



Mae Brechu yn achub bywydau  
Vaccination saves lives



GIG  
CYMRU  
NHS  
WALES

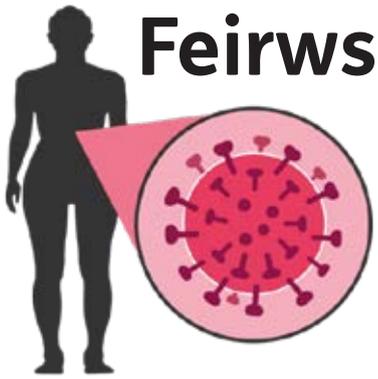
Iechyd Cyhoeddus  
Cymru  
Public Health  
Wales

# Brechriad HPV

Amddiffyn eich hun rhag canser  
sy'n cael ei achosi gan HPV



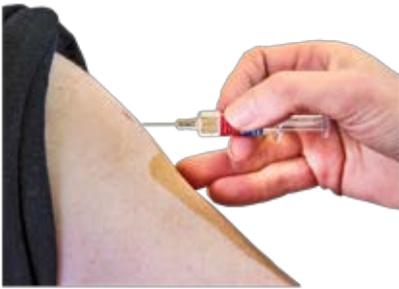
hawdd  
ei ddeall



## Feirws

## Beth ydy brechiad

Mae brechiad yn ffordd o amddiffyn pobl. Mae'n gallu helpu i'ch stopio rhag dal feirws.



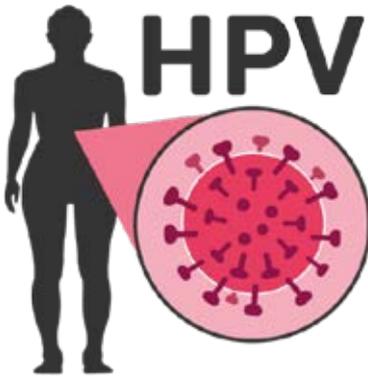
Fel arfer byddwch yn cael brechiad drwy bigiad.



## Sut mae brechiadau'n gweithio

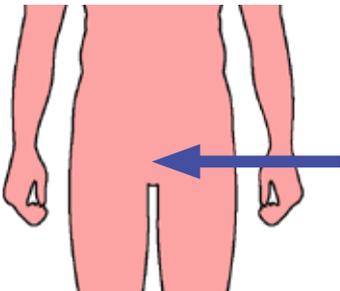
Bydd eich corff wedyn yn gwybod sut mae ymladd y feirws os byddwch yn ei ddal yn y dyfodol.

## Beth ydy HPV



HPV ydy'r enw byr am feirysau o'r enw Feirws Papiloma Dynol.

Mae HPV yn gyffredin iawn. Dydy'r rhan fwyaf o bobl ddim yn gwybod bod y feirws ganddyn nhw. Mae'n gallu clirio yn gyflym ar ei ben ei hun.



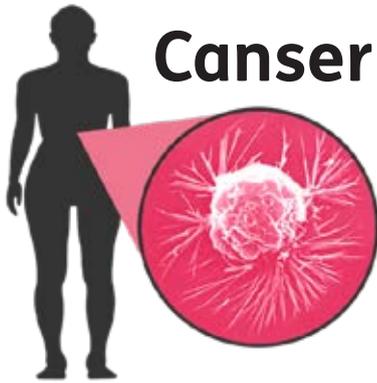
Mae HPV yn byw ar yr y croen yn ardal yr organau cenhedlu, sef llefydd fel pidyn, gwain neu anws.



Mae HPV yn gallu lledaenu os ydy eich croen yn cyffwrdd ardal organau cenhedlu rhywun arall.



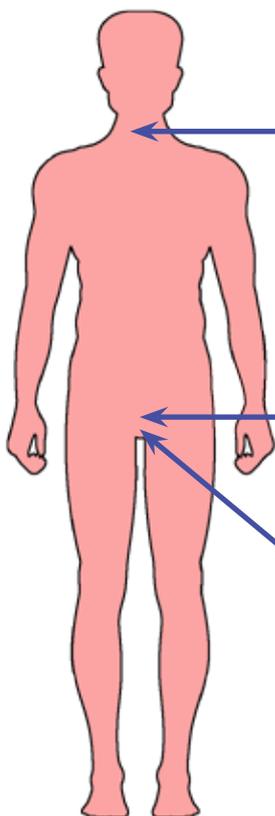
Dydy gwisgo condom ddim yn eich stopio rhag cael HPV.



