



Brechu COVID-19

Beth i'w ddisgwyl ar ôl y brechiad COVID-19 – cyngor i blant a phobl ifanc pump i 17 oed

Awst 2022

Mae'r daflen hon ar gyfer plant a phobl ifanc ac mae'n dweud wrthyhch beth i'w ddisgwyl ar ôl y brechiad COVID-19.

Sgil-efeithiau

Fel pob meddyginiaeth, gall brechiadau achosi sgil-efeithiau. Mae'r rhain fel rheol yn ysgafn ac yn para ychydig ddyddiau yn unig, ac nid yw pawb yn eu cael. Dylai'r sgil-efeithiau cyffredin iawn bara diwrnod neu ddau yn unig.

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

- Teimlad trwm neu ddolur lle cawsoch y pigiad
- Poenau cyffredinol neu symptomau tebyg i ffliw
- Teimlo'n flinedig
- Pen tost/cur pen, a
- thwymyn ysgafn.

Un sgil-effaith anghyffredin yw chwarennau chwyddedig yn y gesail neu'r gwddf ar yr un ochr â'r fraich lle y rhoddyd y brechlyn. Gall hyn bara tua 10 diwrnod, ond os yw'n para'n hirach cysylltwch â'ch meddygfa i gael cyngor.

Efallai y bydd gennych dwymyn ysgafn am ddau i dri diwrnod ar ôl y brechiad. Fodd bynnag, mae tymheredd uchel yn anarferol a gall fod oherwydd bod gennych haint neu salwch arall. Os ydych yn poeni, siaradwch â'ch meddyg neu nyrs. Gall plant a phobl ifanc gymryd parasetamol (yn y dos a'r ffurf gywir ar gyfer eu hoedran) i'w helpu i deimlo'n well. Mae'n bwysig darllen y cyfarwyddiadau ynghylch dos ar (neu yn) y pecyn.

Cofiwch – ni ddylai plant a phobl ifanc o dan 16 oed gymryd meddyginiaethau sy'n cynnwys asbrin.

A oes sgil-efeithiau eraill mwy difrifol?

Mae achosion o lid y galon (o'r enw myocarditis neu bericarditis) wedi'u nodi'n anaml iawn ar ôl brechlynnau COVID-19.

Mae'r rhan fwyaf o blant a phobl ifanc yn gwella ac yn teimlo'n well ar ôl gorffwys a thriniaeth syml.

Mynnwch gyngor meddygol ar frys os byddwch yn sylwi ar y sgil-efeithiau canlynol.

- Poen yn y frest.
- Prinder anadl.
- Calon sy'n curo'n gyflym, yn dirgrynu neu'n curo fel gordd



Beth i'w wneud os ydych yn pryderu am symptomau

Mae'r symptomau yma'n para llai nag wythnos fel rheol.

Os yw'r symptomau fel pe baent yn gwaethygu neu os ydych yn bryderus, gallwch fynd i 111.wales.nhs.uk ar-lein, ffonio GIG 111 Cymru drwy ddeialu **111**, neu cysylltwch â'ch meddygfa.

Os byddwch yn cael cyngor gan feddyg neu nyrs, sicrhewch eich bod yn dweud wrthynt am y brechiad (dangoswch y cerdyn cofnod brechlyn iddynt, os oes modd) er mwyn iddynt allu cynnal asesiad iawn.

Gwnewch yn siŵr eich bod yn cadw'r cerdyn cofnod brechlyn yn ddiogel.

Gallwch hefyd roi gwybod am unrhyw sgil-ffeithiau a amheuir brechlynnau a meddyginiaethau drwy'r cynllun **Yellow Card**. Gallwch wneud hyn ar-lein drwy chwilio am y cynllun Yellow Card, drwy lawrlwytho'r ap Yellow Card, neu drwy ffonio **0800 731 6789** (dydd Llun i ddydd Gwener, 9am i 5pm).

A allwch ddal COVID-19 o'r brechlyn?

Ni allwch ddal COVID-19 o'r brechlyn gan nad yw'r brechlynnau'n cynnwys organebau sy'n tyfu yn y corff felly ni allant achosi haint COVID-19. Mae'n bosibl eich bod wedi dal COVID-19 a heb gael y symptomau tan ar ôl y brechiad. Symptomau pwysicaf COVID-19 yw:

- Peswch cyson newydd,
- tymheredd uchel, neu
- gollu, neu newid, yn y synnwyr blasu neu arogl arferol.

Os oes gennych symptomau haint COVID-19, arhoswch gartref a dilyn y canllawiau cenedlaethol presennol drwy fynd i: llyw.cymru/coronafeirws

Os oes angen rhagor o wybodaeth arnoch am symptomau ewch i: 111.wales.nhs.uk

Amddiffyniad o'r brechiad COVID-19

Mae'r brechlyn yn cynhyrchu ymateb imiwnyddol cryf ac mae'n rhoi amddiffyniad da yn erbyn salwch difrifol o COVID-19.

Gall gymryd ychydig wythnosau i ddatblygu rhywfaint o amddiffyniad o'r brechlyn. Fel pob meddyginiaeth, nid oes unrhyw frechlyn yn gwbl effeithiol – efallai y bydd rhai pobl yn dal i gael COVID-19 er iddynt gael brechiad, ond dylai'r effeithiau fod yn llai difrifol.

