Mae Brechu yn achub bywydau
Vaccination saves lives

Brechiad COVID-19: Pam mae'n rhaid i mi aros am fy mrechlyn COVID-19?

Mae'r bobl hynny sy'n wynebu'r risg fwyaf o gymhlethdodau COVID-19 yn cael cynnig y brechlyn yn gyntaf.

Yn y DU, mae dau frechlyn COVID-19 (sy'n cael eu gwneud gan Pfizer BioNTech ac AstraZeneca) yn debygol o gael eu cynnig yn gyntaf. Gyda'r ddau frechlyn, mae angen dau ddos ar wahân i ddarparu'r amddiffyniad gorau. Ni fydd gan y brechlynnau hyn awdurdodiad marchnata llawn (trwydded) y DU ond maent wedi'u hawdurdodi gan yr Asiantaeth Rheoleiddio Meddyginiaethau a Chynhyrchion Gofal Iechyd (MHRA) yn seiliedig ar asesiad llawn o ddiogelwch ac effeithiolrwydd.

Mae'r Cyd-bwyllgor ar Imiwneiddio a Brechu (JCVI), sef grŵp annibynnol o arbenigwyr, wedi argymell bod y GIG yn cynnig y brechlynnau hyn i'r rhai sydd fwyaf mewn perygl o ddal y clefyd ac o ddioddef cymhlethdodau difrifol neu farw o COVID-19, ac i amddiffyn y GIG a gwasanaethau gofal cymdeithasol. Mae hyn yn cynnwys oedolion hŷn a gweithwyr iechyd a gofal cymdeithasol rheng flaen. Pan fydd mwy o frechlyn ar gael, bydd y brechlynnau'n cael eu cynnig i bobl eraill sydd mewn perygl cyn gynted â phosibl.

Dylech gael y brechlyn pan gaiff ei gynnig os ydych yn:

- berson sy'n byw neu'n gweithio mewn cartref gofal i oedolion hŷn
- gweithiwr gofal iechyd rheng flaen
- gweithiwr gofal cymdeithasol rheng flaen
- gofalwr cartref sy'n darparu gofal personol

Bydd y brechlyn yn cael ei gynnig yn y drefn ganlynol i'r rhai:

- 80 oed a throsodd.
- 75 oed a throsodd.
- 70 oed a throsodd ac oedolion y nodwyd eu bod yn eithriadol o agored i niwed yn glinigol
- 65 oed a throsodd.
- y rhai 16 i 64 oed sydd â chyflyrau iechyd hirdymor (gweler y rhestr isod)

GIG CYMRU NHS WALES

icc.gig.cymru/brechlyn-covid-19
phw.nhs.wales/covid-19-vaccination

DIOGELU CYMRU
KEEP WALES SAFE

Bydd rhai pobl ar y rhestr hon yn debygol o fynd yn sâl iawn gyda COVID-19 ac maent hefyd ar y Rhestr o'r Cleifion a Warchodir, felly byddent yn cael eu gwahodd ar yr un pryd â'r rhai sy'n 70 oed.

Mae cyflyrau iechyd hirdymor yn cynnwys cyflyrau fel:

- canser y gwaed (fel lewcemia, lymffoma neu fyeloma)
- diabetes
- problem gyda'r galon
- anhwylder ar y frest neu anawsterau anadlu, gan gynnwys broncitis, emffysema neu asthma difrifol
- clefyd yr arennau
- clefyd yr afu
- imiwnedd is yn sgil clefyd neu driniaeth (fel haint HIV, meddyginiaeth steroidau, cemotherapi neu radiotherapi)
- ar ôl cael trawsblaniad organ
- ar ôl cael strôc neu bwl o isgemia dros dro (TIA)
- cyflwr niwrolegol neu gyflwr sy'n nychu'r cyhyrau gan gynnwys epilepsi a dementia
- anabledd dysgu difrifol neu ddwys
- problem gyda'ch dueg, e.e. clefyd y crymangelloedd, neu ar ôl i'ch dueg gael ei thynnu
- yn ddifrifol dros bwysau (BMI o 40 ac uwch)
- salwch meddwl difrifol

Ar yr un pryd, bydd y brechlyn hefyd yn cael ei gynnig i'r:

- rhai sy'n brif ofalwr person oedrannus neu anabl y gallai ei les fod mewn perygl os yw'r gofalwr yn mynd yn sâl
- oedolion iau mewn lleoliadau nyrsio a phreswyl arhosiad hir, a'r staff

Ar ôl y grwpiau hyn, bydd y rhai 50 i 64 oed yn cael cynnig brechiad.

Pan fydd mwy o frechlyn ar gael byddwn yn ei gynnig i ragor o grwpiau.

Rwyf yn un o'r grwpiau rhestredig uchod, pam mae'n rhaid i mi aros?

Bydd brechlynnau COVID-19 ar gael wrth iddynt gael eu cymeradwyo i'w defnyddio, ac wrth i bob swp gael ei weithgynhyrchu a'i ddarparu. Bydd pobl yn cael eu galw mewn trefn, ac anfonir apwyntiad atoch pan ddaw eich tro cyn gynted ag y bydd digon o frechlyn ar gael.

Ble gallaf gael brechiad COVID-19?

Bydd brechlynnau'n cael eu cynnig mewn amrywiaeth o leoliadau. Bydd y rhan fwyaf o bobl yn mynd i'r ganolfan frechu agosaf. Bydd rhai timau brechu yn ymweld â phobl i gynnig y brechlyn, er enghraifft mewn cartrefi gofal.

