



Mae Brechu yn achub bywydau
Vaccination saves lives



**Amddiffynwch eich
plentyn gyda'r brechlyn
difftheria, tetanws,
pertwsis (y pas) a pholio
(4-mewn-1)**



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**Sganiwch fi am
ragor wybodaeth
ar 4-mewn-1**

SKU IMM060

Mae'r daflen hon yn egluro'r brechlyn 4-mewn-1 (DTaP/IPV neu dTaP/IPV).

Ffeithiau allweddol

Diogelu iechyd eich plentyn

Brechu yw un o'r ffyrdd gorau o amddiffyn eich plentyn rhag salwch difrifol. Mae'r brechlyn 4-mewn-1 yn helpu i amddiffyn rhag:

- difftheria
- tetanws
- pertwsis (y pas)
- polio.



Gan y gall yr amddiffyniad gan frechiadau babanod bylu dros amser, mae'n bwysig i'ch plentyn gael ei frechlyn 4-mewn-1 ar gyfer amddiffyniad hirdymor.

Mae brechu'n bwysig

Cyn brechlynnau, byddai llawer o blant yn y DU yn dal difftheria, tetanws, pertwsis, neu bolio bob blwyddyn. Mae brechu wedi lleihau nifer yr achosion hyn ac mae wedi achub llawer o fywydau.

Mae'n bwysig brechu i atal y clefydau hyn rhag dod yn ôl.

Pryd i gael y brechlyn

Dylai eich plentyn gael ei frechiad 4-mewn-1 yn ei apwyntiad arferol pan fydd yn dair blwydd a phedwar mis oed.

Beth mae'r brechlyn 4-mewn-1 yn helpu i amddiffyn yn ei erbyn?

Difftheria

Mae difftheria yn glefyd difrifol sydd fel arfer yn dechrau gyda dolur gwddf a thymheredd uwch (twymyn). Gall arwain yn fuan wedyn at broblemau anadlu a gall niweidio'r galon a'r system nerfol. Mewn achosion difrifol, gall achosi marwolaeth. Mae difftheria yn lledaenu drwy beswch a thisian neu drwy gysylltiad agos â pherson heintiedig.

Mae difftheria yn anghyffredin yn y DU. Fodd bynnag, mae'n bosibl ei ddal wrth deithio i wledydd eraill.

Ffaith!

Cyn i'r brechlyn difftheria gael ei gyflwyno i'r DU, roedd hyd at 70,000 o achosion o ddifftheria a hyd at 5,000 o farwolaethau'r flwyddyn.

Tetanws

Mae tetanws yn effeithio ar system nerfol y corff, gan achosi sbasmau yn y cyhyrau a phroblemau anadlu. Mae'n glefyd difrifol a all arwain at broblemau iechyd difrifol os na chaiff ei drin yn gyflym. Mae'n cael ei achosi pan fydd germau a geir mewn pridd neu dail yn mynd i mewn i'r corff trwy friwiau agored neu losgiadau. Ni all tetanws ledaenu o berson i berson.

Pertwsis (y pas)

Mae pertwsis, a adwaenir yn fwy cyffredin fel y pas, yn haint sy'n effeithio ar yr ysgyfaint a'r llwybrau anadlu. Mae symptomau'n tueddu i ddatblygu fesul cam, gan ddechrau gyda symptomau ysgafn, tebyg i annwyd. Gall symptomau mwy difrifol ddatblygu ar ôl y rhain, cyn i'r claf wella.

Gall y pas achosi pyliau hir o beswch a thagu, sy'n ei gwneud hi'n anodd anadlu. Mae'r sŵn 'wwp' yn cael ei achosi wrth dynnu'r anadl ar ôl pob cyfnod o beswch. Nid yw babanod ifanc bob amser yn gwneud hyn, a all ei gwneud yn anodd adnabod y clefyd.

Gall symptomau'r pas bara am ddau i dri mis. Babanod o dan flwydd oed sy'n wynebu'r risg fwyaf o salwch difrifol ac sydd mewn perygl o farw o'r afiechyd.