# Canser

Mae cael HPV yn codi eich siawns o gael rhai mathau o ganser. Mae canser yn glefyd difrifol, mae rhai canserau yn gallu eich lladd.

## Canserau sy'n gallu cael eu hachosi gan HPV



Canser yn eich ceg a'ch gwddf

Canser ceg y groth mewn merched

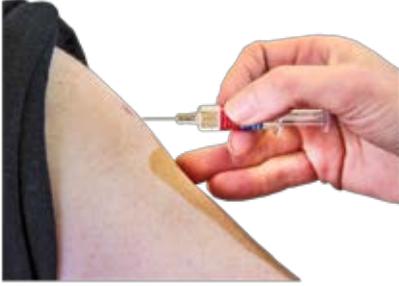
Canser yn eich organau cenhedlu a'ch anws



Mae HPV hefyd yn gallu achosi dafadennau i dyfu o amgylch eich organau rhywiol.

Mae dafadennau yn lympiau bach o groen ychwanegol sy'n gallu tyfu ar eich corff.

## Beth ydy'r brechlyn HPV



Mae'r brechlyn HPV yn bigiad i'ch helpu i stopio cael canserau sy'n cael eu hachosi gan HPV.



## Pwy sy'n gallu cael y brechlyn HPV

Mae pobl ifanc rhwng 12 ac 13 oed yn gallu cael y brechlyn yn yr ysgol ym mlwyddyn 8.



Os dydych chi ddim yn mynd i'r ysgol gallwch chi ofyn i'ch meddyg lleol.

## Cael y brechlyn HPV



Bydd nyrs yn rhoi 1 pigiad i chi yn nhop eich braich. Mae'r pigiad yn cael ei roi'n gyflym.



Dim ond un dos fydd ei angen ar y rhan fwyaf o bobl i gael eu hamddiffyn yn llawn.

Bydd y nyrs yn dweud os bydd angen i chi gael dos arall ryw bryd eto. Ond does dim angen hynny ar y rhan fwyaf o bobl.

## Sgil-effeithiau



Ystyr sgil-effeithiau ydy'r pethau sy'n gallu digwydd i chi ar ôl i chi gael y brechlyn.

Bydd y nyrs yn siarad â chi am hyn.



Efallai cewch chi gur pen neu bydd eich braich yn brifo, wedi chwyddo neu'n goch lle gawsoch chi'r pigiad. Dylai deimlo'n well mewn ychydig ddyddiau.



Efallai byddwch chi hefyd yn teimlo'n sâl, yn boeth ac wedi blino.



Gallwch chi gymryd parasetamol i helpu. Cofiwch ddarllen y cyfarwyddiadau ar y pecyn.



Peidiwch â chymryd **aspirin** os ydych chi dan 16 oed.



Os byddwch chi'n teimlo'n sâl ac yn poeni gallwch chi ffonio **GIG 111 Cymru:**

**Ffôn**

**111.** Does dim rhaid talu i ffonio'r rhif yma.



## Dewis cael y brechlyn

Pan fydd hi'n adeg i chi gael y brechlyn, byddwch chi'n cael ffurflen i'w llenwi gyda'ch rhiant neu ofalwr.



Bydd y ffurflen yn gofyn os ydych chi'n cytuno i gael y brechlyn.



Dylech chi siarad â'ch rhiant neu ofalwr cyn cytuno i'w gael.



Dychwelwch y ffurflen ar unwaith. Os byddwch chi'n colli'r ffurflen, gofynnwch i'ch nyrs ysgol am un arall.

## Beth fydd yn digwydd os bydda i'n methu fy apwyntiad brechu



Os byddwch chi'n methu eich brechlynnau, siaradwch â'r nyrs ysgol neu feddyg lleol.

Byddan nhw'n siarad â chi am sut i gael y brechlyn rywbyrd eto.



