



Mae Brechu yn achub bywydau
Vaccination saves lives

Brechiad COVID-19: Canllaw i oedolion

Diwygiwyd Mai 2021



Hyd yn oed ar ôl cael eich brechu gydag un neu ddau ddos, rhaid i chi barhau i ddilyn canllawiau amddiffynnol eraill yn ôl yr angen

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Beth yw COVID-19 neu'r Coronafeirws?

Mae COVID-19 yn cael ei achosi gan goronafeirws newydd, o'r enw SARS-CoV-2. Cafodd ei ganfod i ddechrau ddiwedd 2019. Mae'n heintus iawn a gall arwain at afiechyd anadlol difrifol. Efallai na fydd gan lawer o bobl sydd wedi'u heintio unrhyw symptomau neu symptomau ysgafn yn unig. Mae'r rhain fel rheol yn dechrau gyda pheswch, tymheredd uchel, pen tost/cur pen a cholli synnwyr blasu neu arogl.

Bydd rhai pobl yn teimlo'n flinedig iawn, bydd eu cyhyrau'n boenus, bydd ganddynt ddolur gwddw, dolur rhydd, chwydu, twymyn neu ddryswch. Wedyn, mae nifer bach o bobl yn mynd ymlaen i gael afiechyd difrifol, ac efallai y bydd rhaid iddynt fynd i'r ysbyty neu gael eu derbyn i ofal dwys.

Yn gyffredinol, bydd ychydig o dan 1 o bob 100 o bobl sydd wedi'u heintio yn marw o COVID-19. Mae clefyd difrifol yn brin mewn plant ond mae'r risg yn cynyddu gydag oedran. Er enghraifft, mae'r risg gyfartalog o farw o COVID-19 mewn rhywun 40-49 oed deirgwaith yn uwch na rhywun yn y grŵp oedran 30-39 a 12 gwaith yn uwch na rhywun yn y grŵp oedran 20-29 oed. Nid oes gwellhad i COVID-19 er bod rhai triniaethau yn lleihau'r risg o gymhlethdodau.

Pam y dylwn gael brechlyn COVID-19?

Mae oedolion iach yn wynebu risg o gymhlethdodau o COVID-19, ac mae'r risg yn uwch ar gyfer oedolion hŷn neu'r rhai sydd â chyflyrau iechyd penodol. Mae tua 15% o oedolion iau, gan gynnwys y rhai yn eu 20au, yn cael symptomau a all bara am fisoedd ar ôl cael eu heintio ('COVID hir'). Mae cael brechlyn COVID-19 yn amddiffyn y rhan fwyaf o bobl rhag cymhlethdodau difrifol o COVID-19.

Rydym i gyd am ailddechrau ein bywydau unwaith eto ac mae'r rhaglen frechu yn gam mawr tuag at hyn. **Mae llawer o bobl yng Nghymru yn cydnabod hyn hefyd – canfu arolwg yn 2021 fod tua 80% o oedolion iau wedi dweud y byddent yn cael eu brechu.**

Mae'r nifer a gafodd y brechlyn yn rhan gyntaf y rhaglen frechu wedi bod yn uchel iawn.

Os byddwch am deithio dramor yn y dyfodol, efallai y bydd rhai gwledydd yn gofyn i chi brofi eich bod wedi cael eich brechu. Mae cyfraddau COVID-19 yn uwch mewn rhai gwledydd eraill.

Mae brechlynnau'n cynnig gobaith i ni reoli'r pandemig ond mae angen cynifer o bobl â phosibl arnom i gael eu brechu er mwyn i hyn weithio orau. Mae pob brechiad yn cyfrif, gan gynnwys eich brechiad chi.



Mae brechu yn gyflym, yn hawdd ac yn ddiogel

A yw'r brechlynnau'n ddiogel?

Yn y DU bydd sawl math gwahanol o frechlynnau COVID-19 yn cael eu defnyddio. Mae pob brechlyn wedi'i brofi mewn degau ar filoedd o bobl mewn sawl gwlad wahanol. Mae eu diogelwch a'u heffeithiolrwydd wedi'u hasesu'n ofalus gan yr Asiantaeth Rheoleiddio Meddyginiaethau a Chynhyrchion Gofal Iechyd (MHRA) cyn cael eu hawdurdodi i'w defnyddio.

