



Mae Brechu yn achub bywydau  
Vaccination saves lives



GIG  
CYMRU  
NHS  
WALES

Iechyd Cyhoeddus  
Cymru  
Public Health  
Wales

# Brechiadau ar gyfer pobl sy'n feichiog



## Eich diogelu chi a'ch babi



Pan fyddwch chi'n feichiog, mae'n rhaid i'ch corff weithio'n galetach i'ch diogelu chi a'ch babi.



Mae gennych fwy o siawns o fod yn sâl iawn os byddwch yn dal clefyd.



Mae'r ffliw, y pâs a COVID-19 yn glefydau. Maen nhw'n gallu lledaenu'n hawdd i bobl eraill.



Mae'r ffliw, y pâs a COVID-19 yn gallu bod yn ddifrifol iawn pan fyddwch chi'n feichiog. Maen nhw'n gallu gwneud rhai pobl yn sâl iawn a bydd angen iddyn nhw fynd i'r ysbyty.



Mae'r clefydau hyn yn gallu niweidio eich babi hefyd cyn iddo gael ei eni.

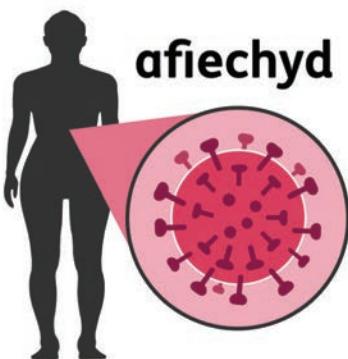


Efallai y bydd rhai babanod yn cael eu geni'n gynnar neu ddim yn pwysol llawer. Yn anffodus, efallai y bydd rhai babanod yn marw.

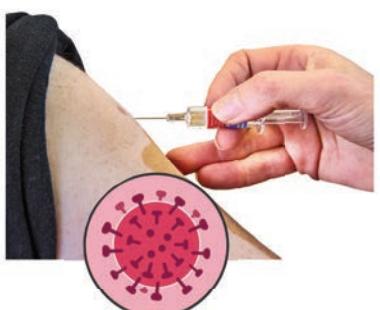


Mae'n bwysig iawn ceisio eich diogelu chi a'ch babi rhag y clefydau hyn.

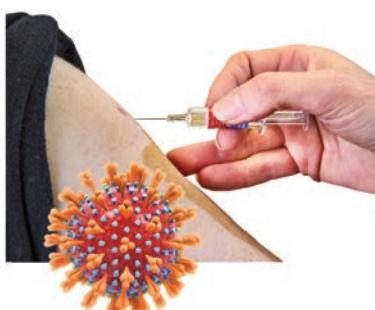
# Beth yw brechlyn



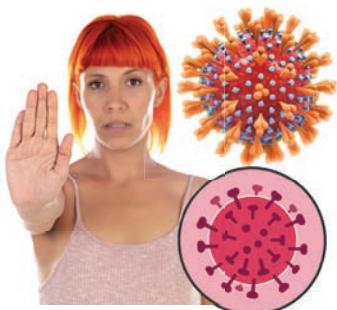
Mae **brechlyn** yn ffordd o ddiogelu pobl. Mae'n gallu helpu i'ch atal rhag dal clefyd.



Mae'r brechlynnau ar gyfer y ffliw a'r pâs yn rhoi rhan bach o'r clefyd yn eich corff. Mae eich corff yn dysgu sut i ymladd y darn bach hwn o'r clefyd.



Mae'r brechlyn COVID-19 yn rhoi ychydig o feddyginaeth yn eich corff. Mae'r feddyginaeth yn dysgu eich corff sut i ymladd y clefyd.

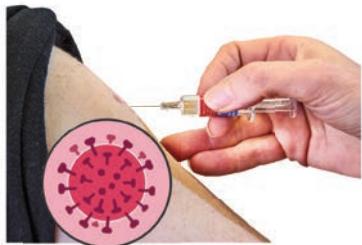


Yna, bydd eich corff yn gwybod sut i ymladd y clefyd os byddwch chi'n ei ddal yn y dyfodol.

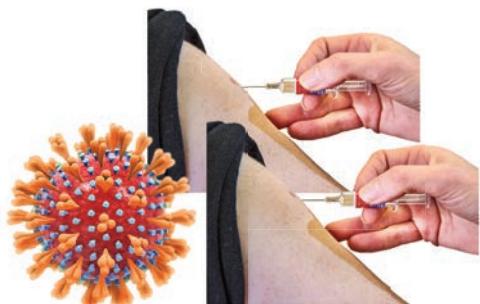


Fel arfer, ystyr cael brechlyn ydy cael pigiad.

