Mae Brechu yn achub bywydau
Vaccination saves lives

Get vaccinated against COVID-19

A guide to COVID-19 vaccination

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

GIG CYMRU NHS WALES | Iechyd Cyhoeddus Cymru Public Health Wales

Scan me for more information on COVID-19

Some people are at greater risk of serious illness from COVID-19. This leaflet explains what the COVID-19 vaccine is, and how to get it.

What is COVID-19?

COVID-19 is a very infectious respiratory disease caused by a virus. It is more serious in older people and those with certain health conditions. People at greater risk who catch COVID-19 are more likely to need hospital treatment.

Why do some people need to have the vaccine?

Like some other vaccines, levels of protection may begin to reduce over time. People who are at risk of getting seriously ill from COVID-19 are offered a vaccination twice a year. These doses will help protect you for longer.

Having the vaccine can help to reduce the risk of you needing to go to hospital due to COVID-19 infection.

Who will be offered a COVID-19 vaccine?

The vaccine will be offered to people who are at greater risk if they get COVID-19. These are:

- people aged 75 and older
- residents in care homes for older people, and
- anyone aged six months and over who has a weakened immune system.

How does the vaccine work?

Vaccines work by telling your immune system how to fight a disease. Your immune system responds to the vaccine and makes antibodies. Antibodies help your body to fight an illness when you catch it. Your immune system will remember how to make these antibodies if you come into contact with the disease.

The type of COVID-19 virus that circulates can change, and protection from the vaccine may weaken over time. Having a COVID-19 vaccine is the best way to stay protected and prevent getting seriously unwell from COVID-19.

The COVID-19 vaccine cannot cause or spread COVID-19.

Which vaccine will I be offered?

You will be offered the most appropriate vaccine, which may be the same or different from the vaccines you have had before. Vaccines are a safe and effective way to protect yourself.

How is the vaccine given?

The vaccine is given as an injection in the upper arm. For babies under 12 months, the vaccine is given by injection into the thigh.

When will the vaccine be offered?

You will be offered the vaccine twice a year, usually in the spring and autumn. You should be invited to have your vaccine around six months (and not before three months) after your last dose of the vaccine.

If you are unwell when you are due to receive your vaccine, you may have the vaccine later, or as soon as you are feeling better.

If you are not yet 75 but will be turning 75 during the time the vaccine is being offered, you will still be called for your vaccination. You do not need to wait for your birthday.

Do I need the vaccine if I've had COVID-19 infection before?

Yes. If you have already had COVID-19 this won't always protect you against future infections, so you should still have the vaccine to make sure you are properly protected.

Is the COVID-19 vaccine safe?

Yes, the COVID-19 vaccine is safe. It meets all safety standards. Once a vaccine is in use, its safety is closely monitored.

All medicines and vaccines have passed strict safety standards for use in the UK and are very safe. Any reports of side effects from the COVID-19 vaccine are closely monitored and reviewed.

What if I have a weakened immune system?

People with a weakened immune system may not make a strong immune response to the vaccine, but it should offer them protection against serious illness. People with a severely weakened immune system may be offered additional COVID-19 vaccines to strengthen their protection. Your GP or nurse will advise you.

Did you know?

It is safer for your immune system to learn how to protect itself from a vaccine, rather than by catching a disease.

How will I get the vaccine?

The NHS will contact you to let you know when and where to have the vaccine. It's important to attend the appointment when invited. If you can't attend, please let the booking team know so they can give your appointment to someone else and give you a new appointment to get the vaccine as soon as possible. The team's contact details are on the appointment letter.

If you aren't contacted, or you think you might have missed the invitation, speak to your GP surgery or health board immunisation team.

You can find more information on how to get the vaccination at: **gov.wales/covid-19-vaccination-programme** (external site).

What about giving consent?

Consent means that you give permission for something to happen.

If you are a parent or guardian with parental responsibility for a child or young person, you will be asked to give informed consent for them to have the vaccine.

In some cases, young people under the age of 16 may be able to give consent themselves, if they are mature enough to fully understand what is being offered. It is best that parents or guardians are involved in their decision about having the vaccine.

The person giving the vaccine will always check they have the necessary consent first. They will be able to discuss the vaccine at the appointment and answer any questions.

What if I have fear of needles?

If you have a fear of needles, let the person giving you the vaccine know. They will support you.

Is there anyone who should not have the COVID-19 vaccine?

There are very few people who should not have a COVID-19 vaccine. Most people with allergies can have the vaccine with no problems. 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.