Beth os nad yw'r ganolfan a gynigir i mi yn hawdd i'w chyrraedd?

Ceisiwch fynd i'r ganolfan frechu a gynigir i chi. Os na allwch fynd i'r ganolfan a gynigir i chi efallai y bydd yn rhaid i chi aros i gael y brechlyn mewn lleoliad mwy cyfleus.

A allaf dalu am frechlyn COVID-19 yn breifat neu mewn fferyllfa?

Na allwch, dim ond i grwpiau cymwys y mae'r brechiad COVID-19 ar gael am ddim drwy'r GIG.

Rhagor o Wybodaeth

Gallwch ddod o hyd i ragor o wybodaeth am frechlynnau COVID-19, gan gynnwys eu cynnwys a sgîl-effeithiau posibl yn:

111.wales.nhs.uk/coronavirus(2019ncov)?locale=cy a

www.gov.uk/government/collections/mhra-guidance-on-coronavirus-covid-19

Gallwch roi gwybod am sgîl-effeithiau a amheuir ar-lein yn

coronavirus-yellowcard.mhra.gov.uk/ neu drwy lawrlwytho'r ap Cerdyn Melyn.

I gael gwybod sut y mae'r GIG yn defnyddio'ch gwybodaeth, ewch i

www.nhsdirect.wales.nhs.uk/lifestylewellbeing/yourinfoyourrights

I archebu rhagor o gopïau o'r daflen hon, ewch i

icc.gig.cymru/gwasanaethau-a-thimau/adnoddau-gwybodaeth-iechyd/

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Mae Brechu yn achub bywydau
Vaccination saves lives

COVID-19 vaccination: Why do I have to wait for my COVID-19 vaccine?

Those people most at risk from the complications of COVID-19 are being offered the vaccine first.

In the UK, there are two COVID-19 vaccines (made by Pfizer BioNTech and AstraZeneca) likely to be offered first. They both need two separate doses to provide the best protection. These vaccines will not have a full UK marketing authorisation (license) but will have been authorised by the Medicines and Healthcare products Regulatory Agency (MHRA) based on a full assessment of safety and effectiveness.

The Joint Committee on Vaccination and Immunisation (JCVI), an independent group of experts, has recommended that the NHS offers these vaccines to those at highest risk of catching the disease and of suffering serious complications or dying from COVID-19, and to protect the NHS and social care services. This includes older adults and frontline health and social care workers. When more vaccine becomes available, the vaccines will be offered to other people at risk as soon as possible.

You should have the vaccine when it is offered if you are:

- a person living or working in a care home for older adults
- a frontline healthcare worker
- a frontline social care worker
- a domiciliary carer providing personal care

The vaccine will be offered in the following order to:

- those aged 80 years and over
- those aged 75 years and over
- those aged 70 years and over **and** adults identified as clinically extremely vulnerable
- those aged 65 years and over
- those aged 16 to 64 years with long term health conditions

Some people on this list will be likely to get very ill with COVID-19 and are also on the Shielding Patients List, so would be invited at the same time as those who are 70 years old.

Long term health conditions include conditions such as:

- blood cancer (such as leukaemia, lymphoma or myeloma)
- diabetes
- a heart problem
- a chest complaint or breathing difficulties, including bronchitis, emphysema or severe asthma
- kidney disease
- liver disease
- lowered immunity due to disease or treatment (such as HIV infection, steroid medication, chemotherapy or radiotherapy)
- having had an organ transplant
- having had a stroke or a transient ischaemic attack (TIA)
- a neurological or muscle wasting condition including epilepsy and dementia
- severe or profound learning disability
- a problem with your spleen, e.g. sickle cell disease, or having had your spleen removed
- being seriously overweight (BMI of 40 and above)
- severe mental illness

At the same time as those aged 16-64 years with long term health conditions the vaccine will also then be offered to:

- those who are the main carer of an elderly or disabled person whose welfare may be at risk if the carer falls ill
- younger adults in long stay nursing and residential settings, and staff

After these groups, those aged 50 to 64 will be offered vaccination.

When more vaccine becomes available we will be offering it to more groups.

I am in one of the listed groups above, why do I have to wait?

COVID-19 vaccines will become available as they are approved for use, and as each batch is manufactured and delivered. People will be called in order, and you will be sent an appointment when your turn comes as soon as there is enough vaccine available.

Where can I get a COVID-19 vaccination?

Vaccines will be offered in a range of settings. Most people will go to the nearest vaccination centre. Some vaccination teams will visit people to offer the vaccine, for example in care homes.

What if the centre I am offered is not easy to get to?

Please try to attend the vaccination centre you are offered. If you cannot attend the centre you are offered you may have to wait to get the vaccine in a more convenient location.

Can I pay for a COVID-19 vaccine privately or at a pharmacy?

No, the COVID-19 vaccination is only available for free through the NHS to eligible groups.

More information

You can find out more information about COVID-19 vaccines, including their contents and possible side effects at:

111.wales.nhs.uk/coronavirus(2019ncov)

and

www.gov.uk/government/collections/mhra-guidance-on-coronavirus-covid-19

You can report suspected side effects online at

coronavirus-yellowcard.mhra.gov.uk/ or by downloading the Yellow Card app.

To find out how the NHS uses your information, visit

www.nhsdirect.wales.nhs.uk/lifestylewellbeing/yourinfoyourrights

To order more copies of this leaflet, visit

phw.nhs.wales/services-and-teams/health-information-resources/

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