## Gwybodaeth am y brechlynnau



Bydd angen i chi gael 1 pigiad ar gyfer y ffliw ac 1 pigiad ar gyfer y pâs.



Mae angen i'r rhan fwyaf o bobl gael 2 bigiad ar gyfer COVID-19. Efallai y bydd angen i chi gael pigiad ychwanegol. **Brechlyn atgyfnerthu** ydy enw'r pigiad.



Gallwch chi ofyn i'ch bydwraig faint o bigiadau sydd eu hangen arnoch chi.



Bydd y brechlynnau'n diogelu eich babi cyn iddo gael ei eni ac am ychydig wythnosau ar ôl iddo gael ei eni.

# Cael y brechlyn ffliw, y pâs a COVID-19



Mae'r brechlynnau i gyd yn ddiogel i'w cael pan fyddwch chi'n feichiog. Fyddwch chi ddim yn cael y ffliw, y pâs neu COVID-19 o'r brechlynnau.



Gallwch chi gael y brechlynnau ar yr un pryd.



Pan fyddwch chi'n gwybod eich bod chi'n feichiog, dylech chi wneud yn siŵr eich bod chi wedi cael eich brechlynnau i gyd.

## Pryd ydych chi'n gallu cael y brechlynnau



### Brechlyn y ffliw

Gallwch chi gael y brechlyn ffliw unrhyw bryd pan fyddwch chi'n feichiog.



Bydd y brechlyn ffliw yn helpu i ddiogelu eich babi hyd at 6 mis ar ôl iddo gael ei eni.



Dylech chi gael y brechlyn bob tro y byddwch chi'n feichiog.



### Brechlyn y pâs

Dylech chi gael brechlyn y pâs bob tro y byddwch chi'n feichiog.

Gallwch chi gael y brechlyn pan fyddwch rhwng 16 a 32 wythnos yn feichiog.



Bydd eich babi'n cael cynnig brechlyn y pâs ar ôl iddo fod yn 8 wythnos oed.

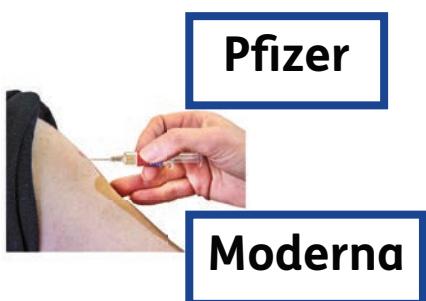


Os byddwch chi'n cael y brechlyn pan fyddwch chi'n feichiog, byddwch chi'n diogelu eich babi tan hynny.



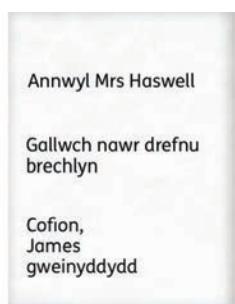
## Y brechlyn COVID-19

Gallwch chi gael y brechlyn COVID-19 unrhyw bryd pan fyddwch chi'n feichiog.



Y brechlynnau COVID-19 gorau i'w cael pan fyddwch chi'n feichiog ydy'r rhai sy'n cael eu gwneud gan gwmnïau **Pfizer** neu **Moderna**.

## Beth mae angen i chi ei wneud



Bydd y GIG yn cysylltu â chi ynglŷn â sut i gael eich brechlynnau.



Os oes gennych chi unrhyw bryderon neu gwestiynau, siaradwch â'ch bydwraig.

## Os ydych chi'n bwydo ar y fron



Mae'r brechlynau hyn yn ddiogel i'w defnyddio os ydych chi'n bwydo ar y fron.

Does dim angen i chi roi'r gorau i fwydo ar y fron cyn neu ar ôl i chi gael y brechlynau.

## Beth sy'n digwydd os ydw i'n sâl pan fydd hi'n amser cael y brechlyn



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

Ond dylech chi geisio cael y brechlyn cyn gynted â phosib.



Os ydych chi'n cael canlyniad positif am COVID-19, dylech chi aros 4 wythnos cyn cael y brechlyn COVID-19.

# Sgil-effeithiau



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

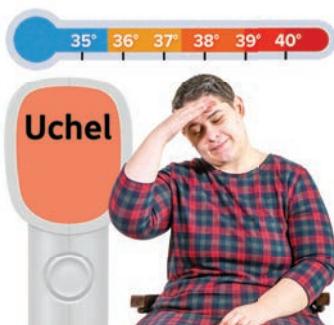
Dydy pawb ddim yn cael sgil-effeithiau.



