



Mae Brechu yn achub bywydau
Vaccination saves lives



What to expect after vaccinations

Mae'r wybodaeth hon ar gael yn Gymraeg.
This information is available in Welsh.



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Scan me for
more information
on babies and
preschool
vaccinations

IMM112

This leaflet tells you about the common side effects of vaccinations that might happen in babies and children up to five years of age. Only use this information as a guide. You should always get advice from a doctor, health visitor or nurse if you are worried, or contact NHS 111 Wales by calling 111.

You can find leaflets with more information about vaccinations at phw.nhs.wales/vaccine-leaflets

Protect your child's health

Vaccination is one of the best ways to protect your child and others from serious illnesses.



What to expect after vaccinations given as an injection

After a vaccination, your child may cry for a little while, but that usually settles quickly with a cuddle or a feed. Most babies don't have any side effects.

The most common side effects are at the place where the injection was given. These include:

- swelling;
- redness; and
- a small hard lump.

These usually last a day or two and you don't need to do anything about them.

After vaccination, young children may sometimes become unsettled for a day or two and may develop a fever. Older children may also have a fever, tiredness, muscle aches, headache or loss of appetite for a day or two.

How to treat a fever

A fever is a body temperature over 38 C. Fevers are quite common in young children but are usually mild. If your child's face feels hot to the touch and they look red or flushed, they may have a fever. You can check their temperature with a thermometer.

If your child has a mild fever and feels unwell after their vaccination, you can give them paracetamol.

- Read the instructions on the bottle or packet carefully.
- Give the correct dose for your child's age.

We don't recommend taking this medicine before the vaccination to prevent a fever.

If your child has a fit (seizure), or is ill and getting worse, get medical help immediately.

If the surgery is closed and you cannot contact your doctor, trust your instincts and go to the nearest hospital with an emergency department.



Remember: never give medicines that contain aspirin to children under 16.



Keep your child cool by...



Making sure they don't have too many layers of clothes or blankets on



Giving them plenty of cool drinks (if you are breastfeeding, your child may feed more often)



Don't put them in the bath



Don't sponge them down



Don't put a fan on them



After vaccination with MenB (meningitis B)

Fever can happen after any vaccination, but is very common when the MenB vaccine is given with the other routine vaccines at 8 and 12 weeks. That is why it is recommended that your baby has infant paracetamol to prevent and treat a fever.

Your baby won't usually need paracetamol after the MenB vaccine given at 12 months of age. By this age their risk of fever is the same as after other vaccines.

Your baby should have a total of three doses of infant paracetamol at the time of each of their first two MenB vaccinations.

You should space out the doses as follows:

Baby's age: 8 and 12 weeks



Paracetamol

One 2.5 ml (60 mg) dose to be given just after their vaccinations (see note below)



Paracetamol

One 2.5 ml (60 mg) dose 4 to 6 hours after dose 1



Paracetamol

One 2.5 ml (60 mg) dose 4 to 6 hours after dose 2



Note

For very premature babies (born before 32 weeks) or very small babies (weighing less than 3 kg), your GP should prescribe paracetamol according to the baby's weight at the time of their vaccination. You should check with your GP and follow the instructions on the prescription.

You should measure the 2.5ml/60mg dose and give it either using a syringe or with a 2.5ml spoon.

This advice on the use of paracetamol only applies if your baby has had the MenB vaccine with the other routine vaccines at 8 and 12 weeks. If your baby has a fever at any other time, you should follow the instructions and dose advice on the product packaging and patient leaflet.

Fever is much less common when the MenB booster is given at 12 months, so your baby won't need paracetamol then. However, if your baby does develop a fever or is irritable or unwell, you can give them the correct dose of infant paracetamol if you want to.



If you do not have any infant paracetamol liquid at home, you should get some in time for your baby's first vaccination. It is available from pharmacies and supermarkets.

After vaccination with the rotavirus oral vaccine

Babies who have had the rotavirus vaccine can become unsettled (as with most other vaccinations) but some may also develop mild diarrhoea. In very rare cases (about 2 in every 100,000 babies vaccinated), the vaccine can affect the baby's lower gut. They may vomit or develop pain in their tummy, and sometimes they may pass what looks like red jelly in their nappy, usually within seven days of the vaccination.



