



Mae Brechu yn achub bywydau
Vaccination saves lives



GIG
CYMRU
NHS
WALES

Iechyd Cyhoeddus
Cymru
Public Health
Wales

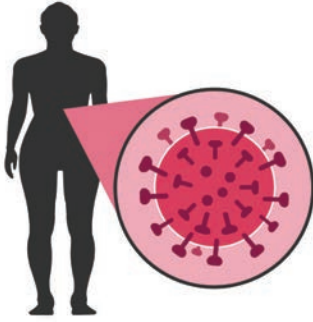
COVID-19 vaccine

This leaflet tells you about the vaccine and how to get it



Mae'r daflen hon ar gael yn Gymraeg. You can get this leaflet in Welsh.

What is a vaccine



A **vaccine** is a medicine that helps to keep you safe from catching an illness.



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



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



A vaccine may not always stop you from catching an illness.

But it can help to make you less poorly if you do catch it.

About COVID-19



COVID-19 is an illness that can make you feel very poorly. It can spread easily to other people.



COVID-19 can be very serious for some people. It can make them very poorly and need to go to hospital.



These people are offered a vaccine.



The vaccine will help to protect them from getting very poorly.

Who can have the COVID-19 vaccine



You will be offered the vaccine if you:

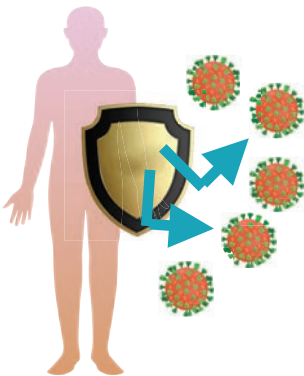
- Are aged 75 and older.



- Live in a care home for older people.



- Are 6 months old or over and have an **immune system** that does not work as well as it should.

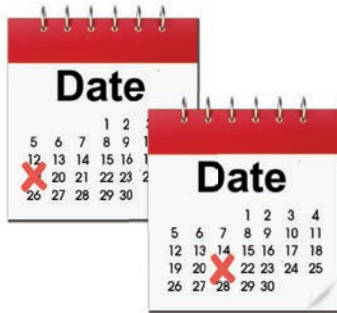


Your **immune system** is the part of your body that helps to protect you from infections.



Your immune system can stop working well because of illness. Some medicines can stop it working well too.

When you can get the COVID-19 vaccine



You will be offered the vaccine 2 times a year.



You will usually be offered your next COVID-19 vaccine about 6 months after your last one.



The NHS or your doctor will let you know when it is time to have the vaccine.



You should have the vaccine as soon as you are offered it.



If you did not get an invite, contact your doctor.



You can have the COVID-19 vaccine at the same time as other vaccines.



If you are worried about needles, tell the person who is giving you the vaccine. They will support you.

What to do if you are ill when it is time to have the vaccine



If you are unwell, it is best to wait until you feel better.



You should cancel your appointment and make a new one. But you should try to have the vaccine as soon as possible.

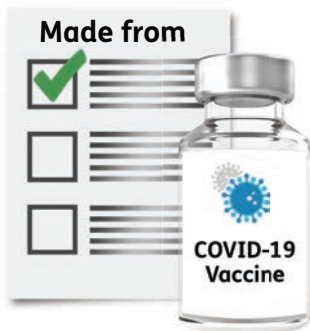
Allergies



Most people who are allergic to something can have the vaccine with no problems.



You should **not** have the vaccine if:



- You are allergic to something that the vaccine is made from and it gives you a **serious reaction**

or



- You have had a **serious reaction** to the COVID-19 vaccine before.



A **serious reaction** is when:

- You find it hard to breathe.



- You feel confused, faint and you cannot be woken up.



- Your face, neck or tongue start to swell up.