Cyn i'r brechlyn pas gael ei gyflwyno, roedd 120,000 o achosion a amheuir yn cael eu hadrodd bob blwyddyn ar gyfartaledd yn y DU. Yn y flwyddyn cyn i'r brechlyn gael ei gyflwyno, bu farw 92 o blant. Mae'r pas yn lledaenu'n hawdd a gellir ei ddal trwy anadlu defnynnau bach iawn sy'n cael eu rhyddhau i'r aer pan fydd pobl â'r afiechyd yn pesychu neu'n tisian.

Polio

Mae polio yn feirws a all effeithio ar eich system nerfol. Gall achosi gwendid parhaol yn y cyhyrau, fel arfer yn y coesau. Os yw polio'n effeithio ar gyhyrau'r frest neu'r ymennydd, gall arwain at broblemau iechyd difrifol iawn.

Gallwch ddal polio os byddwch yn dod i gysylltiad â baw rhywun sydd â'r haint, neu drwy anadlu defnynnau pan fydd yn peswch neu'n tisian.

Ffaith!

Ym 1988, parlysodd polio fwy na 1,000 o blant ledled y byd bob dydd.

Cyn i'r brechlyn polio gael ei gyflwyno, roedd cynifer ag 8,000 o achosion o bolio yn y DU yn ystod blyneddau pan oedd epidemigau. Diolch i lwyddiant parhaus y brechlyn, nid oes un achos o haint naturiol o bolio wedi bod yn y DU ers dros 30 mlynedd. Adroddwyd am yr achos olaf yn 1984. Dyna pam ei bod yn bwysig brechu er mwyn atal clefydau fel polio rhag dod yn ôl.



Pam mae angen brechu fy mhlentyn pan fydd yr oedran hwn?

Rhoddir y 4-mewn-1 i blant pan fyddant yn dair blwydd a phedwar mis oed. Mae'r brechlyn hwn yn rhoi hwb i'r amddiffyniad gan y brechlynnau 6-mewn-1 a gawsant fel babanod (a oedd yn cynnwys amddiffyniad rhag difftheria, tetanws, y pas, polio, ffliw Haemophilus math b (Hib) a hepatitis B).

Gall yr amddiffyniad gan frechiadau babanod bylu dros amser, felly mae'n bwysig i'ch plentyn gael ei frechlyn 4-mewn-1.

Pan fyddwch chi'n mynd â'ch plentyn i gael ei frechiadau, mae'n bwysig sicrhau bod ei holl frechiadau eraill yn gyfredol.

Sut byddaf yn gwybod pan fydd angen i'm plentyn gael brechiadau?

Anfonir apwyntiad at blant ar gyfer eu brechiad 4-mewn-1 arferol pan fyddant yn dair blwydd a phedwar mis oed. Mae'r rhan fwyaf o feddygfeydd teulu a chanolfannau iechyd yn cynnal clinigau brechu arbennig ar gyfer plant. Os byddwch yn newid eich cyfeiriad, rhwch wybod i'ch meddygfa.

Beth sy'n digwydd yn yr apwyntiad?

Bydd y nyrs practis neu'r meddyg teulu yn esbonio'r brechiadau ac yn ateb eich cwestiynau. Ar gyfer plant dros 12 mis oed, fel arfer rhoddir pigiadau yn rhan uchaf y fraich.



Ysgrifennwch unrhyw gwestiynau sydd gennych a gofynnwch nhw i'r gweithiwr iechyd proffesiynol yn yr apwyntiad brechu.

A ellir rhoi'r brechlyn os yw fy mhlentyn yn sâl ar ddiwrnod yr apwyntiad?

Os bydd eich plentyn yn sâl gyda thymheredd uwch (twymyn) ar ddiwrnod y brechiad, gohiriwch yr apwyntiad nes ei fod wedi gwella. Os oes gan eich plentyn fân salwch heb dwymyn, fel annwyd, dylai gael y brechiad yn ôl yr arfer.