If this happens or you're worried about your child, speak to your GP immediately, contact NHS 111 Wales by calling 111, or go to the emergency department of your nearest hospital.

After vaccination with an MMR-containing vaccine

- **The MMRV vaccine helps protect against measles, mumps, rubella and chickenpox.**
- **The MMR vaccine helps protect against measles, mumps and rubella.**

In January 2026, the MMRV vaccine replaced the MMR vaccine in the routine childhood immunisation schedule in Wales. The MMR vaccine is still available for some people who need it. This includes older children and adults who have not had two doses and who are not eligible for the MMRV vaccine. You can find more information about MMRV and MMR vaccines, including possible side effects, at phw.nhs.wales/MMRV-MMR

Common side effects include a rash, irritability and a fever. See the '**How to treat a fever**' section for how to treat symptoms of a fever.

The MMR vaccine has weakened types of measles, mumps and rubella viruses. The MMRV vaccine is similar, but it also contains weakened chickenpox virus. The weakened viruses in the MMR-containing vaccines can act at different times. Side effects such as a fever and a rash are more common after the **first dose**. These can occur:

- About 6 – 11 days after the vaccine (from the measles part)
- About 2 – 3 weeks after the vaccine (from the mumps and rubella parts)
- About 3 – 4 weeks after the vaccine (from the chickenpox part)

A small chickenpox rash may appear near the injection site after the MMRV vaccine. Children can still go to school or childcare, but any spots should be covered as a precaution.



After vaccination with the flu nasal spray vaccine

The side effects linked with the nasal spray flu vaccine are almost always mild and short-lived. Some children may get a runny or blocked nose for a few days. Other less common effects include a slight temperature, feeling unwell, loss of appetite and a headache.

Very rare allergic reactions

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.



Vaccine safety

Before vaccines are introduced, they have to be licensed by the Medicines and Healthcare products Regulatory Agency, which assesses their safety and whether they are effective.

Vaccination is one of the most effective ways to prevent illness from diseases that can be harmful. No vaccine is 100% effective, so it is still important to know the signs and symptoms of disease, even if your child is vaccinated. More information about vaccines and the diseases they help protect against is available at phw.nhs.wales/vaccines

Once the vaccines have been introduced into the programme, their safety continues to be constantly monitored so that any new side effects are quickly noticed and investigated.

If you would like more information on the safety of vaccines, go to www.mhra.gov.uk (external site). Members of the public can report suspected side effects of vaccines and medicines through the Yellow Card scheme. You can do this at www.mhra.gov.uk/yellowcard (external site) or by calling the Yellow Card hotline on **0800 731 6789** (available Monday to Friday, 9am to 5pm).

If, after reading this leaflet, you still have questions about side effects after vaccination, speak to your practice nurse, health visitor or doctor.

If your child is ill and getting worse, **trust your instincts** – get medical help immediately.

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 more information about vaccines offered in Wales at phw.nhs.wales/vaccines

To find out more about the vaccines, including their contents and possible side effects, go to medicines.org.uk/emc (external site). Enter the name of each 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)



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Wales website

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Mark
23453



Clarity approved by
Plain English Campaign

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Public Health Wales is the national public health agency in Wales.

We work to protect and improve health and well-being and reduce health inequalities for the people of Wales.

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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), siaradwch 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 brechlynnau, eu cynnwys a sgliffethiau posibl, ewch i medicines.org.uk/emc (safle allanol, Saesneg yn unig). Rhowch enw pob brechlyn yn y blwch chwilio. Gallwch hefyd weld y darlennau gwlithion ar-lein.

Dylech roi gwybod am sgliffethiau 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 Lun i Ddydd Gwener, 9yb i 5yh).

I gael gwybod sut maer' GIG yn defnyddio'ch gwybodaeth, ewch i 111.wales.nhs.uk/amanomni/eichgwyboddaeth (safle allanol)



Sganiwch fi i fynd
i wefan Iechyd
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Diogelwch brechlynnau

Cyn cyflwyno brechlynnau, rhaid eu trwyddedu gan yr Asiantaeth Rheoleiddio cynhyrchion Meddyginaethau a Gofal Iechyd sy'n asesu eu diogelwch a'u heffethlonrwydd.