Efallai na fydd plant a phobl ifanc ag anhwylderau'r system imiwnedd yn creu ymateb imiwnyddol cryf i'r brechlyn, ond dylai gynnig amddiffyniad iddynt yn erbyn clefyd difrifol.

Sut y mae COVID-19 yn lledaenu?

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. Hefyd gellir ei ddal drwy gyffwrdd eich llygaid, eich trwyn a'ch ceg ar ôl cyswllt â gwrthrychau ac arwynebau wedi'u llygru.

Rhaid i chi barhau i ddilyn y canllawiau presennol yn llyw.cymru/coronafeirws



Mae Brechu yn achub bywydau
Vaccination saves lives

Rhagor o wybodaeth

Gallwch ddod o hyd i ragor o wybodaeth am y brechlynnau a gynigir yng Nghymru yn:
icc.gig.cymru/brechlyn

Gallwch gael rhagor o wybodaeth am frechlynnau, gan gynnwys eu cynhwysion a sgil-
effeithiau posibl, yn: www.medicines.org.uk/emc. Bydd angen i chi roi'r geiriau 'brechlyn
COVID' yn y blwch chwilio.

Gallwch roi gwybod am sgil-effeithiau a amheuir yn www.mhra.gov.uk/yellowcard neu
drwy lawrlwytho'r ap Yellow Card, neu drwy ffonio 0800 731 6789 (dydd Llun i ddydd
Gwener, 9am i 5pm).

I gael gwybod sut y mae'r GIG yn defnyddio eich gwybodaeth, ewch i:
111.wales.nhs.uk/amdanomni/eichgwybodaeth

I gael y daflen hon mewn fformatau eraill ewch i:
icc.gig.cymru/brechlynnau/adnoddau-hygrych

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Fersiwn 1

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COVID-19 vaccination

What to expect after the COVID-19 vaccination – advice for children and young people aged five to 17

August 2022

This leaflet is for children and young people and tells you what to expect after the COVID-19 vaccination.

Side effects

Like all medicines, vaccines can cause side effects. Most of these are mild and short term and not everyone gets them. The very common side effects should only last a day or two.

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

- A heavy feeling or soreness where you had the injection
- General aches or flu-like symptoms
- Feeling tired
- Having a headache
- A mild fever.

An uncommon side effect is swollen glands in the armpit or neck on the same side as the arm where the vaccine was given. This can last for around 10 days, but if it lasts longer contact your GP surgery for advice.

You may have a mild fever for two to three days after the vaccination. However, a high temperature is unusual and may be because you have another infection or illness. If you are worried, speak to your doctor or nurse. Children and young people can take paracetamol (in the correct dose and form for their age) to help them feel better. It's important to read the dosing instructions on (or in) the packet.

Remember – children and young people under 16 should not take medicines that contain aspirin.

Are there other more serious side effects?

Cases of inflammation of the heart (called myocarditis or pericarditis) have been reported very rarely after COVID-19 vaccines.

Most children and young people recover and feel better following rest and simple treatment.

Get medical advice urgently if you notice the following side effects.

- Chest pain
- Shortness of breath
- A fast-beating, fluttering or pounding heart



What to do if you are concerned about symptoms

Symptoms following vaccination normally last less than a week.

If the symptoms seem to get worse or if you are concerned, you can visit 111.wales.nhs.uk online, call NHS 111 Wales by dialling **111**, or contact your GP surgery.

If you do get advice from a doctor or nurse, make sure you tell them about the vaccination (show them the vaccine record card, if possible) so that they can carry out a proper assessment.

Make sure you keep the vaccine record card safe.

You can also report suspected side effects of vaccines and medicines through the **Yellow Card scheme**. You can do this online by searching Yellow Card scheme, by downloading the Yellow Card app, or by calling **0800 731 6789** (Monday to Friday, 9am to 5pm).

Can you catch COVID-19 from the vaccine?

You cannot catch COVID-19 from the vaccine as the vaccines do not contain organisms that grow in the body so they cannot cause COVID-19 infection. It is possible to have caught COVID-19 and not have the symptoms until after the vaccination. The most important symptoms of COVID-19 are:

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

If you have symptoms of COVID-19 infection, stay at home and follow the current national guidance by visiting: gov.wales/coronavirus

If you need more information on symptoms, visit: 111.wales.nhs.uk

Protection from the COVID-19 vaccination

The vaccine produces a strong immune response and provides good protection against severe illness from COVID-19.

It may take a few weeks to build up some protection from the vaccine. Like all medicines, no vaccine is completely effective – some people may still get COVID-19 despite having a vaccination, but the effects should be less severe.

Children and young people with disorders of the immune system may not make a strong immune response to the vaccine, but it should offer them protection against severe disease.

How is COVID-19 spread?

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 contact with contaminated objects and surfaces.

You **must** still follow the current guidance at gov.wales/coronavirus



Mae Brechu yn achub bywydau
Vaccination saves lives

More information

You can find more information on vaccines offered in Wales at: phw.nhs.wales/vaccines

You can find out more information about vaccines, including their contents and possible side effects, at: medicines.org.uk/emc. You will need to enter the words 'COVID vaccine' in the search box.

You can report suspected side effects online at www.mhra.gov.uk/yellowcard or by downloading the Yellow Card app, or calling 0800 731 6789 (Monday to Friday, 9am to 5pm).

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

For other formats of this leaflet, visit:
phw.nhs.wales/vaccines/accessible-information

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