GIG CYMRU NHS WALES | Iechyd Cyhoeddus Cymru Public Health Wales

Mae Brechu yn achub bywydau
Vaccination saves lives

Amddiffyn rhag tetanws, difftheria a polio

Mae'r daflen hon ar gyfer pobl ifanc a'u rhieni neu eu gwarcheidwaid. Mae'n esbonio'r brechiad sy'n cael ei gynnig pan maent tua 13 i 14 oed (blwyddyn ysgol 9) i amddiffyn rhag tetanws, difftheria a pholio. Weithiau gelwir y brechlyn hwn yn Td/IPV, neu'n bigiad atgyfnerthu 3-mewn-1 i bobl ifanc yn eu harddegau.

Beth yw tetanws?

Mae tetanws yn glefyd poenus sy'n effeithio ar y system nerfol. Gall arwain at wingo neu sbasmau yn y cyhyrau a phroblemau anadlu, ac mae'n gallu lladd. Mae tetanws yn cael ei achosi, er enghraifft, pan mae'r germau sydd yn y pridd ac mewn tail yn mynd i mewn i'r corff drwy friwiau agored neu losgiadau. Ni ellir trosglwyddo tetanws o berson i berson.

Beth yw difftheria?

Mae difftheria'n glefyd difrifol sydd fel arfer yn dechrau gyda dolur gwddf a gall achosi problemau anadlu yn gyflym. Gall niweidio'r galon a'r system nerfol, ac mewn achosion difrifol gall ladd.

Beth yw polio?

Mae polio'n feirws sy'n ymosod ar y system nerfol a gall achosi parlys parhaol y cyhyrau. Os yw'n effeithio ar gyhyrau'r frest neu'r ymennydd, mae'n gallu lladd.

Os ydw i wedi cael fy mrechu rhag tetanws, difftheria a polio fel plentyn, ydw i wedi fy amddiffyn o hyd?

Ydych. Bydd gennych chi rywfaint o amddiffyniad, ond mae angen y pigiad atgyfnerthu hwn arnoch i gwblhau eich brechiadau arferol ac i roi amddiffyniad i chi yn y tymor hir.

Faint o ddosau sydd raid i mi eu cael i wneud yn siŵr fy mod i wedi cael fy amddiffyn?

Rhaid i chi gael pum dos o frechiadau tetanws, difftheria a polio arnoch i greu a chynnal eich imiwnedd.

Dylech fod wedi cael y canlynol:

Y tri dos cyntaf yn fabi

Y pedwerydd dos tua 3 i 4 oed (cyn i chi ddechrau yn yr ysgol)

Y pumed dos tua 13 i 14 oed (blwyddyn ysgol 9)

Efallai y bydd angen mwy o ddosau ar gyfer rhai swyddi neu i deithio.

Os ydych chi'n meddwl eich bod wedi colli unrhyw un o'r dosau arferol, siaradwch â'ch nyrs neu'ch meddyg.

Bydd yn dal i fod yn bwysig i chi wybod beth yw arwyddion a symptomau tetanws, difftheria a polio hyd yn oed os ydych wedi cael eich brechu, gan nad oes unrhyw frechlyn 100% yn effeithiol. Mae gwybodaeth am arwyddion a symptomau ar gael yn **111.wales.nhs.uk** (safle allanol).

! Dydi hi ddim yn rhy hwyr i gael y brechiadau diweddaraf.

Pryd a ble fyddai'n cael y pigiad atgyfnerthu?

Yn y rhan fwyaf o ardaloedd Cymru, mae'r pigiad atgyfnerthu 3-mewn-1 i bobl ifanc yn eu harddegau yn cael ei gynnig ym mlwyddyn 9. Mewn rhai ardaloedd, lle nad yw'r brechlyn yn cael ei roi yn yr ysgol, cewch wahoddiad i'w gael yn eich meddygfa.

Gall pobl ifanc nad ydyn nhw yn yr ysgol neu sy'n cael eu haddysgu gartref wneud apwyntiad i gael y brechlyn gan eu meddygfa ar yr adeg briodol.

Beth sydd angen i mi ei wneud?

Os ydych chi'n derbyn ffurflen ganiatâd gan yr ysgol, gwnewch yn siŵr eich bod chi a'ch rhiant neu warcheidwad yn darllen y wybodaeth, yn llenwi'r ffurflen a'i dychwelyd cyn gynted â phosibl.