Brechuw un o'r ffyrdd mwyaf effeithiol o atal salwch rhag clefydau a all fod yn niweidiol. Nid yw'r un brechlyn 100% yn effeithiol, felly mae'n dal yn bwysig bod yn ymwybodol o arwyddion a symptomau'r clefydau y maent yn helpu i amddiffyn yn eu herbyn ar gael o **icc.gig.cymru/brechlynnau**

Ar ôl cyflwyno'r brechladau i'r rhaglen, mae eu diogelwch yn parhau i gael ei fonitro'n gyson er mwyn sylw'n gyflym ar unrhyw sglil-ffeithiau newydd ac ymchwilio iddynt.

Os hoffech chi gael rhagor o wybodaeth am ddiogelwch brechladau, ewch i

www.mhra.gov.uk (safle allanol, Saesneg yn unig).

Gall aelodau'r cyhoedd roi gwybod am sglil-ffeithiau a amheuir ar ôl cael brechladau a meddyginaethau gan ddefnyddio'r cynllun Cerdyn Melyn. Gallwch wneud hyn yn **www.mhra.gov.uk/yellowcard**

(safle allanol, Saesneg yn unig) neu drwy ffonio llinell gymorth y Cerdyn Melyn ar **0800 731 6789** (ar gael o ddydd Llun i ddydd Gwener, 9yb i 5yh).

Os oes gennych gwestiynau o hyd am sglil-ffeithiau yn dilyn brechu ar ôl darllen y datflen hon, siaradwch â'ch nyrs practis, ymwelydd iechyd neu feddyg.

Os yw eich plentyn yn sal ac yn gwaethygu, **gwrandewch ar eich greddf** – mynnych gymorth meddygol ar unwaith.

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

Ar ôl cael y brechlyn ffliw chwistrell trwyn

Mân a byrthoedlog yw'r sglï-ffeithiau cysylltiedig â'r brechiad ffliw drwy chwistrell trwyn fel rheol. Bydd rhai plant yn cael trwyn yn rhedeg neu wedi'i flocio am ychydig ddyddiau. Ymhlith y sglï-ffeithiau eraill llai cyffredin mae tymheredd ysgafn, teimlo'n sâl, diffyg archwaeath bwyd a chur pen/pen tost.

Adweithiau alergaidd anghyffredin iawn

Yn anaml iawn, gall pobl gael adwath difrifol yn fuan ar ôl cael brechiad, sy'n achosi anawsterau anadlu a gall beri iddynt lewgu. Gelwir hyn yn adwath anaffylactig. Gall ddigwydd hefyd gyda meddyginiaethau eraill a bwyd. Mae'r adweithiau hyn yn hynod o anghyffredin, 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 adwath anaffylactig gael eu trin yn llwyddiannus ac fel arfer maent yn gwella o fewn ychydig oriau.





Mae'r brechlyn MMR yn cynnwys mathau gwannedig o feirysau'r frech goch, clwy'r pennau a rwbela. Mae'r brechlyn MMRV yn debyg, ond mae hefyd yn cynnwys math gwannedig o feirws brech yr iair. Gall mathau gwannedig o feirysau yn y brechlynnau sy'n cynnwys MMR weithio ar adegau gwahanol. Mae sgil-ffeithiau fel twymyn a brech yn fwy cyffredin ar ôl y **dos cyntaf**. Gall y rhain ddigwydd:

- Tua 6 – 11 diwrnod ar ôl y brechlyn (o ganlyniad i'r rhan sy'n cynnwys y frech goch)
- Tua 2 – 3 wythnos ar ôl y brechlyn (o ganlyniad i'r rhan sy'n cynnwys clwy'r pennau a rwbela)
- Tua 3 – 4 wythnos ar ôl y brechlyn (o ganlyniad i'r rhan sy'n cynnwys brech yr iair)

Gall brech yr iair fach ymddangos yn agos at y man lle rhoddir y pigiad ar ôl y brechlyn MMRV. Gall plant fynd i'r ysgol neu i leoliad gofal plant o hyd ond, er mwyn bod yn ddiogel, dylid gorchuddio unrhyw smotiau.

Mae sgil-effithiau cyffredin yn cynnwys brech, tymer tlin a thwymyn. Edrychwch ar yr adran **'Sut mae trin twymyn'** i gael gwybodaeth am sut mae trin symptomau twymyn.