A oes unrhyw resymau eraill pam na ddylid rhoi'r brechlyn?

Ychydig iawn o blant na allant gael y brechlyn 4-mewn-1. Ni ddylid rhoi'r brechlyn i blant sydd wedi cael adwaith alergaidd difrifol (sy'n bygwth bywyd) i:

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

Os yw'ch plentyn:

- ag anhwylder gwaedu (fel hemoffilia, pan nad yw ei waed yn clotio'n iawn), neu
- wedi cael trawiad (ffit) erioed na chafodd ei achosi gan dwymyn

siaradwch â'ch meddyg teulu, nyrs practis neu ymwelydd iechyd cyn i'ch plentyn gael unrhyw frechiad.

Beth os byddaf yn colli'r apwyntiad?

Dylech ganslo apwyntiad os na allwch fynd iddo. Os byddwch yn colli'r apwyntiad neu'n gorfod gohirio'r brechiad, gwnewch apwyntiad newydd cyn gynted â phosibl. Gellir rhoi'r brechiad o hyd, ond bydd eich plentyn heb amddiffyniad am fwy o amser.



Cofiwch, mae'n bwysig cael brechiadau a gollwyd. Os yw'ch plentyn wedi colli brechiad ac yn hŷn na'r oedran a argymhellir ar ei gyfer, siaradwch â'ch meddyg teulu, nyrs practis neu ymwelydd iechyd.

A oes gan y brechlyn unrhyw sgîl-ffeithiau?

Mae miliynau o ddosau o'r brechlyn wedi'u defnyddio ac mae ganddo hanes da iawn o ddiogelwch.

Fel pob meddyginiaeth, gall brechlynnau achosi sgîl-ffeithiau. Mae'r rhan fwyaf o'r rhain yn ysgafn ac nid ydynt yn para'n hir, ac nid yw pawb yn eu cael. Mae sgîl-ffeithiau'r brechlyn yn fach o'u cymharu â mynd yn ddifrifol wael o'r clefydau.

Mae'r sgîl-ffeithiau mwyaf cyffredin yn cynnwys:

- poen, cochni neu chwydd yn safle'r pigiad
- dolur rhydd
- blinder
- twymyn.

Sgil-efeithiau anghyffredin iawn

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.

Gweler tudalen gefn y daflen hon am ragor o fanylion am:

- y brechlyn, gan gynnwys sgil-efeithiau posibl, ac
- adrodd am sgil-efeithiau a amheuir trwy gynllun y Cerdyn Melyn.

Os oes gennych unrhyw gwestiynau am sgîl-efeithiau, gallwch ofyn i'r person sy'n rhoi'r brechlyn i'ch plentyn.

Beth ddylwn i ei wneud os bydd fy mhlentyn yn teimlo'n sâl ar ôl y brechiad?

Os oes gan eich plentyn dwymyn ac yn teimlo'n sâl ar ôl y brechiad, gallant gymryd paracetamol neu ibuprofen hylif. Darllenwch y cyfarwyddiadau ar y botel yn ofalus a rhowch y dos cywir ar gyfer oedran eich plentyn. Nid ydym yn argymhell cymryd y meddyginiaethau hyn cyn y brechiad 4-mewn-1 i atal twymyn.



Cofiwch – ni ddylai plant o dan 16 oed gymryd meddyginiaethau sy'n cynnwys aspirin.

Os ydych yn poeni am eich plentyn ar ôl iddo gael y brechlyn, dylech siarad â'ch ymwelydd iechyd, meddyg teulu neu nyrs practis. Gallwch hefyd gysylltu â GIG Cymru drwy ffonio **111**. Mae galwadau i GIG 111 Cymru am ddim o linellau tir a ffonau symudol.

A all fy mhlentyn ddal i gael yr heintiau hyn os caiff ei frechu?