Mae'n well cynnwys eich rhiant neu warcheidwad yn eich penderfyniad ynghylch cael y brechiad, ond mewn rhai amgylchiadau gallwch roi caniatâd eich hun os ydych chi'n deall beth sy'n cael ei gynnig yn llawn.

Sut fydda i'n cael y brechiad?

Mae'r brechiad yn cael ei roi fel pigiad yn rhan uchaf eich braich, ar yr un pryd â'r brechiad MenACWY sy'n helpu i amddiffyn rhag llid yr ymennydd a septisemia. Os ydych chi ychydig yn nerfus am gael brechiadau, dywedwch wrth y nyrs neu'r meddyg.

Oes unrhyw frechiadau eraill y dylwn i eu cael nawr?

Y pigiad atgyfnerthu 3-mewn-1 a'r brechlynnau MenACWY fydd y rhai olaf o'ch brechiadau plentyndod fwy na thebyg. Mae'n syniad da gofyn i'r person sy'n rhoi'r pigiadau i chi a ydych chi wedi cael eich brechiadau eraill i gyd, er enghraifft, MMR (y frech goch, clwy'r pennau a rwbela), yn gyfredol. Os nad ydych chi wedi cael y brechiad MMR erioed, dylech gael un dos nawr ac un arall ymhen mis.

Oes unrhyw resymau pam na ddylwn i gael fy mrechu?

Ychydig iawn o bobl ifanc yn eu harddegau sy'n methu â chael y pigiad atgyfnerthu 3-mewn-1. Ni ddylech chi gael y brechlyn os ydych chi wedi cael adwaith difrifol (sy'n peryglu bywyd) i unrhyw gynhwysyn o'r brechlyn neu i ddos blaenorol o frechlyn difftheria, tetanws neu bolio.

Beth os ydw i'n sâl ar ddiwrnod yr apwyntiad?

Os oes gennych chi fân salwch, heb dymheredd uchel, fel annwyd, dylech gael y brechiad yr un fath. Os ydych chi'n sâl gyda thymheredd uchel, dylech chi ohirio'r brechiad nes eich bod chi'n well.

Hefyd, siaradwch â'ch meddyg neu nyrs cyn cael y brechiad os oes gennych chi anhwylder gwaedu.

Oes unrhyw sgil-effeithiau?

Efallai y bydd eich braich yn brifo ychydig ac wedi chwyddo, neu fymryn yn goch neu'n teimlo'n dyner lle rydych chi wedi cael y brechiad. Weithiau mae lwmp bach di-boen yn ymddangos, ond mae'n diflannu fel arfer o fewn ychydig wythnosau. Mae effeithiau mwy difrifol yn brin ond gallan nhw gynnwys tymheredd uchel, cur pen, pendro, teimlo'n sâl a chwarennau wedi chwyddo.

Os cewch chi dymheredd uchel ac os ydych chi'n teimlo'n sâl ar ôl y brechiad, cymerwch paracetamol neu ibuprofen. Darllenwch y cyfarwyddiadau ar y botel neu'r pecyn yn ofalus a chymryd y dos cywir ar gyfer eich oedran.

Nid ydym yn argymell eich bod yn cymryd y meddyginiaethau hyn cyn neu ar ôl y brechiad dim ond am eich bod yn meddwl y gallech chi gael tymheredd uchel.

! Cofiwch, peidiwch â chymryd meddyginiaethau sy'n cynnwys aspirin os ydych chi o dan 16 oed.

Yn anaml iawn, mae rhai pobl yn cael adwaith alergaidd yn fuan ar ôl y brechiad. Gall hyn fod yn frech neu'n gosi sy'n effeithio ar ran o'r corff neu'r corff i gyd.

Yn fwy anaml fyth, mae rhai pobl yn gallu cael adwaith difrifol yn fuan ar ôl y brechiad, sy'n achosi anawsterau anadlu a gwneud iddynt gwympo neu lewygu efallai. Gelwir hyn yn adwaith anaffylactig a gall ddigwydd gyda meddyginiaethau eraill a bwyd. Mae'r adweithiau hyn yn brin iawn ac mae nyrsys yn cael eu hyfforddi i'w rheoli. Gellir trin pobl sy'n cael adwaith anaffylactig yn llwyddiannus ac maen nhw'n gwella o fewn ychydig oriau fel arfer.

