



Mae Brechu yn achub bywydau
Vaccination saves lives



GIG
CYMRU
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Iechyd Cyhoeddus
Cymru
Public Health
Wales

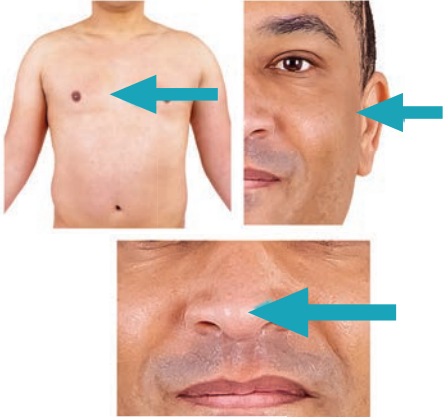
Brechlyn yn erbyn clefyd niwmococol

Rydym yn dweud hynny fel hyn:
Niw mo coc ol

Mae'r brechlyn hwn ar gyfer pobl hŷn a phobl eraill sy'n gallu mynd yn sâl iawn os ydyn nhw'n dal y clefyd hwn



Beth yw clefyd niwmococol



Mae clefyd niwmococol yn salwch. Mae'n gallu achosi problemau i chi gyda'ch clustiau, eich trwyn a'ch brest.



Mae'n gallu gwneud i chi deimlo'n sâl. Efallai byddwch chi'n teimlo fel bod gennych chi annwyd neu beswch drwg.



Mae'n gallu bod yn ddifrifol iawn. Mae'n gallu achosi problemau eraill yn eich corff.



Efallai bydd rhaid i rai pobl fynd i'r ysbyty.



Mae'n gallu arwain at farwolaeth mewn rhai pobl.

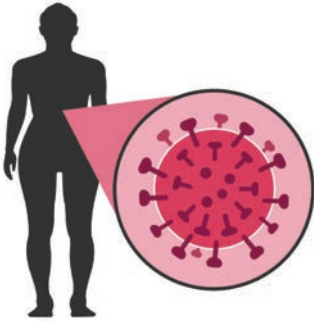


Mae gan rai pobl fwy o siawns o fynd yn sâl iawn.



Mae'r bobl hyn yn gallu cael brechlyn.

Beth yw brechlyn



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



Mae brechlynnau fel arfer yn cael eu rhoi trwy bigiad yn rhan uchaf eich braich.



Fel arfer, mae babanod o dan flwydd oed yn cael y pigiad ym mhen uchaf eu coes.



Mae'r brechlyn ar gyfer clefyd niwmococol yn ddiogel iawn. Fyddwch chi ddim yn dal y clefyd gan y brechlyn.



Efallai na fydd y brechlyn yn eich atal rhag dal y clefyd. Ond mae'n gallu helpu i'ch gwneud chi'n llai sâl os byddwch chi'n ei ddal.

Pwy ddylai gael y brechlyn



Mae gan rai pobl fwy o siawns o fod yn sâl iawn gyda chlefyd niwmococol.

Dylech chi gael y brechlyn os ydych chi:



- Yn 65 oed neu'n hŷn.



- Rhwng 2 a 64 oed gyda **chyflwr iechyd tymor hir.**



Mae **cyflwr iechyd** yn broblem sy'n effeithio ar eich corff. Pethau fel cael problemau gyda'ch calon neu gyda'ch anadlu.



Mae **tymor hir** yn golygu ei fod yn para am 12 mis neu fwy.



- Yn gwneud swydd sy'n cynnwys cynhesu metel. Gall hyn roi mwy o siawns i chi gael haint yn eich ysgyfaint.



- Efallai y bydd ei angen ar rai babanod dan 2 oed hefyd. Bydd eich meddyg neu nyrs yn rhoi gwybod i chi os oes ei angen ar eich babi.

Sut i gael y brechlyn



Bydd eich meddyg yn rhoi gwybod i chi os dylech chi gael y brechlyn.



Dylech chi gael y brechlyn cyn gynted ag y caiff ei gynnig i chi.



Os na fyddwch chi'n cael gwahoddiad, cysylltwch â'ch meddyg. Bydd y meddyg yn dweud wrthoch chi os ydych chi'n gallu cael y brechlyn.



Mae'n bosibl rhoi'r brechlyn ar yr un pryd â'r rhan fwyaf o frechlynnau eraill.



Bydd y meddyg neu'r nyrs yn trafod hyn â chi yn eich apwyntiad.

Cael y brechlyn



Dim ond un pigiad sydd ei angen ar y rhan fwyaf o bobl 2 oed a hŷn.



Efallai bydd angen pigiadau ychwanegol ar rai pobl i'w diogelu yn llwyr.



Bydd eich meddyg yn rhoi gwybod i chi os oes angen i chi gael pigiad arall.



Dylech chi ddweud wrth y person sy'n rhoi'r pigiad i chi os nad ydych chi'n hoffi nodwyddau. Bydd yn eich cefnogi chi.

Beth i'w wneud os ydych chi'n sâl pan mae'n bryd i chi gael y brechlyn



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



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

Pwy na ddylai gael y brechlyn



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

Ddylech chi ddim cael y brechlyn os ydych chi:



- Wedi cael **adwaith difrifol** i'r brechlyn o'r blaen

neu os oes gennych



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



Mae **adwaith difrifol** yn golygu:

- Eich bod yn cael trafferth anadlu.



- Eich bod yn teimlo'n ddryslyd, yn benysgafn a dydy hi ddim yn bosibl eich deffro chi.