Ym mis Ionawr 2026, disodlodd y brechlyn MMRV y brechlyn MMR yn yr amserlen imiwneiddio reolaidd i blant yng Nghymru. Mae'r brechlyn MMR yn dal i fod ar gael i rai pobl y mae ei angen arnynt. Mae hyn yn cynnwys plant hŷn ac oedolion nad ydynt wedi cael dau dos ac nad ydynt yn gymwys i gael y brechlyn MMRV. Gallwch ddod o hyd i ragor o wybodaeth am y brechlynnau MMRV ac MMR, yn cynnwys sgil-effithiau, yn icc.gig.cymru/MMRV-MMR

- Mae'r brechlyn MMR yn helpu i amddiffyn rhag y frech goch, clwy'r pennau a rwbela.

ieir.

- Mae'r brechlyn MMRV yn helpu i amddiffyn rhag y frech goch, clwy'r pennau, rwbela a brech yr

Ar ôl cael brechlyn sy'n cynnwys MMR

Os bydd hyn yn digwydd neu os ydych yn poeni am eich plentyn, siaradwch â'ch meddyg teulu ar unwaith, cysylltwch â GIG I11 Cymru drwy ffonio 111, neu ewch i adran achosion brys eich ysbty agosaf.



Gall babanod sydd wedi cael y brechriad rotafeirws fod yn anghysurus (fel gyda'r rhan fwyaf o frechiadau eraill) ond gall rhai gael dolur rhydd ysgafn. Mewn achosion prin iawn (tua 2 o bob 100,000 o fabanod), gall y brechriad effeithio ar berfedd isaf y babi. Gall ddatblygu poen bol, tafu i fyny ac weithiau pasio rhywbeth sy'n edrych fel jelli coch yn ei glwt, o fewn saith diwrnod i'r brechriad fel arfer.

Ar ôl cael y brechlyn rotafeirws trwy'r geg

Ar gyfer babanod buan iawn (wedi'u geni cyn 32 wythnos) neu fabanod bach iawn (sy'n pwysu llai na 3 kg), dylai eich meddyg teulu bresgripsiynu paracetamol yn ôl pwysau'r babi pan fo'n cael y brechiad. Dylech holi eich meddyg teulu a dilyn y cyfarwyddiadau ar y presgripsiwn.

Dylech fesur y dos 2.5ml/60mg a'i roi naill ai gan ddefnyddio chwistrell neu gyda llwy 2.5ml.

Dim ond os yw eich babi wedi cael y brechiad MenB gyda'r brechiadau arferol eraill yn 8 a 12 wythnos oed mae'r cynngor yma ar ddefnyddio paracetamol yn berthnasol. Os oes gan eich babi dymheredd uchel ar unrhyw adeg arall dylech ddilyn y cyfarwyddiadau a'r cynngor ar dos ar becyn y cynnyrch neu'r datlen i'r claf.

Mae tymheredd uchel yn llawer llai cyffredin pan fo'r dos atgyfnerthu MenB yn cael ei roi i fabanod 12 mis oed, felly ni fydd eich babi angen paracetamol bryd hynny. Ond os bydd eich babi'n datblygu tymheredd uchel neu os yw'n anniddig neu'n sâl, gallwch roi'r dos cywir iddo o baracetamol babanod os ydych eisiau.



Os nad oes gennyh chi unrhyw hylif paracetamol i fabanod gartref dylech gael e mewn pryd ar gyfer brechiad cynatf eich babi. Mae ar gael o ffeyllfeydd ac archfarchnadoedd.

Ar ôl brechiad MenB (meningitis B)

Gall twymyn ddigwydd ar ôl unrhyw frechiad, ond ma'n gyffredin iawn pan roddir y brechlyn MenB gyda'r brechlynnau rheolaidd eraill sy'n cael eu rhoi pan fydd babanod yn 8 ac yn 12 wythnos oed. Dyna pam yr argymhellir bod eich babi yn cael paracetamol babanod i atal a thrin twymyn.

Fel arfer, ni fydd eich baban angen paracetamol ar ôl cael y brechlyn MenB a roddir i fabanod 12 mis oed. Erbyn yr oedran hwn mae risg eich baban o gael twymyn yr un fath ag ar ôl cael brechlynnau eraill.

Dylai eich babi gael cyfanswm o dri dos o paracetamol babanod wrth gael ei ddau frechiad MenB cyntaf.