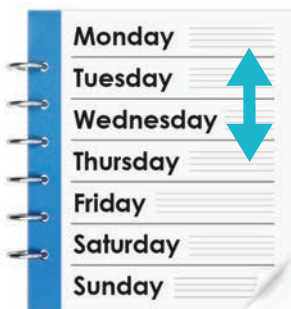
Tell the person giving you the vaccine if you have had a serious reaction to the vaccine before.

Side effects



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

Not everyone has side effects.



Any side effects should only last for 1 or 2 days.

Side effects after having this vaccine might be:



- A sore arm where you had the injection.



- Aches and pains in your body.



- Feeling sick or being sick.



- Pooing a lot. Or having more runny or soft poos than you usually have.



- A headache.



- Feeling hot or shivering. Your skin might feel very warm. Or you might feel cold and shake.



You can take paracetamol to help with these things.

Remember to read the instructions on the packet.

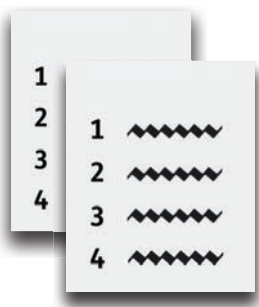


Children under age 16 should **not** take aspirin.



If you are worried, you should speak to your doctor or nurse.

More side effects from the COVID-19 vaccine



Some people might have some other side effects from the vaccine.



A swelling in your neck or armpit

Some people have a sore or swollen neck or armpit after the vaccine.

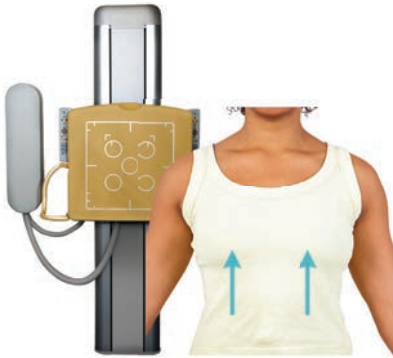
This is on the same side as they had their injection.



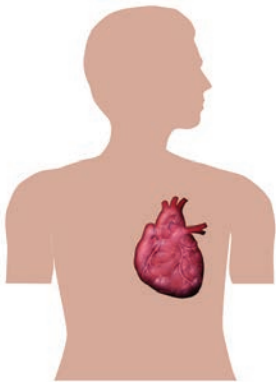
This should get better within 10 days. If it lasts any longer, you should speak to your doctor.



If you have had a COVID-19 vaccine within 2 weeks before a **mammogram**, you should tell the hospital.



A **mammogram** is a special type of scan. It takes pictures inside your breasts.



A swelling in your heart muscle

Some people have a swelling of their heart muscle after the vaccine.

This does not affect very many people at all. When it does happen, it is seen more often in young men.



Most people get better quickly.

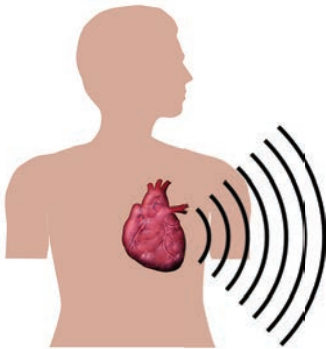


You should get medical help straight away if you feel any of these things:

- Pain in your chest.



- Feeling out of breath.



- Your heart is beating really fast, or feels like it is fluttery or pounding.



If you are worried or your side effects get worse, speak to your doctor or nurse.



Or you can call **NHS 111**.

More information



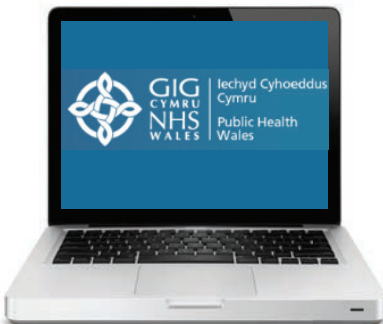
If you want more information about the vaccine, you can speak to your doctor.



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

Rhagor o wybodaeth

Os ydych chi eisiau mwy o wybodaeth am y brechlyn rydych chi'n gallu siarad â'ch meddyg.