Mae'r brechiad 4-mewn-1 yn un o'r ffyrdd mwyaf effeithiol o atal salwch difrifol o ddifftheria, tetanws, y pas a pholio. Nid oes unrhyw frechlyn 100% yn effeithiol, felly mae'n dal yn bwysig gwybod arwyddion a symptomau'r clefydau hyn, hyd yn oed os ydych chi neu eich plentyn wedi cael eich brechu.

I gael rhagor o wybodaeth am ddifftheria, tetanws, y pas a pholio ewch i:

GIG 111 Cymru - Iechyd A-Y : Difftheria
(safle allanol, Saesneg yn unig)

GIG 111 Cymru - Iechyd A-Y : Tetanws
(safle allanol, Saesneg yn unig)

GIG 111 Cymru - Iechyd A-Y : Y pas
(safle allanol)

GIG 111 Cymru - Iechyd A-Y : Polio
(safle allanol, Saesneg yn unig)

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



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-ffeithiau 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/4-mewn-1**

Dylech roi gwybod am sgil-ffeithiau 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 lechyd
Cyhoeddus Cymru

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). You will need to 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/4in1vaccine**

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).





Can my child still get these infections if they are vaccinated?

If you are worried about your child after the vaccination you should speak to your health visitor, GP or practice nurse. You can also contact NHS Wales by calling **111**. Calls to NHS 111 Wales are free from landlines and mobile phones.

The 4-in-1 vaccination is one of the most effective ways to prevent severe illness from diphtheria, tetanus, whooping cough and polio. No vaccine is 100% effective, so it is still important to know the signs and symptoms of these diseases, even if you or your child are vaccinated.

For more information about diphtheria, tetanus, whooping cough and polio go to:

NHS 111 Wales - Health A-Z : Diphtheria
(external site)

NHS 111 Wales - Health A-Z : Tetanus
(external site)

NHS 111 Wales - Health A-Z : Whooping cough
(external site)

NHS 111 Wales - Health A-Z : Polio
(external site)

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**

Very rare side effects

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.

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

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

If you have any questions about side effects, you can ask the person giving your child the vaccine.

What should I do if my child feels unwell after the vaccination?

If your child has a fever and feels unwell after the vaccination, they can take liquid paracetamol or ibuprofen. Read the instructions on the bottle carefully and give the correct dose for your child's age. We don't recommend taking these medicines before the 4-in-1 vaccination to prevent a fever.



Remember - children under 16 should not take medicines that contain aspirin.

What if I miss the appointment?

You should cancel an appointment if you can't make it. If you do miss the appointment or have to delay the vaccination, make a new appointment as soon as possible. The vaccination can still be given, but your child will be without protection for longer.

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

Does the vaccine have any side effects?

Millions of doses of the vaccine have been used and it has a very good safety record.

Like all medicines, vaccines can cause side effects. Most of these are mild and do not last long, and not everyone gets them. Vaccine side effects are minor compared to getting seriously ill from the diseases.

The most common side effects include:

- pain, redness or swelling at the injection site
- diarrhoea
- tiredness, and
- fever.

Can the vaccine be given if my child is unwell on the day of the appointment?

If your child is ill with a raised temperature (fever) on the day the vaccination is due, delay the appointment until they are better. If your child has a minor illness without a fever, such as a cold, they should have the vaccination as normal.

Are there any other reasons why the vaccine should not be given?

Very few children cannot have the 4-in-1 vaccination. The vaccine should not be given to children who have had a serious (life-threatening) allergic reaction to:

- a previous dose of the vaccine, or
- any ingredient in the vaccine.

If your child:

- has a bleeding disorder (such as haemophilia, where their blood does not clot properly), or
 - has ever had a seizure that wasn't caused by a fever
- speak to your GP, practice nurse or health visitor before they have any vaccination.

Why does my child need to be vaccinated at this age?

The 4-in-1 vaccine is given to children when they are three years and four months old. This vaccine boosts the protection from the 6-in-1 vaccines they had as babies (which included protection against diphtheria, tetanus, whooping cough, polio, Haemophilus influenzae type b (Hib) and hepatitis B).