Mae hi'n bwysig iawn cael eich brechlyn i helpu i'ch amddiffyn chi.

## Mwy o Wybodaeth



Os ydych chi eisiau gwybod mwy am y brechlyn, gallwch chi siarad â'ch nyrs ysgol neu feddyg lleol.



Gallwch chi hefyd ffonio GIG 111 Cymru.

### **Ffoniwch 111**

Does dim rhaid talu i ffonio'r rhif yma.



Gallwch chi hefyd edrych ar wefan Iechyd Cyhoeddus Cymru:

**[icc.gig.cymru/brechlynnau/](http://icc.gig.cymru/brechlynnau/)**



I gael gwybod sut mae'r GIG yn defnyddio eich gwybodaeth, ewch i:

**[111.wales.nhs.uk/amdanomni/eichgwybodaeth](http://111.wales.nhs.uk/amdanomni/eichgwybodaeth)**



If you want more information about the vaccine you can speak to your school nurse or local doctor.

## More information

You can also phone NHS 111 Wales.

### Phone 111

It is free to call this number.



You can look on the Public Health Wales website:  
[phw.nhs.wales/vaccines](http://phw.nhs.wales/vaccines)



To find out how the NHS uses your information, visit:

[111.wales.nhs.uk/AboutUs/YourInformation](http://111.wales.nhs.uk/AboutUs/YourInformation)





## What happens if I miss my vaccine appointment

If you miss your vaccine, speak to your school nurse or local doctor.

They will talk to you about how to get the vaccine another time.

It is really important to get your vaccine to help protect you.

# Choosing to have the vaccine

When it is time for you to have the vaccine you will get a form to fill in with your parent or carer.



The form will ask if you agree to have the vaccine.



You should talk to your parent or carer before you agree to have it.



Return the form straight away. If you lose the form, ask your school nurse for another one.





You might get a headache or have a sore, swollen or red arm where you had the injection. It should feel better in a few days.



You might also feel sick, hot and tired.



You can take paracetamol to help. Remember to read the instructions on the packet.



Do not take **aspirin** if you are under 16.



If you feel ill and you are worried you can call **NHS 111 Wales**:

**Phone**

**111**. It is free to call this number.



A nurse will give you 1 injection in the top of your arm. It is quick to have the injection.

## Having the HPV vaccine

Most people only need one dose to be fully protected.

The nurse will tell you if you need to have more doses at a later time. But most people don't need more doses.



## Side effects

Side effects are things that might happen to you after you have had the vaccine.

The nurse will talk to you about this.





If you are not at school you can ask your local doctor about it.



All young people aged 12 to 13 years old can have the vaccine at school in year 8.

