



Mae Brechu yn achub bywydau
Vaccination saves lives

Ydych chi'n 65 oed neu'n hŷn?

Wrth i ni fynd yn hŷn, gall rhai heintiau fod yn fwy difrifol. Mae brechlynnau yn ffordd syml a diogel o'ch amddiffyn chi eich hun.

Brechlynnau	Rydych chi'n gymwys os ydych chi yn y grwpiau oedran canlynol:
Niwmococol	65 oed a hŷn
Ffliw	65 oed a hŷn
Yr Eryr	65 oed, neu rhwng 70 a 79 oed
Feirws syncytol anadlol (RSV)	75 oed a hŷn, neu 65 i 74 oed yn achos rhai cyflyrau iechyd
COVID-19	75 oed a hŷn



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Are you aged 65 or older?

As we get older, some infections can be more serious. Vaccines are a safe and simple way to protect yourself.

Vaccine	You are eligible if you are aged:
Pneumococcal	65 and over
Flu	65 and over
Shingles	65, or aged between 70 and 79
Respiratory syncytial virus (RSV)	75 and over, or 65 to 74 with certain health conditions
COVID-19	75 and over

I gael rhagor o wybodaeth:

- cysylltwch â'ch practis meddygon teulu
- ewch i icc.gig.cymru/brechiadau-oedolion
- sganiwch y cod QR
- cysylltwch â thîm imiwneiddio eich Bwrdd Iechyd Lleol: icc.gig.cymru/cysylltiadau-brechu



Sgania fi am ragor o wybodaeth am frechiadau i oedolion

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To find out more:

- contact your GP surgery
- visit phw.nhs.wales/adult-vaccinations
- scan the QR code
- contact your Local Health Board immunisation team: phw.nhs.wales/vaccine-contacts



Scan me for more information about vaccines for adults

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