



Mae Brechu yn achub bywydau
Vaccination saves lives

Brechlyn MenB i
bobl ifanc. Ydych
chi'n gymwys?

MenB vaccine
for young people.
Are you eligible?



- Ydych chi'n 17 i 18 oed (wedi'ch geni rhwng 01/09/2007 a 31/08/2008)?
- Ydy eich dyddiad geni ar neu ar ôl 21/07/2001 ac a ydych chi'n dechrau addysg bellach breswyl neu yn y brifysgol am y tro cyntaf yn Hydref 2026?

- Are you 17 to 18 years old (born between 01/09/2007 and 31/08/2008)?
- Are you born on or after 21/07/2001 and starting university or residential further education for the first time this Autumn 2026?

Os mai **ydw** yw'r ateb,
dyma wybodaeth am sut
i gael y brechlyn:

- Ewch i icc.gig.cymru/brechlyn-menb-ar-gyfer-pobl-ifanc neu
- Sganiwch y cod QR.



Sgania fi am ragor
o wybodaeth ar
MenB

If the answer is **yes**,
find out how to get the
vaccine:

- Visit phw.nhs.wales/menb-vaccine-for-young-people or
- Scan the QR code.



Scan me for
more information
on MenB

Mae'r brechlyn MenB yn helpu i amddiffyn
rhag bacteria meningococol grŵp B a
all achosi salwch difrifol, gan gynnwys
meningitis a sepsis.

Bydd angen i chi gael dau ddos o'r
brechlyn, o leiaf 28 diwrnod ar wahân i gael
yr amddiffyniad gorau.

The MenB vaccine helps protect against
meningococcal group B bacteria that can
cause serious illness, including meningitis
and sepsis.

You will need to have two doses of the
vaccine, at least 28 days apart for the
best protection.



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