## Who can have the HPV vaccine



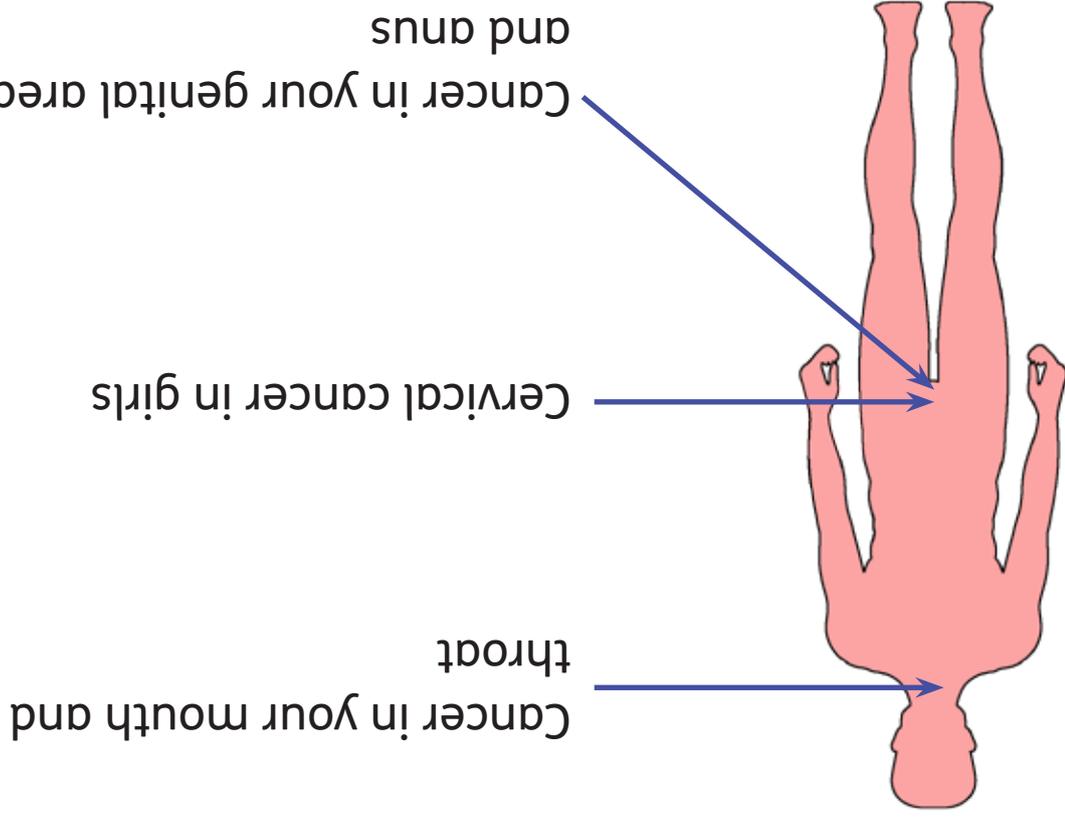
The HPV vaccine is an injection you can have to help stop you from getting cancers caused by HPV.

## What is the HPV vaccine



If you get HPV you have more chance of getting some cancers. Cancer is a serious disease, some cancers can kill you.

## Cancers that can be caused by HPV



HPV can also cause warts to grow around your genital area.



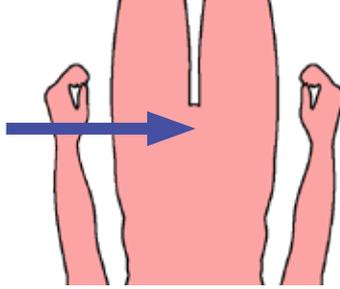
Warts are small lumps of extra skin that can grow on your body.

## What is HPV

HPV is the short name for viruses called Human Papillomavirus. HPV is very common. Most people do not know they have it. It can sometimes clear up quickly by itself.



HPV lives on the skin in and around the genital area. The genital area are places like your penis, vagina or anus.

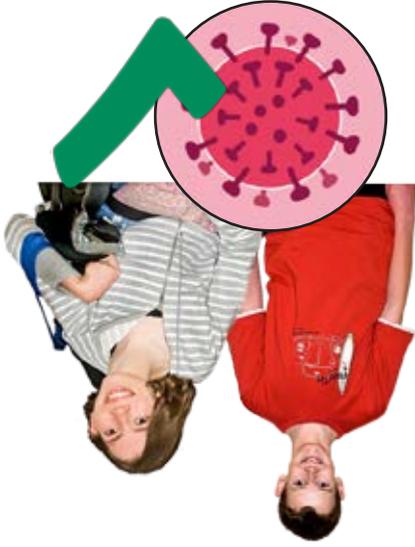


HPV can be spread if your skin touches someone else's genital area.



Wearing a condom does not stop you from getting HPV.



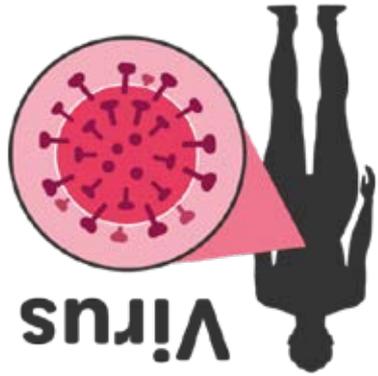


Your body then knows how to fight the virus if you catch it in the future.

## How do vaccinations work



Getting a vaccine is usually done by giving you an injection.



A vaccination is a way of protecting people. It can help stop you from catching a virus.

## What is a vaccination



Protect yourself from cancers caused by HPV

# HPV Vaccination

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Vaccination saves lives



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