Mae sgil-effeithiau'n para 1 neu 2 ddiwrnod yn unig fel arfer.

Dyma rai pethau y gallech chi eu teimlo:

- braich boenus neu chwyddedig lle cawsoch chi'r pigiad



- tymheredd uchel



- teimlo'n flinedig iawn



- poen yn eich corff



- cur pen

- ddim eisiau bwyd



Mae sgil-effeithiau difrifol yn anghyffredin iawn. Dydy llawer o bobl ddim yn cael y rhain.



Os ydych chi'n poeni, neu os bydd eich sgil-effeithiau yn gwaethygu, siaradwch â'ch meddyg neu nyrs

**neu**



**ffoniwch GIG 111**

## Brechlynnau eraill



Efallai y byddwch chi eisiau cael brechlynnau eraill. Brechiadau ar gyfer clefydau fel clwy'r pennau neu'r frech goch.



Bydd eich babi hefyd yn cael cynnig brechlynnau ar ôl iddo gael ei eni.



Bydd eich bydwraig neu'ch ymwelydd iechyd yn rhoi mwy o wybodaeth i chi am y brechlynnau.

# Mwy o wybodaeth



Os ydych chi eisiau mwy o wybodaeth am y brechlynau, gallwch chi siarad gyda’ch bydwraig neu’ch meddyg lleol.



Mae’n bosib cysylltu â GIG 111 Cymru hefyd:

## Dros y ffôn:

**111.** Mae’n bosib ffonio’r rhif yma. Mae am ddim.



Mae mwy o wybodaeth ar gael ar  
**wefan GIG 111 Cymru:**  
**111.wales.nhs.uk**

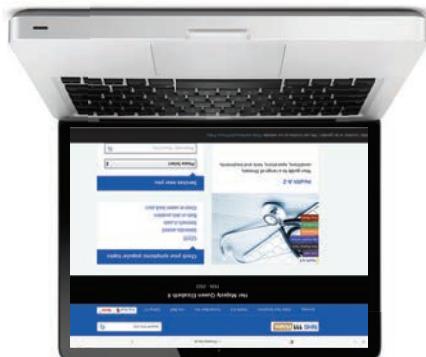


I gael gwybod sut mae'r GIG yn defnyddio eich gwybodaeth, ewch i:  
**111.wales.nhs.uk/AboutUs/Yourinformation**

**111.wales.nhs.uk/AboutUs/**  
To find out how the NHS uses your information, visit:  
**111.wales.nhs.uk**



**111.wales.nhs.uk**  
**NHS 111 Wales website:**  
There is more information on the



**111.** It is free to call this number.  
**By phone:**



You can also contact NHS 111 Wales:

If you want more information about the vaccines, you can speak to your midwife or local doctor.



**More information**

Your baby will also be offered vaccines after it is born.



There are other vaccines you might want to have. Vaccines for diseases like mumps or measles.



## Other vaccines

Your midwife or health visitor will give you more information about these vaccines.



call NHS 111

or



If you are worried or your side effects get worse, speak to your doctor or nurse



Serious side effects are very rare. This means that not a lot of people have them.



- not feeling very hungry



- having a headache

- having aches in your body





- feeling very tired



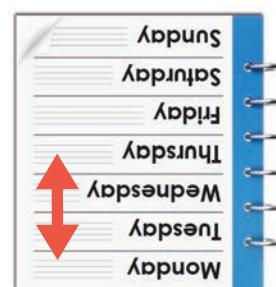
- having a high temperature



- having a sore or swollen arm  
where you had the injection

Things you might feel are:

Side effects usually only last 1 or 2 days.



Not everyone has side effects.

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



## Side effects

If you test positive for COVID-19, you should wait 4 weeks before getting the COVID-19 vaccine.



But you should try to have the vaccine as soon as possible.

If you are unwell, it is better to wait until you feel better.



## What happens if I am ill when it is time to have the vaccine

You do not need to stop breastfeeding before or after you have the vaccines.

These vaccines are safe to use if you are breastfeeding.



## If you are breastfeeding

If you have any worries or questions, speak to your midwife.



The NHS will contact you about how to get your vaccines.

