



Mae Brechu yn achub bywydau
Vaccination saves lives



Brechiad COVID-19

Canllaw i frechiad
COVID-19 y gwanwyn



GIG
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Mae'r daflen yma'n esbonio rhaglen frechu'r gwanwyn COVID-19 ar gyfer pobl gymwys.

Beth yw COVID-19?

Mae COVID-19 yn afiechyd anadlol heintus iawn sy'n cael ei achosi gan y feirws SARS-CoV-2. Mae'n fwy difrifol mewn pobl hŷn a phobl sydd â chyflyrau iechyd penodol.

Pam mae angen brechiad y gwanwyn ar rai pobl?

Fel rhai brechiadau eraill, gall lefelau'r warchodaeth ddechrau gostwng dros amser. Bydd dos y gwanwyn yn helpu i'ch diogelu chi am gyfnod hirach.

Bydd hefyd yn helpu i leihau'r risg y bydd angen i chi fynd i'r ysbyty oherwydd haint COVID-19.

Pwy fydd yn cael cynnig brechiad y gwanwyn?

Bydd dos y gwanwyn yn cael ei gynnig i:

- pobl 75 oed a hŷn;
- preswylwyr mewn cartrefi gofal i bobl hŷn; a
- plant chwe mis oed a hŷn sydd â system imiwnedd wan.



Pryd fydd brechiad y gwanwyn yn cael ei roi?

Os ydych chi'n gymwys i gael dos gwanwyn bydd yn cael ei gynnig rhwng mis Ebrill a mis Mehefin, tua chwe mis (ac nid cyn tri mis) ar ôl eich dos diwethaf o'r brechiad. Os byddwch yn troi yn 75 oed rhwng mis Ebrill a mis Mehefin byddwch yn cael eich galw am eich brechiad yn ystod y rhaglen – nid oes angen i chi aros am eich pen-blwydd.

Sut byddaf yn cael fy mrechiad?

Bydd y GIG yn cysylltu â chi i roi gwybod i chi pryd a ble i gael y brechlyn. Mae'n bwysig mynychu'r apwyntiad pan gewch wahoddiad.

Os na allwch fynychu, rhowch wybod i'r tîm archebu fel eu bod yn gallu rhoi eich apwyntiad i rywun arall. Mae manylion cyswllt y tîm ar y llythyr apwyntiad.

Gallwch ddod o hyd i ragor o wybodaeth am sut i gael y brechiad yn:

llyw.cymru/y-rhaglen-brechu-rhag-covid-19

Pa frechiad fydd yn cael ei gynnig i mi?

Byddwch yn cael cynnig y brechiad mwyaf priodol, a all fod yr un fath neu'n wahanol i'r brechiadau rydych chi wedi'u cael o'r blaen. Mae brechiadau'n ffordd ddiogel ac effeithiol o warchod eich hun.

Oes unrhyw sgîl-effeithiau?

Fel pob meddyginiaeth, gall brechiadau achosi sgîl-effeithiau. Mae hyn oherwydd bod brechiadau'n gweithio drwy annog ymateb yn eich system imiwnedd. Mae'r rhan fwyaf o sgîl-effeithiau yn rhai ysgafn a thymor byr, ac nid yw pawb yn eu cael.

Mae'r sgîl-effeithiau cyffredin iawn yn ystod y diwrnod neu ddau gyntaf yn cynnwys:

- teimlad trwm neu ddolur lle cawsoch y pigiad;
- poenau cyffredinol neu symptomau ysgafn tebyg i'r ffliw;
- teimlo'n sâl neu'n taflu i fyny;
- dolur rhydd;
- cael cur pen; a
- tymheredd fymryn yn uchel.

Efallai y bydd gennych chi fymryn o dymheredd am ddau neu dri diwrnod ar ôl cael brechiad. Fodd bynnag, mae tymheredd uchel yn anarferol a gall fod oherwydd bod gennych chi haint neu salwch arall. Os ydych chi'n poeni, siaradwch â'ch meddyg neu nyrs. Gallwch gymryd paracetamol (dilynwch y cyngor ar y pecyn a pheidiwch â chymryd mwy na'r dos a argymhellir), a gorffwys i'ch helpu i deimlo'n well.

Un sgîl-effaith anghyffredin ar ôl brechiad COVID-19 yw chwarennau wedi chwyddo yn y gesail neu'r gwddw, ar yr un ochr â'r fraich lle cawsoch y brechiad. Gall hyn bara am tua 10 diwrnod, ond os yw'n para'n hirach cysylltwch â'ch meddygfa am gyngor. Os ydych chi'n cael prawf sgrinio'r fron



(mamogram) yn ystod yr ychydig wythnosau ar ôl y brechiad, soniwc eich bod wedi cael y brechiad COVID-19 pan fyddwch yn mynychu.

