



Mae Brechu yn achub bywydau
Vaccination saves lives

Mynnwch eich brechiad eryr

Get your shingles vaccination



Rydych chi'n gymwys i gael y brechlyn eryr os ydych chi'n:

- 18 oed neu'n hŷn ac mae gennych system imiwnedd wan iawn
- 65 oed, neu
- 70 i 79 oed ac nid ydych wedi cael y brechlyn eto.

You are eligible for the shingles vaccine if you are aged:

- 18 or older and have a very weak immune system
- 65, or
- 70 to 79 and have not yet had the vaccine.

Peidiwch â cholli allan

Gallai'r brechlyn helpu i'ch amddiffyn rhag yr eryr. Cysylltwch â'ch meddygfa i wneud apwyntiad.

Don't miss out

The vaccine could help protect you from shingles. Contact your GP surgery to make an appointment.



Sganiwch fi i gael mwy o wybodaeth am yr eryr

I gael gwybod mwy:

- ewch i:
icc.gig.cymru/brechlynnau
- sganiwch y cod QR, neu
- siaradwch â'ch gweithiwr gofal iechyd proffesiynol.



Scan me for more information on shingles

To find out more:

- visit:
phw.nhs.wales/vaccines
- scan the QR code, or
- talk to your healthcare professional.



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