Mae Brechu yn achub bywydau
Vaccination saves lives

GIG CYMRU NHS WALES
Iechyd Cyhoeddus Cymru
Public Health Wales

MenACWY vaccine for teenagers and young people

This is a vaccine to protect you against meningitis and septicaemia

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

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About meningococcal disease

We say it like this **men inj o cocal**

Meningococcal disease is a serious illness that can make you very poorly.

It can cause 2 illnesses called:

- **Meningitis**. This is an infection that causes part of your brain to become very swollen

  and

- **Septicaemia**. We say it like this **sep ti see me ya**. This is blood poisoning.

These illnesses are very serious. You may need to go to hospital and some people might die if they get them.

Symptoms

Symptoms are the things you feel when you are poorly.

If you have meningococcal disease, you might have 1 or more of these symptoms:

- A fever. This is when you have a temperature of 38 degrees or more on a thermometer.

- Cold hands or feet.

- Feel very sleepy.

- Aches in your body.

- A bad headache.

- Find it hard to look at bright lights.

- Be sick.

- Be very confused and get annoyed easily.

- Have a really stiff neck.

- Have a **seizure**. A **seizure** is when your brain stops working properly.

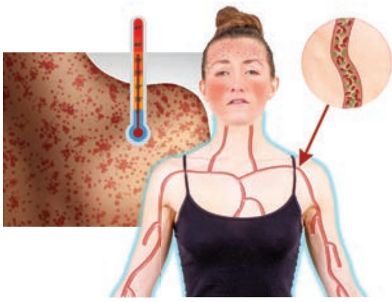
  When you have a seizure you might fall to the floor and start shaking.

- Have a rash on your skin. This will look like tiny red dots that are close together.

Speak to your doctor or nurse if you have any of these symptoms.

Checking your rash for blood poisoning

If you have a rash, it might mean you have blood poisoning.



There is an easy check you can do to see if your rash is a sign of blood poisoning.

Get a clear glass and put it on your rash. Usually, a rash will go away if you press the glass on it.

The rash for blood poisoning will not go away. You will still see the rash through the glass.

If you have darker skin, it might be harder to see the rash.

It might be easier to see it on:

- The bottom of your feet or the middle of your hand

or

- Your tummy.

You should phone a doctor straightaway if you can still see the rash through the glass.

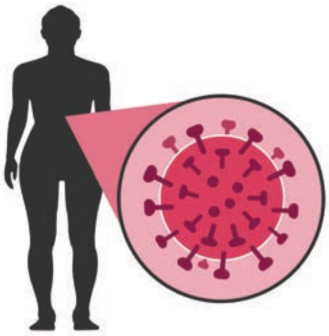
If you cannot get in touch with your doctor or nurse, you should:

- Phone **999** and ask for an ambulance

or

- Go straight to your local hospital.

What is a vaccine

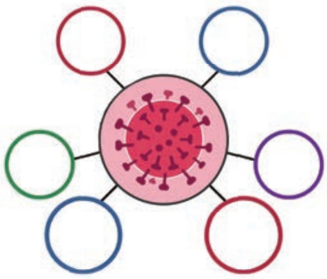


A **vaccine** is a medicine that helps to keep you safe from catching an illness.

Getting a vaccine is usually done by giving you an injection at the top of your arm.

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

A vaccine may not always stop you from catching an illness. But it can make you less poorly if you do catch it.



There are different types of meningococcal disease.

Most people have a vaccine to protect them against 1 type when they are a baby.

This vaccine protects you against some other types of the disease.

It is really important to protect yourself against meningococcal disease.

Who can have the MenACWY vaccine

This vaccine will be offered to:

- Teenagers aged between 13 and 14 years old.

- Young people aged between 15 and 25 if they have not had this vaccine before.

- People who have more chance of catching meningococcal disease.

  They might work with or spend time with someone who has it.

How to get your vaccine

Most children have the vaccine at school or at their local doctors.