Yn y DU mae mwy na 34 miliwn o bobl wedi'u brechu ac mae hyn eisoes wedi atal llawer o achosion a mwy na deg mil o farwolaethau o COVID-19. Mae'r MHRA yn adolygu diogelwch y brechlynnau sy'n cael eu defnyddio yn barhaus yn seiliedig ar yr holl sgil-ffeithiau a nodir gan weithwyr gofal iechyd proffesiynol a'r cyhoedd.

Yn ddiweddar, cafwyd adroddiadau am gyflwr eithriadol o brin yn ymwneud â chlotiau gwaed a gwaedu anarferol ar ôl brechu gyda brechlyn AstraZeneca, sy'n cael ei adolygu'n ofalus. Oherwydd y risg uchel o gymhlethdodau a marwolaeth o COVID-19, mae'r MHRA, Sefydliad Iechyd y Byd a'r Asiantaeth Feddyginiaethau Ewropeaidd wedi dod i'r casgliad bod y cydbwysedd o risg a mantais o blaid brechu.

I gael rhagor o wybodaeth am fanteision a risgiau brechu COVID-19 a chlotiau gwaed gweler: icc.gig.cymru/gwybodaethigleifion

A allwn ymddiried mewn brechlynnau sydd wedi'u datblygu mor gyflym?

Mae'r ymchwil a'r treialon clinigol sydd eu hangen i sicrhau bod brechlyn yn gweithio ac yn ddiogel yn cymryd amser, **ond treulir llawer o amser yn cael cyllid a chymeradwyaeth ar gyfer yr ymchwil**. Mae nifer o bethau wedi helpu i gyflymu'r broses:

- Ariannodd Llywodraeth y DU ddatblygiad treialon clinigol ar gyfer brechlyn COVID-19 i'w rhoi ar waith yn gyflym
- Gwnaeth yr MHRA gyflymu eu proses gymeradwyo – mae pethau fel gwaith papur gweinyddol a arferai gymryd misoedd bellach yn cael ei wneud o fewn dyddiau
- Mae gwahanol rannau o dreialon wedi'u cynnal ar yr un pryd
- Mae technoleg newydd wedi helpu i wneud llawer o frechlyn yn gyflym

Mae popeth wedi'i wneud o hyd i sicrhau bod y brechlynnau'n gweithio ac yn ddiogel. Ar ôl i frechlyn ddechrau cael ei ddefnyddio, mae'r MHRA yn parhau i astudio ei ddiogelwch ac yn archwilio'r holl ddigwyddiadau andwyol a gofnodwyd.

A fydd y brechlyn yn fy amddiffyn?

Mae'r holl frechlynnau a gymeradwywyd yn hynod effeithiol o ran amddiffyn pobl rhag mynd yn ddifrifol wael o COVID-19. Mae astudiaethau wedi dangos bod lefelau uchel o amddiffyniad tymor byr yn datblygu ar ôl dwy neu dair wythnos ar ôl un dos o frechlyn, ond ar gyfer y rhan fwyaf o frechlynnau mae angen ail ddos ar gyfer amddiffyniad tymor hwy. Fel pob meddyginiaeth, nid oes unrhyw frechlyn 100% yn effeithiol – efallai y bydd rhai pobl yn dal i gael COVID-19 er iddynt gael brechiad, ond dylai hyn fod yn llai difrifol.

A ydw i'n gymwys i gael brechlyn COVID-19?

Oherwydd bod y grwpiau cyntaf a'r rhai dros 50 oed wedi cael cynnig y brechlyn, mae'r JCVI wedi cynghori y dylai pob oedolyn 18 i 49 oed gael cynnig y brechlyn nesaf, mewn grwpiau oedran:

- pobl 40-49 oed
- pobl 30-39 oed
- pobl 18-29 oed (18 oed ar ddiwrnod y brechu)

Cysylltir â chi pan fydd yn bryd i chi gael eich brechlyn.

Rydw i'n feichiog, a allaf gael y brechlyn?

Gallwch, os ydych yn feichiog, dylech ystyried cael eich brechu. Fe'ch anogir i ddarllen cymorth penderfynu Coleg Brenhinol yr Obstetryddion a'r Gynaecolegwyr yn y ddolen hon: icc.gig.cymru/rcog-brechlyn-covid-19 cyn mynd i'ch apwyntiad brechu. Gall y wybodaeth yn y cymorth hwn eich helpu i wneud penderfyniad gwybodus. Os oes gennych unrhyw gwestiynau pellach siaradwch â'ch bydwraig neu'ch meddyg teulu.