Are there any side effects?

Like all medicines, vaccines can cause side effects. Most side effects are mild and short-term, and not everyone gets them. Common side effects include:

- a heavy feeling or soreness where you had the injection
- general aches or mild flu-like symptoms
- feeling sick or vomiting
- diarrhoea
- tiredness
- headache, and
- mild fever.

You may have a mild fever for two to three days after having the vaccine. However, a high temperature is unusual and may be because you have another infection or illness. If you are worried, speak to your doctor or nurse.

You can take paracetamol (follow the advice in the packet and do not take more than the recommended dose), and rest to help you feel better.

For young babies, a dose of the correct-strength liquid paracetamol may help reduce your child's fever. Read the instructions on the bottle very carefully and give the correct dose for your child's age. It is not recommended to give liquid paracetamol before vaccination to prevent a fever.

Children under 16 should not be given medicines that contain aspirin.

An uncommon side effect after the COVID-19 vaccine is swollen glands in the armpit or neck, on the same side as the arm where you had the vaccine. This can last for around 10 days, but if it lasts longer contact your GP surgery for advice. If you are due for breast screening (a mammogram) in the few weeks after the vaccine, mention you've had the COVID-19 vaccine when you attend.

Very rarely cases of inflammation of the heart have been reported after some COVID-19 vaccines. This is called myocarditis or pericarditis. These cases have been seen mostly in younger men within several days after vaccination. Most of these people recovered and felt better following rest and simple treatment.

You should get medical advice urgently if you have:

- chest pain
- shortness of breath, or
- a fast beating, fluttering or pounding heart.

Other side effects are uncommon or very rare.

If your symptoms seem to get worse or if you are concerned, call NHS **111** or your GP surgery. If you do get advice from a doctor or nurse, make sure you tell them what vaccines you have had so they can assess you fully.

Fact!

Hundreds of thousands of COVID-19 vaccines have been given in Wales. COVID-19 vaccines are safe!

Reporting side effects

Please read the product information leaflet for more details on your vaccine, including possible side effects.

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

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

If you are worried about yourself or your child after the vaccination, you should speak to your GP or practice nurse.

Rarely, people can have a severe reaction soon after 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.

Will the COVID-19 vaccine stop me from catching the virus?

Vaccination is one of the best ways to help prevent severe illness from COVID-19. It may take a few weeks for your body to build up protection against COVID-19 after the vaccination.

Like all medicines, no vaccine is 100% effective – some people may still get COVID-19 despite having a vaccination, but their symptoms should be less severe.

Are there any other vaccinations I need to have now?

It's important to catch up on most missed vaccinations. If you or your child has missed a vaccination and is older than the recommended age, talk to your GP, practice nurse or health visitor.

The COVID-19 vaccines can be given at the same time as other vaccines. For the latest advice on this, please visit **phw.nhs.wales/covidvaccine**

To see the routine immunisation schedules for Wales, visit: **phw.nhs.wales/CompleteSchedule**

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). 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/covidvaccine**

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

Crystal Mark 24405
Clarity approved by Plain English Campaign

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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 nyrs, 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-effeithiau 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 daflen i gleifion ar-lein.

Gallwch ddod o hyd i enw'r brechlyn yn **icc.gig.cymru/brechlyncovid**

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/amdanomni/eichgwybodaeth** (safle allanol).

Sganiwch fi i fynd i wefan Iechyd Cyhoeddus Cymru

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A oes brechiadau eraill y dylwn eu cael nawr?

Mae'n bwysig dal i fyny â'r rhan fwyaf o frechiadau a fethir. Os ydych chi neu eich plentyn wedi methu brechiad ac yn hŷn na'r oedran a argymhellir, siaradwch â'ch meddyg teulu, nyrs practis neu ymwelydd iechyd.

Gellir rhoi brechlynnau COVID-19 yr un pryd â brechlynnau eraill. I gael y cyngor diweddaraf ar hyn, ewch i **icc.gig.cymru/brechlyncovid**

I weld yr amserlenni imiwneiddio arferol ar gyfer Cymru, ewch i: **icc.gig.cymru/AmserlenGyflawn**

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 dwylo neu defnyddiwch hylif diheintio dwylo.

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

Rhoi gwybod am sgil-effeithiau

Darllenwch y daflen wybodaeth am y cynnyrch i gael rhagor o fanylion am eich brechlyn, gan gynnwys sgil-effeithiau posibl.