If you go to school then you will be in year 9 when you have the vaccine.

If you do not have the vaccine in school, you can ask your local doctor about it.

You should try to have the vaccine before you start university or college.

It is best if you have it at least 2 weeks before you start.

You can have this vaccine at the same time as some other vaccines.

Choosing to have the vaccine

If you are younger than 16, you will get a form. You, your parent or carer can fill in the form.

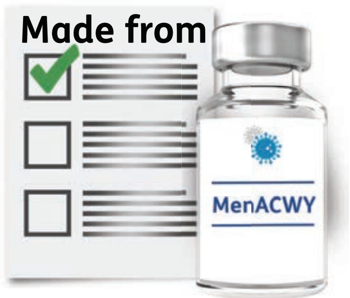
The form will ask if you agree to have the vaccine.

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

Who should not have the vaccine

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 the vaccine is made from and it gives you a serious reaction.

or

- Have had a **serious reaction** to a 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.

If you have problems with your blood, speak to your doctor or nurse before you have the vaccine.

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

If you are unwell or have a **high temperature**, it is better to wait until you feel better.

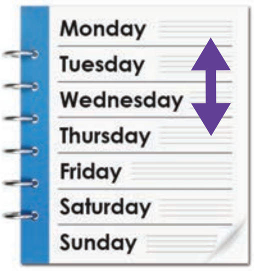
A **high temperature** is a temperature more than 38 degrees on a thermometer.

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

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

Side effects

Side effects are things that might happen to you after you have had the vaccine. Not everyone has side effects.



Side effects usually get better in a few days.

After the injection you might have a sore arm. Your arm might be red, swollen or have a small lump where you had the injection.

Other side effects you might have are:

- Having a high temperature of more than 38 degrees on a thermometer.

- Feeling sick.

- Feeling dizzy.

- Having a headache.

- Having lumps in your throat and neck.

If you have a high temperature and feel unwell, you can take paracetamol to help.

Remember to read the instructions on the packet.

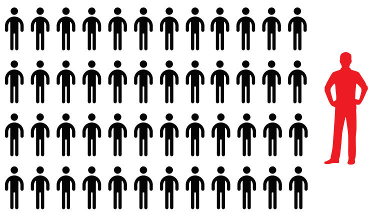
Do not take aspirin if you are under 16.

Rare side effects

Rare means that it does not happen to many people.

Some people might have an allergic reaction to the vaccine. They might have a rash or be itchy on part or all over their body.

Very few people have a serious allergic reaction. If they do they may find it hard to breathe.



Not very many people have a serious allergic reaction.

The nurse who gives you the vaccine has had special training.

They will know what to do straightaway if you are allergic to the vaccine.

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

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Easy Read UK

Mwy o wybodaeth

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

Rydych chi'n gallu ffonio GIG 111 Cymru hefyd.

Ffonio 111

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

Rydych chi'n gallu edrych ar wefan Iechyd Cyhoeddus Cymru:

icc.gig.cymru/brechlynnau

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

111.wales.nhs.uk/amdanomni/eichgwybodaeth

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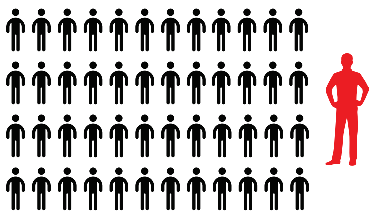
Easy Read UK

Sgil-effeithiau prin

Mae prin yn golygu bod e ddim yn digwydd i lawer o bobl.

Mae rhai pobl yn gallu cael adwaith alergaidd i'r brechlyn. Efallai bydd ganddyn nhw frech neu gosi ar ran o’u corff neu dros eu corff cyfan.

Ychydig iawn o bobl sy’n cael adwaith alergaidd difrifol. Os bydd hynny’n digwydd, efallai bydd hi’n anodd i ti anadlu.



Dim ond ychydig iawn o bobl fydd yn cael adwaith alergedd difrifol.

