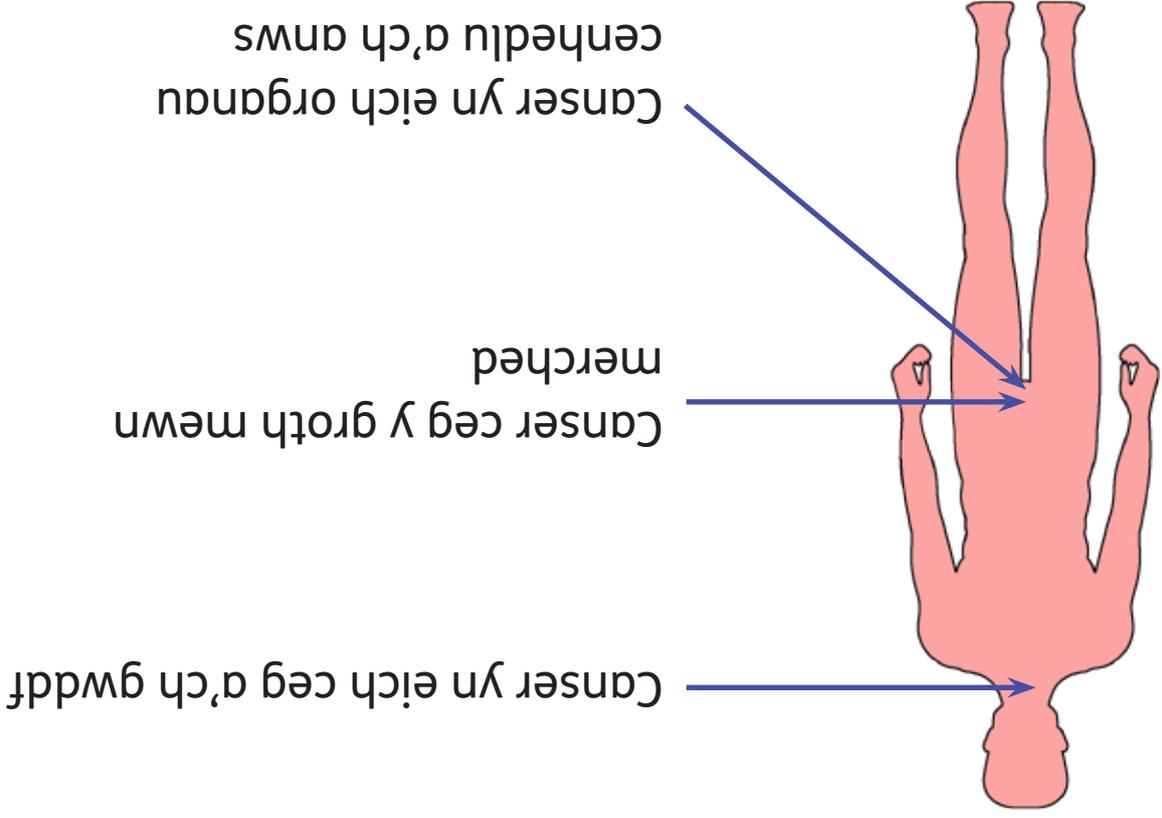
Beth ydy'r brechlyn HPV



Canser

Mae cael HPV yn codi eich siawns o gael rhai mathau o ganser. Mae canser yn gleyd difrifol, mae rhai canserau yn gallu eich lladd.

Canserau sy'n gallu cael eu hachosi gan HPV



Mae HPV hefyd yn gallu achosi datfadenau i dyfu o amgylch eich organau rhywiol.

Mae datfadenau yn lymphiau bach o groen ychwanegol sy'n gallu tyfu ar eich corff.



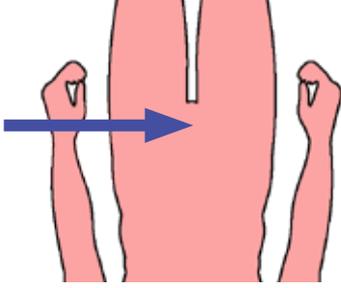
Beth ydy HPV

HPV ydy'r enw byr am feirysau o'r enw Feirws Papiloma Dynol.

Mae HPV yn gyffredin iawn. Dydy'r rhan fwyaf o bobl ddim yn gwybod bod y feirws ganddyn nhw. Mae'n gallu clirio yn gyflym ar ei ben ei hun.



Mae HPV yn byw ar yr y croen yn ardal yr organau cenhedu, sef llefydd fel pidyn, gwain neu anws.



Mae HPV yn gallu lledaenu os ydy eich croen yn cyffwrdd ardal organau cenhedu rhywun arall.



Dydy gwisgo condom ddim yn eich stopio rhag cael HPV.





Bydd eich corff wedyn yn gwybod sut mae ymladd y feirws os byddwch yn ei ddal yn y dyfodol.

Sut mae brechiadau'n gweithio



Fel arfer byddwch yn cael brechiad drwy bigiad.



Mae brechiad yn ffordd o amddiffyn pobl. Mae'n gallu helpu i'ch stopio rhag dal feirws.

Beth ydy brechiad



Amdiffyn eich hun rhag canser
sy'n cael ei achosi gan HPV

Brechiad HPV

techyd Cyhoeddus
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