Dylech wahanu'r dosys fel a ganlyn:

Oedran y babi: 8 a 12 wythnos



Paracetamol

Un dos 2.5 ml
(60 mg) i'w roi
yn syth ar ôl y
brechiad (gweler
y nodyn isod)



Paracetamol

Un dos 2.5 ml
(60 mg) i'w roi
4 i 6 awr ar
ôl dos 1



Paracetamol

Un dos 2.5 ml
(60 mg) i'w roi
4 i 6 awr ar
ôl dos 2



Cadwch wres eich plentyn! Iawr drwy...



Sicrhau nad oes gormod o haenau o ddillad neu flancedi arno



Rhoi digon o ddiodydd oer iddo (os ydych chi'n bwydo ar y fron, efallai y bydd eich plentyn yn bwydo'n amlach)



Peidio â'i roi yn y bath



Peidio â'i olchi gyda sbwng



Peidio â phwntio ffan atynt



Sut i drin tymheredd uchel

Twymyn yw tymheredd y corff dros 38 C. Mae twymyn yn eithaf cyffredin mewn plant ifanc ond fel arfer mae'n ysgafn. Efallai bod gan eich plentyn dwymyn os yw ei wneb yn teimlo'n boeth i'w gyffwrdd ac yn edrych yn goch neu'n wridog. Gallwch wirio ei dymheredd gyda thermometr.

Gallwch roi paracetamol i'ch plentyn os oes ganddo dwymyn ysgafn ac os yw'n teimlo'n sâl ar ôl iddo gael ei frechiad.

- Darllenwch y cyfarwyddiadau ar y botel neu'r pecyn yn ofalus.
- Rhwch y dos cywir ar gyfer oedran eich plentyn.

Nid ydym yn argymhell cymryd y feddyginiath hon cyn cael brechiad er mwyn atal twymyn.

Ceisiwch gymorth meddygol ar unwaith os yw eich plentyn yn cael ffit (trawiad), neu os yw'n sâl ac yn gwaethygu.

Os yw eich practis meddygon teulu ar gau ac na allwch gysylltu â'ch meddyg, gwrandewch ar eich greddf ac ewch i'ch adran argyfwng agosaf.

Corfwrch: peidiwch byth â rhoi meddyginiath sy'n cynnwys aspirin i blant o dan 16 oed.



Beth i'w ddisgwyl ar ôl brechiadau a roddir drwy bigiad



Ar ôl brechiad, etallai y bydd eich plentyn yn crïo am ychydig, ond bydd yn setlo'n gyflym ar ôl mwythau neu fwyd. Nid yw'r rhan fwyaf o fabanod yn cael unrhyw sgil-ffeithiau.

Mae'r sgil-ffeithiau mwyaf cyffredin i'w gweld ble mae'r pigiad yn cael ei roi. Mae'r rhain yn cynnwys y canlynol:

- chwydd;
- cochni; a
- lwm bach caled.

Bydd y sgil-ffeithiau hyn fel arfer yn para diwrnod neu dau ac nid oes angen i chi wneud dim amdanynt.

Ar ôl brechiad, etallai y bydd plant ifanc yn anesmwyth am ddiwrnod neu dau neu'n cael tymheredd uchel. Hefyd etallai y bydd plant hyn yn cael tymheredd uchel, blinder, poenau yn y cyhyrau, cur pen a diffyg archwaeth bwyd am ddiwrnod neu ddau.

Amddifyn iechyd eich plentyn Brechu yw un o'r ffyrdd gorau o amddifyn eich plentyn ac eraill rhag salwch difrifol.

Mae'r datlen yma'n dweud wrthy'ch
chi am sgil-ffeithiau cyffredin
brechiadau a all ddigwydd mewn
babanod a phlant ifanc hyd at
bum mlwydd oed. Defnyddiwch yr
wybodaeth yma fel canllaw yn unig.
Dylech bob amser gael cyngor gan
feddyg, ymwelydd iechyd neu nys
os ydych yn poeni, neu cysylltwch â
GIG 111 Cymru drwy ffonio 111.
Mae taffenni gyda mwy o wybodaeth
am frechiadau ar gael yn
icc.gig.cymru/taffenni-brechlynnau



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Sganwch fi i gael
rhagor o wybodaeth
am frechidau i
fabnod a
brechidau
cyn-ysgol



Beth i'w ddisgwyl ar ôl brechidau



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