Bydd y nyrs sy’n rhoi'r brechlyn i ti wedi cael hyfforddiant arbennig.

Bydd y nyrs yn gwybod beth i wneud ar unwaith os bydd gen ti alergedd i'r brechlyn.

- Teimlo'n benysgafn.

- Cur pen/pen tost,

- Lympiau yn dy wddf.

Os oes gen ti dymheredd uchel ac os wyt ti’n teimlo'n sâl, galli di gymryd paracetamol i helpu.

Cofia ddarllen y cyfarwyddiadau ar y pecyn.

Paid â chymryd aspirin os wyt ti’n iau nag 16 oed.

Sgil-effeithiau

Sgil-effeithiau yw'r pethau sy'n gallu digwydd i ti ar ôl i ti gael y brechlyn. Dydy pawb ddim yn cael sgil-effeithiau.

Mae sgil-effeithiau yn gwella mewn ychydig ddyddiau fel arfer.

Efallai bydd dy fraich yn boenus ar ôl i ti gael y pigiad. Efallai bydd dy fraich yn goch, wedi chwyddo neu efallai bydd lwmp bach lle cafodd y pigiad ei roi.

Rwyt ti'n gallu cael sgil-effeithiau eraill fel:

- Tymheredd uchel sy'n uwch na 38 gradd ar thermomedr.

- Teimlo'n gyfoglyd.

Beth i wneud os wyt ti'n sâl pan mae'n bryd i ti gael y brechlyn

Os wyt ti'n sâl neu os oes gen ti **dymheredd uchel**, mae'n well aros nes bod ti'n teimlo'n well.

Tymheredd uchel yw tymheredd sy'n uwch na 38 gradd ar thermomedr.

Mae'n bwysig iawn cael y brechlyn i helpu i dy ddiogelu di.

Os byddi di'n methu dy frechlyn, siarada â'r nyrs ysgol neu feddyg lleol.

Mae **adwaith difrifol** yn golygu:

- Bod hi'n anodd i ti anadlu.

- Bod ti'n teimlo'n ddryslyd, yn llewygu a dydy hi ddim yn bosib deffro ti.

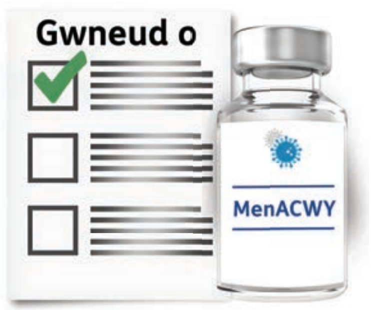
- Bod dy wyneb, gwddf neu dafod yn dechrau chwyddo.

Os oes gen ti broblemau gyda dy waed, siarada â dy feddyg neu nyrs cyn i ti gael y brechlyn.

Pwy ddylai ddim cael y brechlyn

Mae’r rhan fwyaf o bobl sydd ag alergedd i rywbeth yn gallu cael y brechlyn heb broblem.

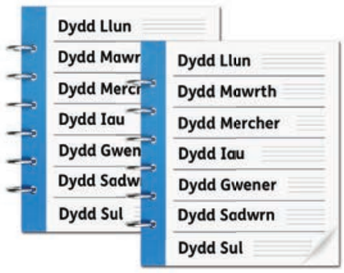
Dylet ti ddim cael y brechlyn os oes gen ti:



- Alergedd i rywbeth sydd yn y brechlyn ac sy’n achosi i ti gael adwaith difrifol

neu os

- Wyt ti wedi cael **adwaith difrifol** i frechlyn o'r blaen.



Mae'n well bod ti'n cael y brechlyn o leiaf bythefnos cyn i ti ddechrau yno.

Galli di gael y brechlyn hwn ar yr un pryd â rhai brechlynnau eraill.

