



**Mae Brechu yn achub bywydau**  
**Vaccination saves lives**



**GIG**  
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Iechyd Cyhoeddus  
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## Yn feichiog?

Gall y brechiadau canlynol yn ystod beichiogrwydd helpu i'ch cadw chi a'ch baban yn ddiogel.

- Y pas (pertwsis)
- Feirws Syncytiol Anadlol (RSV) - gweler isod
- Y ffliw
- COVID-19

**Holwch eich nyrs neu fydwraig am y brechlynnau hyn.**

O 1 Medi 2024, bydd menywod beichiog yn cael cynnig brechlyn i helpu i amddiffyn eu babanod rhag Feirws Syncytiol Anadlol (RSV). Mae RSV yn achos cyffredin o heintiau'r pibellau anadlu. Mae babanod dan flwydd oed mewn mwy o berygl o salwch difrifol o ganlyniad i RSV.

Gallwch ddysgu mwy am frechlynnau'r pas, RSV, y ffliw a COVID-19 trwy fynd i [icc.gig.cymru/brechlynnau](https://icc.gig.cymru/brechlynnau)



## Pregnant?

The following vaccinations in pregnancy can help keep you and your baby safe.

- Whooping cough (pertussis)
- Respiratory syncytial virus (RSV) - see below
- Flu (influenza)
- COVID-19

**Ask your nurse or midwife about these vaccines.**

From 1 September 2024, pregnant women will be offered a vaccine to help protect their babies against respiratory syncytial virus (RSV). RSV is a common cause of respiratory tract infections. Babies under one are at a greater risk of serious illness due to RSV.

You can find out more about whooping cough, RSV, flu and COVID-19 vaccinations at [phw.nhs.wales/vaccines](https://phw.nhs.wales/vaccines)