Gwyddom y gellir rhoi llawer o frechlynnau'n ddiogel yn ystod beichiogrwydd, ond nid yw brechlynnau COVID-19 wedi'u profi yn ystod beichiogrwydd. Mae dros 90,000 o fenywod beichiog wedi'u brechu â brechlynnau Pfizer a Moderna yn UDA heb nodi unrhyw faterion diogelwch. Felly mae'r brechlynnau hyn yn well ar gyfer menywod beichiog.

Mae taflen ar wahân hefyd: Brechu COVID-19: canllaw i bob menyw sy'n cynllunio beichiogrwydd, sy'n feichiog neu sy'n bwydo ar y fron.

Nid oes angen i chi osgoi beichiogrwydd ar ôl cael brechiad COVID-19.

A allaf gael y brechlyn os ydw i'n bwydo ar y fron?

Mae manteision bwydo ar y fron yn hysbys iawn, ac nid yw'n hysbys bod brechlynnau COVID-19 yn risg wrth fwydo ar y fron. Mae Sefydliad Iechyd y Byd a'r JCVI wedi argymhell y gellir rhoi'r brechlyn i fenywod sy'n bwydo ar y fron. Fodd bynnag, nid oes gennym lawer o ddata diogelwch ar y defnydd o frechlynnau COVID-19 wrth fwydo ar y fron. Os ydych yn bwydo ar y fron, neu'n bwriadu bwydo ar y fron, gallwch barhau i fwydo ar y fron ar ôl cael brechiad.

A fydd y brechlyn yn effeithio ar fy ffrwythlondeb?

Na fydd, nid oes tystiolaeth i awgrymu y bydd y brechlynnau COVID-19 yn effeithio ar ffrwythlondeb.

Pwy na allant gael y brechiad?

Mae nifer bach iawn o bobl na allant gael rhai brechlynnau COVID-19. Mae hyn yn cynnwys pobl sydd wedi cael adwaith alergaidd difrifol i unrhyw gynhwysyn yn y brechlyn neu i ddos blaenorol o'r un brechlyn, neu sydd â rhai anhwylderau gwaed prin. Efallai y bydd y bobl hynny'n cael cynnig brechlyn arall.

Os ydych yn sâl gyda thwymyn ar hyn o bryd, neu wedi cael prawf COVID-19 positif yn y 28 diwrnod diwethaf, dylech drefnu apwyntiad diweddarach.

A oes gan y brechlyn sgil-effeithiau?

Fel pob meddyginiaeth, gall brechlynnau achosi sgil-effeithiau. Mae hyn oherwydd bod brechlynnau'n gweithio drwy ysgogi ymateb yn eich system imiwnedd. Mae'r rhan fwyaf o'r rhain yn ysgafn ac yn para ychydig ddyddiau yn unig, ac nid yw pawb yn eu cael.

Hyd yn oed os cewch symptomau ar ôl y dos cyntaf, dylech barhau i gael yr ail ddos.

Mae sgil-effeithiau cyffredin iawn yn y diwrnod cyntaf neu ddau yn cynnwys:

- cael teimlad trwm, poenus ac anesmwyth yn y fraich lle cawsoch eich pigiad am sawl diwrnod ar ôl y brechiad;
- teimlo'n flinedig;
- pen tost/cur pen;
- poenau cyffredinol, oerfel, neu symptomau tebyg i fflw.

Efallai y cewch dwymyn ysgafn am ddau i dri diwrnod ar ôl y brechiad, ond mae tymheredd uchel yn anarferol a gall awgrymu bod gennych haint COVID-19 neu haint arall. Gallwch gymryd parasetamol (dilynwch y cyngor ar ddosau a chyfnodau ar y pecyn) a gorffwyswch i'ch helpu i deimlo'n well. Peidiwch â chymryd mwy na'r dos a argymhellir.

Un sgil-ffaith anghyffredin yw chwarennau chwyddedig yn y gesail neu'r gwddf ar yr un ochr ag y cawsoch eich brechiad. Gall hyn bara am tua 10 diwrnod, ond os yw'n para'n hirach siaradwch â'ch meddyg.