- Bydd eich wyneb, gwddf neu dafod yn dechrau chwyddo.



Dywedwch wrth y person sy'n rhoi'r brechlyn i chi os ydych chi wedi cael adwaith difrifol i'r brechlyn o'r blaen.

Sgil-effeithiau



Sgil-effeithiau yw'r pethau sy'n gallu digwydd i chi ar ôl i chi gael y brechlyn.



Dydy pawb ddim yn cael sgil-effeithiau.



Os byddwch chi'n cael sgil-effeithiau, dylen nhw wella ar ôl diwrnod neu ddau.



Mae'n bosibl byddwch chi'n teimlo'r pethau hyn ar ôl cael y brechlyn:

- Braich boenus lle cawsoch y pigiad.



- Teimlo'n gynnes, yn oer neu'n crynu.



- Cur pen/pen tost.



- Poenau yn eich corff.



- Teimlo'n flinedig iawn.

Mae'n bosibl y bydd babanod sy'n iau na 2 oed yn gwneud y canlynol:



- Crio llawer.



- Bod yn fwy cysglyd nag arfer.



- Ddim eisiau llawer o laeth/bwyd.

Rhagor o wybodaeth



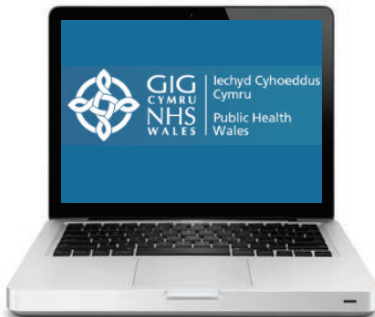
Os ydych chi eisiau mwy o wybodaeth am y brechlyn rydych chi'n gallu siarad a'ch meddyg.



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



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

More information

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, look on this website:
111.wales.nhs.uk/AboutUs/YourInformation



Babies who are younger than 2 years old might:

- Cry a lot.



- Be more sleepy than normal.



- Not be very hungry.





● Feeling warm, cold or shivery.



● A headache.



● Aches in your body.



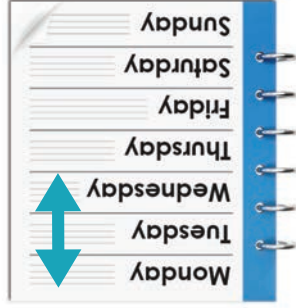
● Feeling very tired.

Side effects

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



Not everyone gets side effects.



If you do get them, they should only last for 1 to 2 days.

Things you might feel after the vaccine are:

- Having a sore arm where you had the injection.





- 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.

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:

- Have had a **serious reaction** to the vaccine before



OR

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



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 are feeling better.

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



Getting the vaccine

Most people aged 2 years and older only need to have 1 injection.



Some people might need to have extra injections to protect them fully.



Your doctor will tell you if you need to have another injection.



If you do not like needles, tell the person who is giving you the injection. They will support you.



How to get the vaccine

Your doctor will let you know if you should have the vaccine.

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

If you do not get an invite, contact your doctor. They will tell you if you can have the vaccine.

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

The doctor or nurse will talk to you about this at your appointment.





Long term means it lasts for 12 months or more.



- Have a job where you have to heat up metal. This can give you more chance of getting an infection in your lungs.



- Some babies under 2 years old might need it too. Your doctor or nurse will tell you if your baby needs it.

Who should have the vaccine

Some people have more chance of being very poorly with pneumococcal disease.



You should have the vaccine if you:

- Are aged 65 or older.



- Are aged 2 years to 64 years old with a long term health condition.



A **health condition** is a problem that affects your body. Things like having problems with your heart or with your breathing.



What is a vaccine

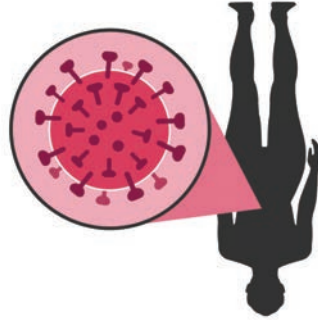
A **vaccine** is a medicine that helps to keep you safe from catching an illness.

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

Babies under 1 year old usually have the injection in the top of their leg.

The vaccine for pneumococcal disease is very safe. You will not catch the disease from it.

The vaccine may not stop you from catching the disease. But it can help to make you less poorly if you do catch it.





These people can have a vaccine for it.



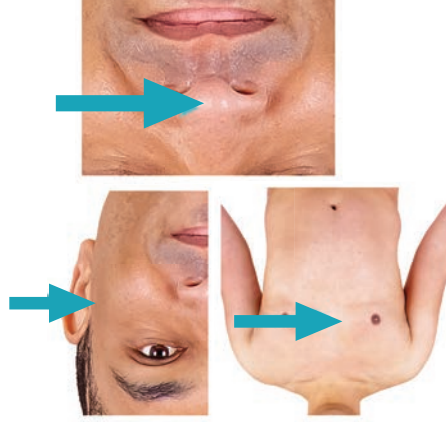
Some people have more chance of being very poorly.



And some people might die from it.

What is pneumococcal disease

Pneumococcal disease is an illness. It can give you problems with your ears, nose and chest.



It can make you feel poorly. You might feel like you have a bad cold or cough.



Sometimes it can be very serious. It can cause other problems in your body.



Some people might have to go to hospital.



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



We say it like this: New mow cock al
This vaccine is for older people and other
people who could get very poorly if they
catch this disease

Vaccine for pneumococcal disease

Mae Brechu yn achub bywydau
Vaccination saves lives