Rydych chi'n gallu ffonio GIG 111
Cyrru hefyd.
Ffonio 111

Mae'n rhad ac am ddim i ffonio'r rhif
hwn.

Rydych chi'n gallu edrych ar wefan
Iechyd Cyhoeddus Cymru:
ic.gig.cymru/brechlynnau

Ewch i'r wefan hon i gael gwybod sut
mae'r GIG yn defnyddio eich
gwybodaeth chi:

**111.wales.nhs.uk/
amdannomi/eichgwybodaeth**





● Poen yn eich brest.
Dylech chi gael cymorth meddygol yn syth os byddwch chi'n teimlo unrhyw un o'r pethau hyn:

● Eich bod yn brin eich anadl.

● Bod eich calon yn curo'n gyflym iawn, neu'n teimlo ei bod hi'n curo'n afreolaidd neu'n drwm.

Os ydych chi'n poeni neu os bydd eich sgil-ffeithiau'n gwaethygu siaradwch â'ch meddyg neu nyrs

Neu gallwch chi ffonio **GIG 111**.

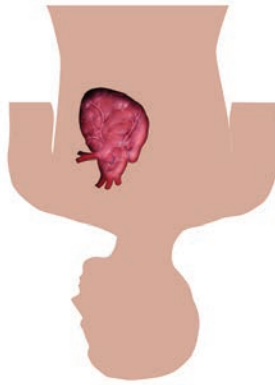
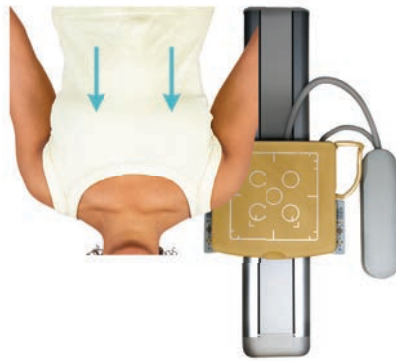
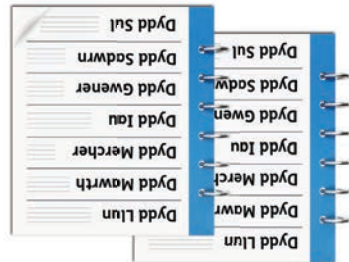
Os ydych chi wedi cael brechlyn COVID-19 o fewn pythefnos cyn cael **mamogram**, dylech chi ddwued wrth yr ysbity.

Mae **mamogram** yn fath arbennig o sgan. Mae'n cymryd lluniau y tu mewn i'ch bronau.

Chwydd yng nghyhyr eich calon
Bydd rhai pobl yn cael chwydd yng nghyhyr eu calon ar ôl iddyn nhw gael y brechlyn.

Dydy hyn ddim yn digwydd i lawer o bobl o gwbl. Pan fydd hyn yn digwydd mae'n fwy tebygol o effeithio ar ddynion ifanc.

Mae'r rhan fwyaf o bobl yn gwella'n gyflym.





Dylai hyn wella o fewn 10 diwrnod.
Os bydd yn para'n hirach, dylech chi
siarad â'ch meddyg.



Chwydd yn eich gwddf neu gesail
Bydd gwddf neu gesail rhai pobl yn
mynd yn boenus neu'n chwyddo ar ôl
iddyn nhw gael y brechlyn.
Bydd hyn yn digwydd ar yr un ochr ag
y cawson nhw y pigiad.



Mae'n bosibl bydd rhai pobl yn cael
sgil-ffeithiau eraill o'r brechlyn.

Mwy o sgil-ffeithiau'r brechlyn COVID-19

Os ydych chi'n poeni, siaradwch â'ch
meddyg neu nrys.



Ddylai plant dan 16 oed **ddim** cymryd
aspirin.



Rydych chi'n gallu cymryd
paracetamol i helpu gyda'r pethau
hyn.
Cofiwch ddarllen y cyfarwyddiadau ar
y pecyn.