Mae sgil-effeithiau cyffredin yn dilyn brechu fel arfer yn para llai nag wythnos. Os yw eich symptomau fel pe baent yn gwaethygu neu os ydych chi'n bryderus, edrychwch ar **111.wales.nhs.uk** ar-lein, ac os oes angen ffoniwch GIG 111 Cymru neu eich meddygfa. Os nad yw 111 ar gael yn eich ardal chi, ffoniwch **0845 46 47**. Mae galwadau i GIG 111 Cymru am ddim o linellau tir a ffonau symudol. mae galwadau i 0845 46 47 yn costio 2c y funud ynghyd â thâl arferol eich darparwr ffôn.



Os byddwch yn profi unrhyw rai o'r canlynol o tua 4 diwrnod i bedair wythnos ar ôl brechu, dylech geisio cyngor meddygol ar frys.

- Pen tost/cur pen newydd, difrifol nad yw'n cael ei helpu gan boenladdwyr arferol neu sy'n gwaethygu
- Pen tost/cur pen anarferol sy'n ymddangos fel pe bai'n gwaethygu wrth orwedd i lawr neu blygu drosodd neu gall ddigwydd ar y cyd â:
 - ♦ Golwg aneglur, cyfog a chwydu
 - ♦ Anhawster gyda'ch lleferydd
 - ♦ Gwendid, teimlo'n gysglyd neu ffitiau
- Cleisio neu waedu pigiad pin newydd, heb esboniad
- Diffyg anadl, poen yn y frest, chwyddo yn y coesau neu boen cyson yn y stumog

Os byddwch wedi cael unrhyw rai o'r symptomau uchod ar ôl eich brechiad cyntaf, dylech siarad â'ch meddyg neu arbenigwr cyn cael yr ail ddos.

Os byddwch yn ceisio cyngor gan feddyg neu nyrs, sicrhewch eich bod yn dweud wrthynt am eich brechiad (dangoswch eich cerdyn brechu iddynt os oes modd) er mwyn iddynt allu eich asesu'n iawn.

Gallwch hefyd roi gwybod am unrhyw sgil-ffeithiau drwy'r cynllun Cerdyn Melyn (gweler Rhagor o wybodaeth).

A allaf ddal COVID-19 o'r brechlyn?

Ni allwch ddal COVID-19 o'r brechiad. Ond mae'n bosibl dal COVID-19 heb sylweddoli bod gennych y symptomau tan ar ôl eich brechiad.

Symptomau pwysicaf COVID-19 yw ymddangosiad diweddar unrhyw rai o'r canlynol:

- peswch cyson newydd
- tymheredd uchel
- colli, neu newid, yn eich synnwyr blasu neu arogl arferol

Os oes gennych unrhyw rai o'r symptomau hyn, arhoswch gartref a threfnu i gael prawf drwy ffonio 119 (mae'r galwadau am ddim). Mae rhai byrddau iechyd yn cynnig profion ar gyfer amrywiaeth ehangach o symptomau, felly gwiriwch wefan eich bwrdd iechyd lleol ar gyfer unrhyw symptomau ychwanegol a fyddai'n eich gwneud yn gymwys i gael prawf yn eich ardal. Os oes angen rhagor o wybodaeth arnoch am symptomau ewch i 111.wales.nhs.uk

Beth sydd angen i mi ei wneud?

Byddwch yn derbyn gwybodaeth ynghylch pryd a ble i gael eich brechu. Ar ddiwrnod yr apwyntiad, gwisgwch ddillad ymarferol fel ei bod yn hawdd cyrraedd rhan uchaf eich braich. Os oes ofn nodwyddau arnoch neu os ydych yn teimlo'n bryderus, rhowch wybod i'r sawl sy'n rhoi eich brechlyn. Bydd yn deall ac yn eich cefnogi.

Mae'n bwysig cael y ddau ddos o'r brechlyn i roi'r amddiffyniad tymor hwy gorau i chi. Cadwch eich cerdyn yn ddiogel a sicrhewch eich bod yn mynd i'ch apwyntiad nesaf i gael eich ail ddos.

Beth ddylwn i ei wneud os byddaf yn sâl ar ddiwrnod fy apwyntiad nesaf?

Os ydych chi'n sâl gyda thwymyn, ffoniwch i ganslo ac aros nes eich bod wedi gwella cyn cael y brechiad. Ni ddylech fynychu apwyntiad brechiad os ydych yn hunanyysu neu'n aros am brawf neu ganlyniad COVID-19.