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

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

Os ydych yn poeni amdanoch chi'ch hun neu eich plentyn ar ôl y brechiad, dylech siarad â'ch meddyg teulu neu nyrs practis.

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.

A fydd y brechlyn COVID-19 yn fy atal rhag dal y feirws?

Brechu yw un o'r ffyrdd gorau o helpu i atal salwch difrifol o ganlyniad i COVID-19. Gall gymryd ychydig wythnosau i'ch corff adeiladu amddiffyniad rhag COVID-19 ar ôl y brechiad.

Fel pob meddyginiaeth, nid oes yr un brechlyn yn 100% effeithiol – gall rhai pobl ddal i gael COVID-19 er gwaethaf cael brechiad, ond dylai eu symptomau fod yn llai difrifol.

Mewn achosion prin, adroddwyd am lid y galon ar ôl rhai brechlynnau COVID-19. Gelwir hyn yn myocarditis neu pericarditis. Mae'r achosion hyn wedi'u gweld yn bennaf ymhlith dynion iau o fewn sawl diwrnod ar ôl y brechiad. Gwnaeth y rhan fwyaf o'r bobl hyn wella ac roedden nhw'n teimlo'n well ar ôl gorffwys a chael triniaeth syml.

Dylech gael cyngor meddygol ar frys os ydych yn profi'r canlynol:

- poen yn y frest
- diffyg anadl, neu
- galon sy'n curo'n gyflym, yn afreolaidd neu'n curo'n drwm.

Mae sgil-effeithiau eraill yn anghyffredin neu'n brin iawn.

Os yw'n ymddangos bod eich symptomau'n gwaethygu neu os ydych chi'n bryderus, ffoniwch GIG **111** neu eich Practis meddyg teulu. Os byddwch yn cael cyngor gan feddyg neu nyrs, gwnewch yn siŵr eich bod yn dweud wrthynt pa frechlynnau a gawsoch fel y gallant eich asesu'n llawn.

Ffaith!

Mae cannoedd o filoedd o frechlynnau COVID-19 wedi cael eu rhoi yng Nghymru. Mae brechlynnau COVID-19 yn ddiogel!

Oes sgîl-effeithiau?

Fel pob meddyginiaeth, gall brechlynnau achosi sgil-effeithiau. Mae'r rhan fwyaf o sgîl-effeithiau yn rhai ysgafn a thymor byr, ac nid yw pawb yn eu cael. Mae sgil-effeithiau cyffredin yn cynnwys:

- teimlad trwm yn y fraich neu ddolur lle cawsoch y pigiad
- poenau cyffredinol neu symptomau ysgafn tebyg i ffliw
- teimlo'n gyfoglyd neu'n chwydu
- dolur rhydd
- blinder
- pen/tost cur pen, a
- thwymyn ysgafn.

Efallai y bydd gennych dwymyn ysgafn am ddau neu dri diwrnod ar ôl cael brechlyn. Fodd bynnag, mae tymheredd uchel yn anarferol a gall fod oherwydd bod gennych haint neu salwch arall. Os ydych chi'n poeni, siaradwch â'ch meddyg teulu neu nyrs.

Gallwch gymryd paracetamol (dilynwch y cyngor ar y pecyn a pheidiwch â chymryd mwy na'r dos a argymhellir). Dylech orffwys i'ch helpu i deimlo'n well.

Yn achos babanod ifanc, gall dos o'r cryfder cywir o hylif paracetamol helpu i leihau twymyn eich plentyn. Darllenwch y cyfarwyddiadau ar y botel yn ofalus iawn a rhowch y dos cywir ar gyfer oedran eich plentyn. Ni argymhellir rhoi hylif paracetamol er mwyn atal twymyn cyn cael brechiad.

Ni ddylid rhoi meddyginiaethau sy'n cynnwys aspirin i blant dan 16 oed.

Sgîl-effaith anghyffredin ar ôl y brechlyn COVID-19 yw chwarennau chwyddedig yn y gesail neu'r gwddf, ar yr un ochr â'r fraich lle cawsoch y brechlyn. Gall hyn bara am tua 10 diwrnod, ond os yw'n para'n hirach cysylltwch â'ch Practis Meddyg Teulu am gyngor. Os ydych i fod i gael prawf sgrinio'r fron (mamogram) yn yr ychydig wythnosau ar ôl cael y brechlyn, cofiwch sôn wrth fynd i'ch apwyntiad eich bod wedi cael y brechlyn COVID-19.