- Teimlo'n boeth neu'n crynu. Effallai!
y bydd eich croen yn teimlo'n
gynnes iawn. Neu effallai y
byddwch chi'n teimlo'n oer ac yn
crynu.



- Cur pen/pen tost.



- Mynd i'r ty bach i gael pw yn fwy
aml. Neu gael mwy o pw dyfrllyd
neu feddal nag sy'n arferol i chi.

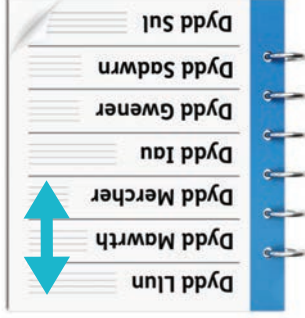


- Teimlo eich bod am chwydu neu
yn chwydu.

Sgil-ffeithiau

Sgil-ffeithiau yw'r pethau a allai ddiigwydd i chi ar ôl i chi gael y brechlyn.

Fydd pawb ddim yn cael sgil-ffeithiau.



Ddylai'r sgil-ffeithiau ddim para yn fwy na 1 neu 2 ddiwrnod.

Gallai sgil-ffeithiau ar ôl cael y brechlyn hwn gynnwys:

- Braich boenus lle cawsoch y pigiad.



- Poenau a gwaneu yn eich corff.

Adwath difrifol yw pan fydd y canlynol yn digwydd:

- Byddwch chi'n ei chael hi'n anodd anadlu.



- Byddwch chi'n teimlo'n ddrwslyd, yn llewygu a dydych chi ddim yn gallu cael eich deffro.



- Bydd eich wneb, gwddf neu daford yn dechrau chwyddo.



Rhowch wybod i'r person sy'n rhoi'r brechlyn i chi os ydych chi wedi cael adwath difrifol i'r brechlyn o'r blaen.





- Rydych chi wedi cael **adwaith difrifol** i'r brechlyn COVID-19 o'r blaen.

neu



- Alergedd i rywbeth sydd yn y brechlyn sy'n achosi i chi gael **adwaith difrifol**



Ddylech chi **ddim** cael y brechlyn os oes gennyh chi:



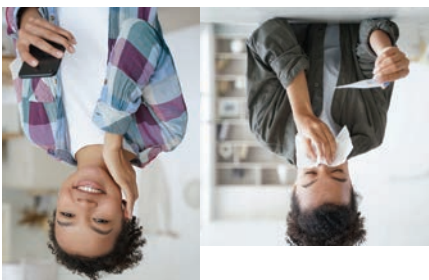
Mae'r rhan fwyaf o bobl ag alergeddau yn gallu cael y brechlyn heb gael problemau.

Alergeddau

Dylech chi ganslo eich apwyntiad a gwneud apwyntiad newydd. Ond dylech chi geisio cael y brechlyn cyn gynted â phosibl.



Os ydych chi'n sâl, mae'n well aros nes eich bod chi'n teimlo'n well.



Beth ddylech chi ei wneud os byddwch yn sâl pan fydd brechlyn yn amser i chi gael y

Dywedwch wrth y person sy'n rhoi'r nodwyddau. Bydd y person yn eich brechlyn i chi os ydych chi'n poeni am cefnogi chi.



Gallwch chi gael y brechlyn COVID-19 ar yr un pryd â brechlynnau eraill.



Os ydych chi ddim wedi cael gwahoddiad, cysylltwch â'ch meddyg.



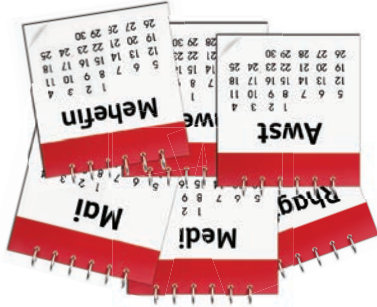
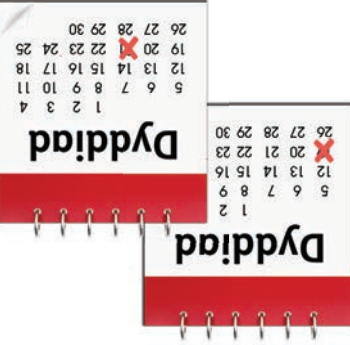
Pryd allwch chi gael y brechlyn COVID-19

Byddwch chi'n cael cynnig y brechlyn 2 waith y flwyddyn.