A oes angen i mi ddilyn y canllawiau o hyd os ydw i wedi cael brechlyn?

Bydd y brechiad yn lleihau eich siawns o fynd yn ddifrifol wael, ond ni fydd yn eich atal yn llwyr rhag dal a throsglwyddo'r feirws. Felly, mae'n bwysig eich bod yn parhau i ddilyn canllawiau COVID-19 i ddiogelu'r rhai o'ch cwmpas.

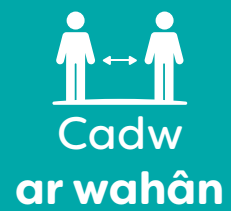
Er mwyn diogelu eich hun a'ch teulu, eich ffrindiau a chydweithwyr mae angen i chi wneud y canlynol o hyd:

- cadw pellter cymdeithasol;
- gwisgo masg wyneb;
- golchi eich dwylo'n ofalus ac yn aml;
- hunanyysu os ydych yn cael symptomau neu os yw'r gwasanaeth Profi, Olrhain, Diogelu yn cysylltu â chi; a
- dilyn y canllawiau presennol yn: llyw.cymru/coronafeirws

Cofiwch:

Mae COVID-19 yn cael ei ledaenu drwy ddafnau sy'n cael eu hanadlu allan o'r trwyn neu'r geg, yn enwedig wrth siarad neu besychu. Gellir ei ddal hefyd drwy gyffwrdd â'ch llygaid, eich trwyn a'ch ceg ar ôl cyffwrdd â gwrthrychau ac arwynebau wedi'u llygru.

Tair rheol er mewn DIOGELU CYMRU



Rhagor o Wybodaeth

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

**[111.wales.nhs.uk/coronavirus\(2019ncov\)?locale=cy](https://111.wales.nhs.uk/coronavirus(2019ncov)?locale=cy) a
coronavirus-yellowcard.mhra.gov.uk/productinformation**

Gallwch roi gwybod am sgîl-ffeithiau 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

111.wales.nhs.uk/lifestylewellbeing/yourinfoyourrights?locale=cy

Ar gyfer fformatau eraill o'r daflen hon gan gynnwys Hawdd ei Deall, fideo Iaith Arwyddion Prydain, meddalwedd hygyrchedd Recite Me ac ieithoedd eraill ewch i: **icc.gig.cymru/pynciau/imiwneiddio-a-brechlynnau/gwybodaeth-brechlyn-covid-19/**

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COVID-19 vaccination: A guide for adults

Revised May 2021



Even once vaccinated with one or two doses, you must continue to follow other protective guidance as required

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What is COVID-19 or Coronavirus?

COVID-19 is caused by a new coronavirus called SARS-CoV-2. It was first identified in late 2019. It is very infectious and can lead to severe respiratory disease. Many people who are infected may not have any symptoms or only have mild symptoms. These commonly start with cough, fever, headache and loss of taste or smell.

Some people will feel very tired, have aching muscles, sore throat, diarrhoea, vomiting, fever or confusion. A small number of people then go on to have severe disease, which may require hospitalisation or admission to intensive care.

Overall just under 1 in 100 people who are infected will die from COVID-19. Severe disease is rare in children but the risk increases with age. For example, the average risk of dying from COVID-19 in someone aged 40-49 is three times higher than someone in the 30-39 age group and 12 times higher than someone in the 20-29 age group. There is no cure for COVID-19 although some treatments reduce the risk of complications.

Why should I get a COVID-19 vaccine?

Healthy adults are at risk of complications from COVID-19, and the risk is higher for older adults or those with certain health conditions. About 15% of younger adults, including those in their 20s, get symptoms which can last for months after being infected ('long COVID'). Having a COVID-19 vaccine protects most people against serious complications from COVID-19.

We all want to get life going again and the vaccination programme is a big step towards this. **Lots of people in Wales recognise this too – a survey in 2021 showed that around 80% of younger adults said they would get vaccinated.**

Uptake of the vaccine in the first part of the vaccination programme has been very high.

If you want to travel abroad in the future, some countries might ask you to prove you have been vaccinated. COVID-19 rates are higher in some other countries.

Vaccines offer us hope for controlling the pandemic but we need as many people to get vaccinated as possible for this to work best. Every vaccination counts, including yours.