Mae achosion prin o lid ar y galon (o'r enw myocarditis neu bericarditis) wedi'u hadrodd ar ôl rhai brechiadau COVID-19. Mae'r achosion hyn wedi'u gweld yn bennaf ymhlith dynion iau o fewn sawl diwrnod ar ôl y brechiad. Fe wnaeth y rhan fwyaf o'r bobl yma adfer a dod i deimlo'n well ar ôl gorffwys a thriniaeth syml.

Dylech gael cyngor meddygol ar frys os oes gennych chi:

- poen yn y frest;
- anadl byr; neu
- calon yn curo'n gyflym, yn afreolaidd neu'n drwm iawn.

Mae sgîl-ffeithiau 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 meddygfa. Os byddwch yn cael cyngor gan feddyg neu nyrs, gwnewch yn siŵr eich bod yn dweud wrthynt pa frechiadau rydych chi wedi'u cael er mwyn iddynt allu eich asesu yn llawn.

Pwy na ddylai gael brechiad y gwanwyn?

Ychydig iawn o bobl na ddylai gael brechiad COVID-19.

Ni ddylid rhoi'r brechiad i unrhyw un sydd wedi cael:

- adwaith alergaidd difrifol wedi'i gadarnhau (anaffylaxis) i unrhyw un o'i gynhwysion; neu
- adwaith alergaidd difrifol wedi'i gadarnhau (anaffylaxis) i ddos blaenorol o'r un brechiad COVID-19.

Dylech drafod hyn gyda'r meddyg neu'r arbenigwr sy'n gyfrifol am eich gofal.

Gallwch roi gwybod am unrhyw sgîl-ffeithiau ar-lein yn **coronavirus-yellowcard.mhra.gov.uk** neu ar ap Yellow Card.

Oes posib rhoi brechiadau COVID-19 ar yr un pryd â brechiadau eraill?

Oes, mae posib rhoi brechiadau COVID-19 ar yr un pryd â brechiadau eraill, gan gynnwys brechiadau'r fflw. I gael y cyngor diweddaraf ar hyn, ewch i **icc.gig.cymru/brechlyncovid**

Beth ddylwn i ei wneud os ydw i wedi cael COVID-19?

Os ydych chi wedi cael COVID-19 eisoes dylech gael y brechiad yr un fath.

Os ydych chi'n sâl mae'n well aros nes eich bod wedi gwella cyn i chi gael y brechiad. Ceisiwch gael y brechiad cyn gynted â phosibl unwaith y byddwch yn well.

Gallwch ddod o hyd i ragor o wybodaeth a thaflenni i gleifion yn **icc.gig.cymru/brechlyncovid**

Oes posib dal COVID-19 o hyd ar ôl cael y brechiad?

Bydd y brechiad COVID-19 yn lleihau'r siawns y byddwch yn dioddef o COVID-19. Gall gymryd ychydig ddyddiau i'ch corff adeiladu rhywfaint o warchodaeth o'r brechiad.

Fel pob meddyginiaeth, nid oes unrhyw frechiad yn gwbl effeithiol - efallai y bydd rhai pobl yn dal i gael COVID-19 er gwaethaf cael brechiad, ond dylai fod yn llai difrifol.

Plant a phobl ifanc sydd mewn perygl o COVID-19

Mae plant a phobl ifanc chwe mis oed a hŷn sydd â system imiwnedd wan yn cael cynnig y brechiad y gwanwyn yma gan eu bod mewn mwy o berygl os ydynt yn cael COVID-19. Fel rhai brechiadau eraill, gall lefelau'r warchodaeth ddechrau gostwng dros amser. Bydd brechiad y gwanwyn yn helpu i warchod plant am fwy o amser.

Bydd hefyd yn helpu i leihau'r risg y bydd angen iddynt fynd i'r ysbyty oherwydd haint COVID-19.

Beth am roi caniatâd?

Os ydych chi'n rhiant neu'n ofalwr gyda chyfrifoldeb rhiant am blentyn neu berson ifanc, gofynnir i chi roi cydsyniad gwybodus (caniatâd) iddo gael y brechiad.

O dan rai amgylchiadau, gall pobl ifanc rhwng 12 a 15 oed fod yn ddigon aeddfed i roi eu caniatâd eu hunain os ydynt yn deall yn iawn yr hyn sy'n cael ei gynnig, er ei bod yn well bod rhieni neu ofalwyr yn rhan o'u penderfyniad ynghylch cael y brechiad.

Bydd y nyrs neu'r unigolyn sy'n rhoi'r brechiad yn gallu trafod y brechiad yn yr apwyntiad ac ateb unrhyw gwestiynau.