Since the protection from baby vaccinations can fade over time, it is important for your child to get their 4-in-1 vaccine.

When you take your child for their vaccinations, it is important to make sure all their other vaccinations are up to date.

How will I know when my child's vaccinations are due?

Children are sent an appointment for their routine 4-in-1 vaccination at three years and four months old. Most GP surgeries and health centres run special vaccination clinics for children. If you change your address, please let your GP surgery know.

What happens at the appointment?

The practice nurse or GP will explain about the vaccinations and answer your questions. In children over the age of 12 months, injections are usually given in the upper arm.



Write down any questions you have and ask the health professional at the vaccination appointment.



do this, which can make it difficult to recognise the disease.

Symptoms of whooping cough can last for two to three months. Babies under the age of one are at the greatest risk of serious illness and are at risk of dying from the disease.

Before the whooping cough vaccine was introduced, the average number of suspected cases reported each year in the UK was 120,000. In the year before the vaccine was introduced, 92 children died. Whooping cough spreads easily and can be caught by breathing in tiny droplets that are released into the air when people with the disease cough or sneeze.

Polio

Polio is a virus that can affect your nerves. It can cause permanent muscle weakness, usually in the legs. If polio affects the chest muscles or the brain, it can lead to very serious health problems.

You can catch polio if you come into contact with the poo of someone who is infected, or by breathing in droplets from their coughs or sneezes.

In 1988, polio paralysed more than 1,000 children worldwide every day.

Fact!

Before the polio vaccine was introduced, there were as many as 8,000 cases of polio in the UK in years when there were epidemics. Thanks to the vaccination's ongoing success, the UK hasn't seen a natural polio infection in over 30 years. The last case was reported in 1984. This is why it is important to vaccinate to stop diseases such as polio from coming back.

What does the 4-in-1 vaccine help protect against?

Diphtheria

Diphtheria is a serious disease that usually begins with a sore throat and a raised temperature (fever). It can quickly lead to breathing problems and may damage the heart and nerves. In severe cases, it may cause death. Diphtheria spreads by coughs and sneezes or close contact with an infected person. Diphtheria is rare in the UK. However, it is possible to catch it while travelling to other countries.

Before the diphtheria vaccine was introduced to the UK, there were up to 70,000 cases of diphtheria and up to 5,000 deaths a year.

Fact!

Tetanus

Tetanus affects the body's nerves, causing muscle spasms and breathing problems. It is a severe disease that can lead to serious health problems if not treated quickly. It's caused by germs found in soil or manure that enter the body through open cuts or burns. Tetanus cannot spread from person to person.

Pertussis (whooping cough)

Pertussis, more commonly known as whooping cough, is an infection that affects the lungs and airways. Symptoms tend to develop in stages, starting with mild, cold-like symptoms. These can be followed by more severe symptoms, before an improvement.

Whooping cough can cause long bursts of coughing and choking, which make it hard to breathe. The 'whoop' noise is caused by gasping for breath after each period of coughing. Young babies don't always

Key facts

Protect your child's health

Vaccination is one of the best ways to protect your child from serious illnesses. The 4-in-1 vaccine helps protect against:

- diphtheria
- tetanus
- pertussis (whooping cough), and
- polio.

As protection from baby vaccinations can fade over time, it is important for your child to get their 4-in-1 vaccine for long-term protection.

Vaccination is important

Before vaccines, many children in the UK caught diphtheria, tetanus, pertussis, or polio every year. Vaccination has reduced these cases and saved many lives.

It is important to vaccinate to stop these diseases from coming back.

When to get the vaccine

Your child should get their 4-in-1 vaccination at their routine appointment at three years and four months.



Mae Brechu yn achub bywydau
Vaccination saves lives



Protect your child with the diphtheria, tetanus, pertussis and polio (4-in-1) vaccine

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



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Scan me for more
information on
4-in-1

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