Dewis cael y brechlyn

Byddi di'n cael ffurflen i lenwi os wyt ti'n iau nag 16 oed. Byddi di, dy riant neu ofalwr yn gallu llenwi'r ffurflen.

Bydd y ffurflen yn gofyn os wyt ti'n cytuno i gael y brechlyn.

Mae angen i ti siarad â dy riant neu ofalwr cyn i ti gytuno i gael y brechlyn.

Sut mae cael dy frechlyn

Mae’r rhan fwyaf o blant yn cael y brechlyn yn yr ysgol neu gan eu meddyg lleol.

Os wyt ti’n mynd i'r ysgol, byddi di’n cael y brechlyn pan fyddi di ym mlwyddyn 9.

Os na fyddi di’n cael y brechlyn yn yr ysgol, rwyt ti’n gallu gofyn i dy feddyg lleol amdano.

Mae’n well i ti geisio cael y brechlyn cyn i ti ddechrau yn y brifysgol neu mewn coleg.

Pwy sy’n gallu cael y brechlyn MenACWY

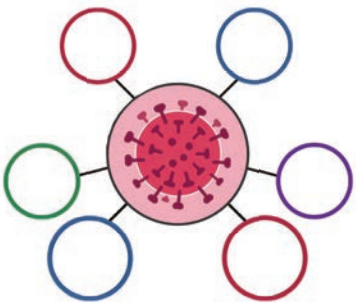
Mae’r brechlyn hwn yn cael ei gynnig i’r canlynol:

- Pobl ifanc rhwng 13 a 14 oed.

- Pobl ifanc rhwng 15 a 25 oed os nad ydyn nhw wedi cael y brechlyn hwn o'r blaen.

- Pobl sydd â mwy o siawns o ddal y clefyd meningococol.

  Efallai byddan nhw'n gweithio gyda rhywun sydd â'r cyflwr neu'n treulio amser gyda nhw.



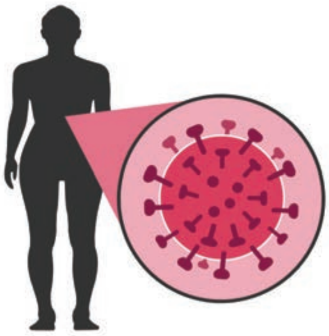
Mae gwahanol fathau o glefydau meningococol.

Bydd y rhan fwyaf o bobl yn cael brechlyn i ddiogelu nhw rhag 1 math pan maen nhw’n fabanod.

Mae'r brechlyn hwn yn diogelu ti rhag rhai mathau eraill o'r clefyd.

Mae'n bwysig iawn bod ti’n diogelu dy hun rhag y clefyd meningococol.

Beth yw brechlyn



Mae **brechlyn** yn feddyginiaeth sy'n helpu i gadw ti'n ddiogel rhag dal salwch.

Mae brechlynnau fel arfer yn cael eu rhoi trwy bigiad yn rhan uchaf dy fraich.

Yna mae dy gorff yn gwybod sut i frwydro yn erbyn y salwch os byddi di'n ei ddal yn y dyfodol.

Mae’n bosib na fydd brechlyn bob amser yn dy atal rhag dal salwch. Ond mae’n gallu gwneud ti’n llai sâl os wyt ti'n ei ddal.

Efallai bydd hi’n haws ei gweld:

- Ar waelod dy draed neu ar ganol dy law

neu

- Ar dy fol.

Os wyt ti’n dal i allu gweld y frech drwy'r gwydr, mae angen i ti ffonio meddyg ar unwaith.

Os nad wyt ti’n gallu cysylltu â’r meddyg neu nyrs, mae angen i ti:

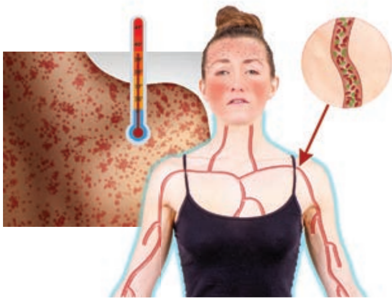
- Ffonio **999** a gofyn am ambiwlans

neu

- Mynd yn syth i'r ysbyty lleol.