Mwy o wybodaeth

Gallwch gael rhagor o wybodaeth am frechiadau COVID-19, gan gynnwys yr hyn sydd ynddynt a'u sgîl-ffeithiau posibl, yn **coronavirus-yellowcard.mhra.gov.uk/productinformation**

Gallwch ddod o hyd i ragor o wybodaeth a thaflenni i gleifion yn **icc.gig.cymru/brechlyncovid**

I gael gwybodaeth am frechiadau mewn fformatau eraill, fel print bras, ewch i: **icc.gig.cymru/brechlynnau/adnoddau-hygyrch-brechu**

Gallwch roi gwybod am sgîl-ffeithiau a amheuir ar-lein yn **coronavirus-yellowcard.mhra.gov.uk** neu drwy lawrlwytho ap Yellow Card neu ffonio **0800 731 6789** (Dydd Llun i ddydd Gwener, 9am i 5pm).

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

I archebu copïau ychwanegol neu fformatau amgen o'r daflen hon, ewch i: **icc.gig.cymru/adnoddau-gwybodaeth-iechyd**

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More information

You can find out more about COVID-19 vaccines, including their contents and possible side effects, at coronavirus-yellowcard.mhra.gov.uk/productinformation

You can find more information and patient leaflets at phw.nhs.wales/covidvaccine

For vaccine information in other formats, such as large print, visit phw.nhs.wales/vaccines/accessible-information

You can report suspected side effects online

at coronavirus-yellowcard.mhra.gov.uk or

by downloading the Yellow Card app or calling **0800 731 6789** (Monday to Friday, 9am to 5pm).

To find out how the NHS uses your information, visit

11.wales.nhs.uk/AboutUs/Yourinformation

To order extra copies or alternative formats of

this leaflet visit

phw.nhs.wales/health-information-resources



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Can I still catch COVID-19 after having the vaccine?

The COVID-19 vaccination will reduce the chance of you suffering from COVID-19. It may take a few days for your body to build up some protection from the vaccine.

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

Children and young people at risk from COVID-19

Children and young people aged six months and over who have a weakened immune system are being offered the vaccine this spring as they are at greater risk if they get COVID-19. Like some other vaccines, levels of protection may begin to reduce over time. The spring vaccine will help protect children for longer.

It will also help to reduce the risk of them needing to go to hospital due to COVID-19 infection.

What about giving consent?

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

In some circumstances, young people aged 12 to 15 may be mature enough to give consent themselves if they fully understand what is being offered, although it is best that parents or carers are involved in their decision about having the vaccine. The nurse or person giving the vaccination will be able to discuss the vaccine at the appointment and answer any questions.

Who shouldn't have a spring vaccine?

There are very few people who should not have a COVID-19 vaccine.

The vaccine should not be given to anyone who has had:

- a confirmed serious allergic reaction (anaphylaxis) to any of its ingredients; or
 - a confirmed serious allergic reaction (anaphylaxis) to a previous dose of the same COVID-19 vaccine.
- You should discuss this with the doctor or specialist responsible for your care.

You can report any side effects online at coronavirus-yellowcard.mhra.gov.uk or on the Yellow Card app.

Can COVID-19 vaccines be given at the same time as other vaccines?

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

What should I do if I have already had COVID-19?

If you have already had COVID-19 you should still have the vaccine.

If you are unwell it is better to wait until you have recovered before you have the vaccine. Try to get the vaccine as soon as possible once you are well. You can find more information and patient leaflets at phw.nhs.wales/covidvaccine



Rare cases of inflammation of the heart (called myocarditis or pericarditis) have been reported after some COVID-19 vaccines. 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.

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.

Are there any side effects?

Like all medicines, vaccines can cause side effects. This is because vaccines work by prompting a response in your immune system. Most side effects are mild and short term, and not everyone gets them. Very common side effects in the first day or two include:

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

You may have a mild fever for two to three days after having a 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.

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.



When will the spring vaccine be given?

If you are eligible for a spring dose it will be offered between April and June, around six months (and not before three months) after your last dose of vaccine. If you will be turning 75 between April and June you will be called for your vaccination during the programme – you do not need to wait for your birthday.

How will I get my vaccination?

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. The team's contact details are on the appointment letter.

You can find more information on how to get the vaccination at:

gov.wales/get-your-covid-19-vaccination

**This leaflet explains the spring
COVID-19 vaccination programme
for eligible people.**

What is COVID-19?

COVID-19 is a very infectious respiratory disease caused by the SARS-CoV-2 virus. It is more serious in older people and those with certain health conditions.

Why do some people need a spring vaccination?

Like some other vaccines, levels of protection may begin to reduce over time. The spring dose will help protect you for longer.

It will also help to reduce the risk of you needing to go to hospital due to COVID-19 infection.

Who will be offered a spring vaccine?

The spring dose will be offered to:

- people aged 75 and older;
- residents in care homes for older people; and
- children aged six months and over who have a weakened immune system.

COVID-19 vaccination

A guide to the spring COVID-19 vaccination



Mae Brechu yn achub bywydau
Vaccination saves lives