Beth am gydsynio?

Mae cydsynio yn golygu eich bod chi’n rhoi caniatâd i rywbeth ddigwydd.

Os ydych yn rhiant neu’n warcheidwad sydd â chyfrifoldeb rhiant dros blentyn neu berson ifanc, gofynnir i chi gydsynio ar sail gwybodaeth iddynt gael y brechlyn.

Mewn rhai achosion, efallai y bydd pobl ifanc o dan 16 oed yn gallu cydsynio eu hunain, os ydyn nhw’n ddigon aeddfed i ddeall yn llawn yr hyn sy’n cael ei gynnig. Mae’n well bod rhieni neu warcheidwaid yn rhan o’u penderfyniad ynghylch cael y brechlyn.

Bydd y sawl sy’n rhoi’r brechlyn bob amser yn gwirio bod ganddo’r cydsyniad angenrheidiol yn gyntaf. Bydd yn gallu trafod y brechlyn yn yr apwyntiad ac ateb cwestiynau.

Beth os oes gen i ofn nodwyddau?

Os oes gennych ofn nodwyddau, rhowch wybod i’r sawl sy’n rhoi’r brechlyn i chi. Bydd yn eich cefnogi chi.

A oes unrhyw un na ddylai gael brechlyn COVID-19?

Prin iawn yw’r bobl na ddylai gael brechlyn COVID-19. Mae’r rhan fwyaf o bobl ag alergeddau yn gallu cael y brechlyn heb gael problemau. Ni ddylid rhoi’r brechlyn i unigolyn sydd wedi cael adwaith difrifol (sy’n peryglu bywyd) i:

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

Gwnewch yn siŵr eich bod yn dweud wrth y sawl sy’n rhoi’r brechlyn i chi os cawsoch adwaith alergaidd difrifol i’r brechlyn neu ei gynhwysion yn y gorffennol.

Beth os oes gen i system imiwnedd wan?

Efallai na fydd pobl â system imiwnedd wan yn cynhyrchu ymateb imiwnyddol cryf i'r brechlyn, ond dylai eu diogelu rhag salwch difrifol. Efallai y bydd pobl sydd â system imiwnedd wan iawn yn cael cynnig brechlynnau COVID-19 ychwanegol er mwyn cryfhau eu hamddiffyniad. Bydd eich meddyg teulu neu nyrs yn eich cynghori.

Oeddech chi'n gwybod?

Mae'n fwy diogel i'ch system imiwnedd ddysgu sut mae amddiffyn ei hun drwy frechlyn yn hytrach na thrwy ddal afiechyd.

Sut fyddaf yn cael y brechlyn?

Bydd y GIG yn cysylltu â chi i roi gwybod i chi pryd a ble i gael y brechlyn. Mae'n bwysig dod i'r apwyntiad pan gewch wahoddiad. Os na allwch fod yn bresennol yn yr apwyntiad, rhowch wybod i'r tîm archebu fel y gall rhywun arall gael eich apwyntiad chi, a gallwch chi gael apwyntiad newydd i gael y brechlyn cyn gynted â phosibl. Mae manylion cyswllt y tîm ar y llythyr apwyntiad.

Siaradwch â'ch practis meddyg teulu neu dîm imiwneiddio'r bwrdd iechyd os na fydd rhywun wedi cysylltu â chi, neu os byddwch yn meddwl eich bod wedi methu'r gwahoddiad i gael y brechlyn.

Gallwch ddod o hyd i ragor o wybodaeth am sut i gael y brechiad yn **llyw.cymru/rhaglen-brechu-rhag-covid-19** (safle allanol).

Sut mae'r brechlyn yn cael ei roi?

Mae'r brechlyn yn cael ei roi fel pigiad yn rhan uchaf y fraich. Mae'r brechlyn yn cael ei roi i fabanod dan 12 mis oed trwy bigiad i'r glun.

Pryd fydd y brechlyn yn cael ei gynnig?

Byddwch yn cael cynnig y brechlyn ddwywaith y flwyddyn, yn y gwanwyn a'r hydref fel arfer. Dylech gael gwahoddiad i gael eich brechlyn tua chwe mis (ac nid cyn tri mis) ar ôl eich dos olaf o'r brechlyn.

Os byddwch yn sâl pan fyddwch chi i fod i gael eich brechlyn, gallwch gael y brechlyn yn ddiweddarach, neu cyn gynted ag y byddwch yn teimlo'n well.