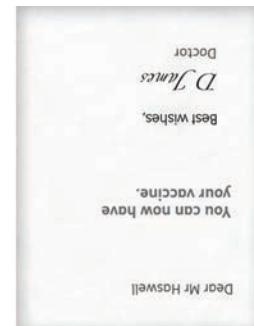
## What you need to do

The best COVID-19 vaccines to have when you are pregnant are made by companies called **Pfizer** or **Moderna**.

You can have the COVID-19 vaccine at any time when you are pregnant.

## The COVID-19 vaccine

Having the vaccine when you are pregnant will protect your baby until then.



## Moderna



## Pfizer



old.  
Your baby will be offered a vaccine for whooping cough after it is 8 weeks



are between 16 to 32 weeks pregnant.  
You can have the vaccine when you

vaccine every time you are pregnant.  
You should have the whooping cough  
**The whooping cough vaccine**



You should get the vaccine every time  
you are pregnant.



Your baby up to 6 months after it is  
born.  
The flu vaccine will help to protect  
your baby up to 6 months after it is



time when you are pregnant.  
You can have the flu vaccine at any  
**The flu vaccine**



## **When you can have the vaccines**

As soon as you find out you are pregnant, you should make sure you are up to date with your vaccines.



You can have the vaccines at the same time.



The vaccines are all safe to have when you are pregnant. You will not catch flu, whooping cough or COVID-19 from the vaccines.



## **Getting the flu, whooping cough and COVID-19 vaccines**

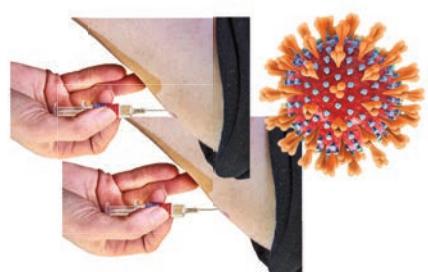
The vaccines will protect your baby before it is born and for a few weeks after it is born.



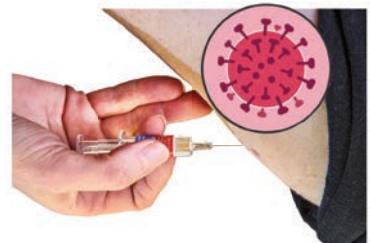
You can check with your midwife how many injections you need.



Most people need 2 injections for COVID-19. You might also need an extra injection called a booster.



You will need 1 injection each for flu and whooping cough.

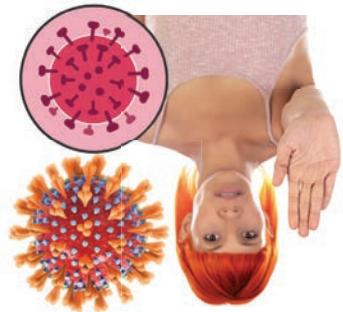


## About the vaccines

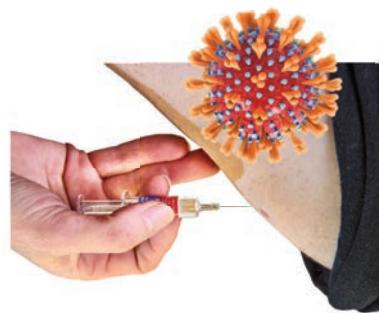
Getting a vaccine is usually done by giving you an injection.



Your body then knows how to fight the disease if you catch it in the future.



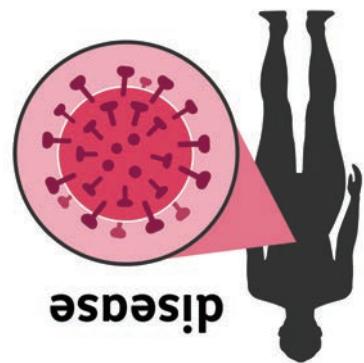
For the COVID-19 vaccine some medicine is put into your body. The medicine teaches your body how to fight the disease.



For the flu and whooping cough vaccine a small part of the disease is put into your body. Your body learns how to fight this little bit of disease.



A vaccine is a way of protecting people. It can help stop you from catching a disease.



## What is a vaccine

It is really important to try to protect you and your baby from these diseases.



Some babies might be born early or not weigh very much. Some babies might sadly die.



These diseases could also harm your baby before it is born.



Flu, whooping cough and COVID-19 can be very serious when you are pregnant. They can make some people very poorly and need to go to hospital.



Flu, whooping cough and COVID-19 are diseases. They can spread easily to other people.



You have more chance of being very poorly if you catch a disease.



When you are pregnant, your body has to work harder to protect you and your baby.



## Protecting you and your baby



# Vaccines for people who are pregnant