Archwilio dy frech am wenwyn gwaed

Os oes gen ti frech, mae’n gallu golygu bod gen ti wenwyn gwaed.



Mae ffordd hawdd o wirio i weld os yw dy frech yn arwydd o wenwyn gwaed.

Cymera wydr clir a'i roi ar dy frech. Fel arfer, mae brech yn diflannu os wyt ti’n pwyso'r gwydr arni.

Dydy brech gwenwyn gwaed ddim yn diflannu. Rwyt ti’n dal i weld y frech drwy'r gwydr.

Mae’n bosib bydd hi’n fwy anodd gweld y frech os oes gen ti groen tywyllach.

- Gwddf stiff iawn.

- Yn cael **ffit**. Mae **ffit** yn digwydd pan mae dy ymennydd yn rhoi'r gorau i weithio'n iawn.

  Pan fyddi di'n cael ffit efallai byddi di'n cwympo i'r llawr ac yn dechrau crynu.

- Bod â brech ar dy groen. Bydd y frech yn edrych fel smotiau bach coch yn agos at ei gilydd.

Siarada â dy feddyg neu nyrs os oes gen ti unrhyw un o'r symptomau hyn.

- Poenau yn dy gorff.

- Cur pen/pen tost gwael.

- Bod hi’n anodd edrych ar oleuadau llachar.

- Chwydu.

- Bod yn ddryslyd iawn a mynd yn flin yn hawdd.

Symptomau

Symptomau yw'r pethau rwyt ti'n teimlo pan rwyt ti'n sâl.

Os oes gen ti glefyd meningococol, efallai bydd gen ti 1 neu fwy o'r canlynol:

- Gwres. Pan mae gen ti dymheredd o 38 gradd neu fwy ar thermomedr.

- Dwylo oer neu draed oer.

- Teimlo'n gysglyd iawn.

Gwybodaeth am y clefyd meningococol

Men ing o cocol fyddwn ni’n dweud

Mae’r clefyd meningococol yn salwch difrifol sy’n gallu gwneud ti’n sâl iawn.

Mae’n gallu achosi 2 salwch o'r enw:

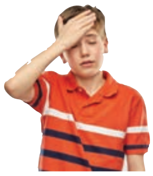
- **Llid yr ymennydd** Mae hwn yn haint sy'n achosi i ran o dy ymennydd chwyddo

a

- **Septisemia. Sep ti sem ia** fyddwn ni’n dweud. Gwenwyn gwaed yw hwn.

Mae’r afiechydon hyn yn ddifrifol iawn. Efallai bydd raid iti fynd i’r Ysbyty ac mae rhai pobl yn gallu marw os byddwn nhw’n dal un ohonynt.

Beth sydd yn y llyfryn hwn

	Tudalen 1	Gwybodaeth am y clefyd meningococol
	**Tudalen 2**	Symptomau
	Tudalen 5	Archwilio dy frech ar gyfer gwenwyn gwaed
	Tudalen 7	Beth yw brechlyn
	Tudalen 9	Pwy sy'n gallu cael y brechlyn MenACWY a sut mae cael y brechlyn
	Tudalen 11	Dewis cael y brechlyn
	Tudalen 12	Pwy ddylai ddim cael y brechlyn
	Tudalen 14	Beth i wneud os wyt ti'n sâl pan mae'n bryd i ti gael y brechlyn
	Tudalen 15	Sgil-effeithiau
	Tudalen 18	Mwy o wybodaeth

Mae Brechu yn achub bywydau
Vaccination saves lives

Iechyd Cyhoeddus Cymru
Public Health Wales

Brechlyn MenACWY i bobl ifanc ac i rai yn eu harddegau

Brechlyn sy'n diogelu ti rhag llid yr ymennydd a septisemia yw hwn