Vaccination is quick, easy and safe

Are the vaccines safe?

In the UK several different types of COVID-19 vaccines will be used. Each vaccine has been tested in tens of thousands of people in several different countries. Their safety and effectiveness has been carefully assessed by the Medicines and Healthcare products Regulatory Agency (MHRA) before being authorised for use.

In the UK more than 34 million people have been vaccinated and this has already prevented many cases and more than ten thousand deaths from COVID-19. The MHRA continuously reviews the safety of vaccines in use, based on all side effects reported by healthcare professionals and the public.

Recently there have been reports of an extremely rare condition involving blood clots and unusual bleeding after vaccination with the AstraZeneca vaccine, which is being carefully reviewed. Because of the high risk of complications and death from COVID-19, the MHRA, the World Health Organization and the European Medicines Agency have concluded that the balance of risk and benefit is very much in favour of vaccination.

For more information on the benefits and risks of COVID-19 vaccination and blood clots see: phw.nhs.wales/patientinfo.

Can we trust vaccines that have been developed so quickly?

The research and clinical trials needed to make sure a vaccine works and is safe take time, **but a lot of time is taken getting funding and approval for the research.** A number of things have helped to speed up the process:

- The UK Government funded the development of COVID-19 vaccine clinical trials to get them up and running quickly
- The MHRA sped up their process of approval – things like administrative paperwork that used to take months is now being done in days
- Different parts of trials have run at the same time
- New technology has helped to make lots of vaccine quickly

Everything has still been done to make sure the vaccines work and are safe. After a vaccine begins to be used, the MHRA continues to study its safety and examines all reported adverse events.

Will the vaccine protect me?

All of the approved vaccines are extremely effective at protecting people from getting seriously ill from COVID-19. Studies have shown high levels of short-term protection develop two to three weeks after a single dose of vaccine, but for most vaccines a second dose is required for longer-term protection. Like all medicines, no vaccine is 100% effective – some people may still get COVID-19 despite having a vaccination, but this should be less severe.

Am I eligible for a COVID-19 vaccine?

Now that the first groups and those aged over 50 have been offered the vaccine, the JCVI has advised that all adults aged 18 to 49 years should be offered the vaccine next, in age groups:

- **40-49 year olds**
- **30-39 year olds**
- **18-29 years old (aged 18 on the day of vaccination)**

You will be contacted when it is time for you to receive your vaccine.

I am pregnant, can I have the vaccine?

Yes, if you are pregnant, you should consider getting vaccinated. You are encouraged to read the Royal College of Obstetricians & Gynaecologists' decision aid at this link: www.rcog.org.uk/covid-vaccine before attending your vaccination appointment. The information in this aid can help you make an informed decision. If you have any further questions speak to your midwife or GP.

We know many vaccines can be given safely in pregnancy, but COVID-19 vaccines have not been tested in pregnancy. More than 90,000 pregnant women have been vaccinated with the Pfizer and Moderna vaccines in the USA with no safety issues identified. These vaccines are therefore preferred for pregnant women.

There is also a separate leaflet: **COVID-19 vaccination: a guide for all women who are planning a pregnancy, pregnant or breastfeeding.**

You do not need to avoid pregnancy after receiving the COVID-19 vaccination.

Can I have the vaccine if I am breastfeeding?

The benefits of breastfeeding are well known, and the COVID-19 vaccines are not known to be a risk when breastfeeding. The World Health Organization (WHO) and the JCVI have recommended that the vaccine can be given to women who are breastfeeding. However we do not have much safety data on the use of COVID-19 vaccines while breastfeeding. If you are breastfeeding, or are planning to, you **can** continue breastfeeding after vaccination.

Will the vaccine affect my fertility?

No, there is no evidence to suggest that the COVID-19 vaccines will affect fertility.

Who cannot have the vaccine?

A very small number of people cannot have some COVID-19 vaccines. This includes people who have had a severe allergic reaction to any ingredient in the vaccine or to a previous dose of the same vaccine, or who have certain rare blood disorders. Those people may be offered an alternative vaccine.

If you are currently unwell with a fever or have had a positive COVID-19 test in the last 28 days you should book a later appointment.

Does the vaccine have side effects?

Like all medicines, vaccines can cause side effects. This is because vaccines work by triggering a response in your immune system. Most of these are mild and only last a few days, and not everyone gets them.

