



Mae Brechu yn achub bywydau
Vaccination saves lives

Amddiffyn eich hun rhag feirws syncytiol anadlol (RSV)

Protect yourself from respiratory syncytial virus (RSV)



Oeddech chi'n gwybod? Wrth i chi fynd yn hŷn, mae eich risg o gael salwch difrifol o RSV yn cynyddu.

Did you know? As you get older, your risk of serious illness from RSV increases.

Bob blwyddyn, mae angen gofal ysbyty ar hyd at 1000 o bobl dros 75 oed oherwydd RSV - feirws cyffredin sy'n effeithio ar y llwybrau anadlu a'r ysgyfaint.

Each year, up to 1000 people aged over 75 need hospital care due to RSV – a common virus affecting the airways and lungs.

Gallai'r brechlyn RSV helpu i'ch amddiffyn rhag cael salwch difrifol os ydych chi:

- yn troi'n 75 oed ar 1 Medi 2024 neu ar ôl hynny, neu
- eisoes yn 75 i 79 oed ar 1 Medi 2024.

Peidiwch â cholli allan!

Mynnwch eich brechlyn RSV cyn gynted ag y byddwch yn derbyn eich gwahoddiad.

The RSV vaccine could help protect you from serious illness if you are:

- turning 75 on or after 1 September 2024, or
- already aged 75 to 79 on 1 September 2024.

Don't miss out!

Please get your RSV vaccine as soon as you receive your invitation.



I gael gwybod mwy, ewch i icc.gig.cymru/brechlynnau neu siaradwch â darparwr gofal iechyd.



To find out more, visit phw.nhs.wales/vaccines or speak to a healthcare provider.



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