Os nad ydych chi'n 75 oed eto ond yn troi'n 75 yn ystod y cyfnod y bydd y brechlyn yn cael ei gynnig, byddwch yn dal i gael eich gwahodd i gael eich brechiad. Nid oes raid i chi aros tan eich pen-blwydd.

A oes angen i mi gael y brechlyn os ydw i wedi dal haint COVID-19 o'r blaen?

Oes. Nid yw'r ffaith eich bod eisoes wedi dal COVID-19 yn eich diogelu bob amser rhag heintiau yn y dyfodol. Dylech, felly, gael y brechlyn o hyd i wneud yn siŵr eich bod wedi eich diogelu'n iawn.

A yw'r brechlyn COVID-19 yn ddiogel?

Ydy, mae'r brechlyn COVID-19 yn ddiogel. Mae'n bodloni'r holl safonau diogelwch. Pan fydd y brechlyn ar waith, bydd ei ddiogelwch yn cael ei fonitro'n agos.

Mae pob meddyginiaeth a brechlyn wedi bodloni safonau diogelwch llym i'w defnyddio yn y DU ac maent yn ddiogel iawn. Bydd adroddiadau am sgil-effeithiau brechlyn COVID-19 yn cael eu monitro'n agos a'u hadolygu.

Sut mae'r brechlyn yn gweithio?

Mae'r brechlynnau'n gweithio drwy ddweud wrth eich system imiwnedd sut mae brwydro yn erbyn afiechyd. Mae eich system imiwnedd yn ymateb i'r brechlyn ac yn cynhyrchu gwrthgyrff. Mae gwrthgyrff yn helpu eich corff i frwydro yn erbyn salwch pan fyddwch chi'n ei ddal. Os byddwch chi'n dod i gysylltiad â'r afiechyd, bydd eich system imiwnedd yn cofio sut mae gwneud y gwrthgyrff hyn.

Gall y math o feirws COVID-19 sy'n cylchredeg newid, a gall amddiffyniad rhag y brechlyn wanhau dros amser. Cael brechlyn COVID-19 yw'r ffordd orau o sicrhau eich bod yn cael eich diogelu a'ch atal rhag mynd yn sâl iawn oherwydd COVID-19.

Ni all y brechlyn COVID-19 achosi COVID-19 na'i ledaenu.

Pa frechlyn fydd yn cael ei gynnig i mi?

Byddwch yn cael cynnig y brechlyn mwyaf priodol, a all fod yr un fath neu'n wahanol i'r brechlynnau a gawsoch o'r blaen. Mae brechlynnau yn ffordd ddiogel ac effeithiol o amddiffyn eich hun.

Mae rhai pobl mewn mwy o berygl o salwch difrifol oherwydd COVID-19. Mae'r daflen hon yn egluro beth yw'r brechlyn COVID-19, pwy sy'n gymwys i'w gael a sut i'w gael.

Beth yw COVID-19?

Mae COVID-19 yn glefyd anadlol heintus iawn a achosir gan feirws. Mae'n fwy difrifol mewn pobl hŷn a'r rhai â chyflyrau iechyd penodol. Mae'n fwy tebygol y bydd angen triniaeth ysbyty ar bobl sydd mewn mwy o berygl os byddant yn dal COVID-19.

Pam mae angen i rai pobl gael y brechlyn?

Fel rhai brechlynnau eraill, gall lefelau amddiffyniad ddechrau lleihau dros amser. Cynigir brechiad ddwywaith y flwyddyn i bobl sydd mewn perygl o fynd yn ddifrifol wael oherwydd COVID-19. Bydd y dosau hyn yn helpu i'ch diogelu am gyfnod hirach.

Gall cael y brechlyn helpu i leihau'r risg o orfod mynd i'r ysbyty oherwydd COVID-19.

Pwy fydd yn cael cynnig brechlyn COVID-19?

Bydd y brechlyn yn cael ei gynnig i bobl sydd mewn mwy o berygl os byddant yn dal COVID-19. Y rhain yw:

- pobl 75 oed a hŷn
- preswylwyr mewn cartrefi gofal i bobl hŷn, ac
- unrhyw un chwe mis oed a throsodd sydd â system imiwnedd wan.

Mae Brechu yn achub bywydau
Vaccination saves lives

Cael eich brechu rhag COVID-19

Canllaw i frechiadau COVID-19

Sganiwch fi i gael rhagor o wybodaeth am COVID-19

Iechyd Cyhoeddus Cymru
Public Health Wales