Fel arfer, byddwch chi'n cael cynnig eich brechlyn COVID-19 nesaf tua 6 mis ar ôl eich un diwethaf.

Bydd y GIG neu'ch meddyg yn rhoi gwybod i chi pryd y bydd yn amser i chi gael y brechlyn.

Dylech chi gael brechlyn yn syth pan fydd yn cael ei gynnig i chi.



Pwy all gael y brechlyn COVID-19

Byddwch yn cael cynnig y brechlyn os ydych yn:

- 75 oed a hyn.



- Byw mewn cartref gofal i bobl hyn.

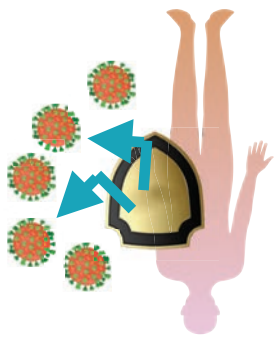


- 6 mis oed neu'n hyn ac mae

gennyh **system imiwedd** nad yw'n gweithio mor dda ag y dylai.



Eich **system imiwedd** yw'r rhan o'ch corff sy'n helpu i'ch diogelu chi rhag heintiau.



Os bydd salwch gennyh, mae'n bosibl na fydd eich system imiwedd yn gweithio'n dda iawn. Mae rhai meddyginiaethau yn gallu ei atal rhag gweithio'n dda iawn hefyd.



Ynglŷn â COVID-19

Mae COVID-19 yn salwch sy'n gallu gwneud i chi deimlo'n sâl iawn. Mae'n gallu lledaenu'n hawdd i bobl eraill.



Mae COVID-19 yn gallu bod yn ddifrifol iawn i rai pobl. Mae'n gallu eu gwneud nhw'n sâl iawn ac etfallai bydd angen iddyn nhw fynd i'r ysbyty.



Mae brechlyn yn cael ei gynniig i'r bobl hyn.



Bydd y brechlyn yn helpu i'w hamddiffyn rhag mynd yn sâl iawn.



Beth yw brechlyn

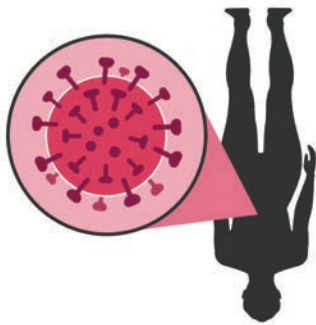
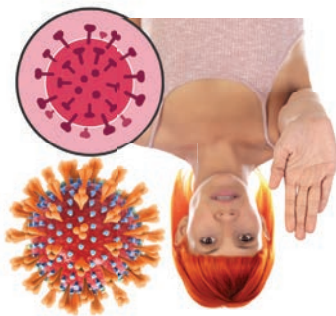
Mae **brechlyn** yn feddygiaeth sy'n helpu i'ch cadw chi'n ddiogel rhag dal salwch.

Fel arfer byddwch chi'n cael brechlyn trwy bigiad.

Yna bydd eich corff yn gwybod sut i frwydro yn erbyn y salwch os byddwch chi'n dal y salwch yn y dyfodol.

Mae'n bosib na fydd brechlyn yn eich atal rhag dal salwch bob amser.

Ond mae'n gallu helpu i'ch gwneud chi'n llai os byddwch chi'n ei ddal.





Brechlyn COVID-19
Mae'r datfen hon yn dweud
wrthy ch chi am y brechlyn a
sut i'w gael