Even if you do have symptoms after the first dose, you should still have the second dose.

Very common side effects in the first day or two include:

- having a painful, heavy feeling and tenderness in the arm where you had your injection for several days after the vaccine;
- feeling tired;
- a headache;
- general aches, chills, or flu like symptoms.

A mild fever may occur for two to three days after vaccination but a high temperature is unusual and may indicate you have COVID-19 or another infection. You can take paracetamol (follow the advice on dose and intervals in the packaging) and rest to help you feel better. Do not take more than the recommended dose.

An uncommon side effect is swollen glands in the armpit or neck on the same side as you had your vaccination. This can last for about 10 days, but if it lasts longer speak to your doctor.

Common side effects following vaccination normally last less than a week. If your symptoms seem to get worse or you are concerned, look at:

111.wales.nhs.uk online, and if necessary call NHS 111 Wales on **111** or your GP surgery. If 111 is not available in your area, call **0845 46 47**. Calls to NHS 111 Wales are free from landlines and mobiles. Calls to 0845 46 47 cost 2p per minute plus your telephone provider's usual access charge.



If you experience any of the following from around 4 days to four weeks after vaccination, you should seek medical advice urgently.

- A new, severe headache which is not helped by usual painkillers or is getting worse
- An unusual headache which seems to get worse when lying down or bending over or may be accompanied by:
 - Blurred vision, nausea and vomiting
 - Difficulty with your speech
 - Weakness, drowsiness or seizures
- New, unexplained pinprick bruising or bleeding
- Shortness of breath, chest pain, leg swelling or persistent abdominal pain

If you have had any of the above symptoms after your first vaccination, you should speak to your doctor or specialist before having the second dose.

If you do seek advice from a doctor or nurse, make sure you tell them about your vaccination (show them your vaccination card if possible) so that they can assess you properly.

You can also report any side effects through the Yellow Card scheme (see 'More information').

Can I catch COVID-19 from the vaccine?

You cannot catch COVID-19 from the vaccine. But it is possible to catch COVID-19 and not realise you have the symptoms until after your vaccination. The most important symptoms of COVID-19 are recent onset of any of the following:

- a new continuous cough
- a high temperature
- a loss of, or change in, your normal sense of taste or smell

If you have any of these symptoms, stay at home and arrange to have a test by phoning 119 (calls are free). Some health boards are offering tests for a wider range of symptoms, so please check your local health board website for any additional symptoms that would make you eligible for a test in your area. If you need more information on symptoms visit: **111.wales.nhs.uk**

What do I need to do?

You will receive information about when and where to get vaccinated. On the day of the appointment, wear practical clothing so it's easy to get to the top of your arm. If you have a fear of needles or feel anxious, let the person giving your vaccine know. They will be understanding and support you.

It is important to have both doses of the vaccine to give you the best longer-term protection. Keep your card safe and make sure you attend your next appointment to get your second dose.

What should I do if I am unwell on the day of my next appointment?

If you are unwell with a fever, call to cancel and wait until you have recovered to have the vaccine. You should not attend a vaccine appointment if you are self-isolating or waiting for a COVID-19 test or result.

Do I still need to follow the guidance if I have had a vaccine?

The vaccine will reduce your chance of becoming seriously ill, but it won't completely stop you from catching and passing on the virus. So, it is important you continue to follow the COVID-19 guidance to protect those around you.

To protect yourself and your family, friends and colleagues you still need to:

- practice social distancing;
- wear a face mask;
- wash your hands carefully and frequently;
- self-isolate if you get symptoms or are contacted by the Test, Trace, Protect service; and
- follow the current guidance at:
gov.wales/coronavirus

Remember:

COVID-19 is spread through droplets breathed out from the nose or mouth, particularly when speaking or coughing. It can also be picked up by touching your eyes, nose and mouth after touching contaminated objects and surfaces.

Three rules to KEEP WALES SAFE



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\(2019ncov\)](https://111.wales.nhs.uk/coronavirus(2019ncov))

and

coronavirus-yellowcard.mhra.gov.uk/productinformation

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

111.wales.nhs.uk/lifestylewellbeing/yourinfoyourrights

For other formats of this leaflet including Easy Read, British Sign Language video, Recite Me accessibility software and other languages visit:

phw.nhs.wales/covid-19-vaccination

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