Rhagor o wybodaeth

Os oes gennych chi unrhyw gwestiynau neu os ydych chi eisiau rhagor o wybodaeth, ewch i **111.wales.nhs.uk** (safle allanol), siaradwch â'ch meddyg neu nyrs, neu gysylltu â GIG 111 Cymru drwy ffonio **111**.

Gallwch ddod o hyd i ragor o wybodaeth am frechlynnau a gynigir yng Nghymru yn **icc.gig.cymru/brechlynnau**

I ddarganfod mwy am y brechlyn, gan gynnwys ei gynnwys a'i sgil-effeithiau posibl, ewch i **medicines.org.uk/emc** (safle allanol). Bydd angen i chi nodi enw'r brechlyn yn y blwch chwilio. Gallwch hefyd weld y daflen i gleifion ar-lein.

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

I wybod sut mae'r GIG yn defnyddio eich gwybodaeth, ewch i **111.wales.nhs.uk/amdanomni/eichgwybodaeth** (safle allanol)

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Further information

If you have any questions or want more information, you can go to **111.wales.nhs.uk** (external site), talk to your doctor or nurse, or contact NHS 111 Wales by calling **111**.

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

To find out more about the vaccine, including its contents and possible side effects, go to **medicines.org.uk/emc** (external site). You will need to enter the name of the vaccine in the search box. You can also see the patient leaflet online.

You can report suspected side effects online at **www.mhra.gov.uk/yellowcard** (external site) 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** (external site)

Crystal Mark 23478
Clarity approved by Plain English Campaign

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Are there any side effects?

Your arm may be sore with some swelling, redness or tenderness where you have had the injection. Sometimes a small painless lump develops, but this usually disappears within a few weeks. More serious effects are rare but can include fever, headache, dizziness, feeling sick and swollen glands.

If you have a fever and feel unwell after the vaccination, take paracetamol or ibuprofen. Read the instructions on the bottle or packet carefully and take the correct dose for your age.

It is not recommended that you take these medicines before or after the vaccination just because you think you might get a fever.

! Remember, don't take medicines that contain aspirin if you are under 16 years old.

Very rarely, some people have an allergic reaction soon after the vaccination. This may be a rash or itching affecting part or all of the body.

Even more rarely, some people can have a severe reaction soon after the vaccination, which causes breathing difficulties and may cause them to collapse. This is called an anaphylactic reaction and can happen with other medicines and food. These reactions are extremely rare and nurses are trained to manage them. People who have an anaphylactic reaction can be successfully treated and generally recover within a few hours.

What do I need to do?

If you receive a consent form from school, make sure you and your parent or guardian read the information, fill in the form and return it as soon as possible.

It's best to involve your parent or guardian in your decision about having the vaccine, but in some circumstances you can give permission yourself if you fully understand what is being offered.

How will I be given the vaccine?

This vaccine is given as an injection in your upper arm, at the same time as the MenACWY vaccine that helps to protect against meningitis and septicaemia. If you are a bit nervous about having injections, tell the nurse or doctor.

Are there any other vaccinations I need to have now?

The 3-in-1 teenage booster and MenACWY vaccines are likely to be the last of your childhood vaccines. It's a good idea to check with the person giving you the injections that all your other vaccinations, for example, MMR (measles, mumps and rubella), are up to date. If you have never had the MMR vaccine, you should have one dose now and another a month later.

Are there any reasons why I should not be vaccinated?

There are very few teenagers who cannot have the 3-in-1 booster. You should not have the vaccine if you have had a severe (life-threatening) reaction to any ingredient of the vaccine or to a previous dose of diphtheria, tetanus or polio vaccine.

What if I am ill on the day of the appointment?

If you have a minor illness without a fever, such as a cold, you should still have the vaccination. If you are ill with a fever, put the vaccination off until you are better.

Also, speak to your doctor or nurse before having the vaccination if you have a bleeding disorder.

If I was vaccinated against tetanus, diphtheria and polio as a child, am I still protected?

Yes. You will have some protection, but you need this booster to complete your routine vaccinations and to give you longer-term protection.

How many doses do I need to make sure I am protected?

You need five doses of tetanus, diphtheria and polio vaccines to build up and keep your immunity.

You should have had:

The first three doses as a baby

The fourth dose at around three to four years old
(before you started school)

The fifth dose at around 13 to 14 years old (school year 9)

You may need more doses for certain jobs or travel.

If you think you have missed any of the routine doses, speak to your nurse or doctor.

It will still be important to know the signs and symptoms of tetanus, diphtheria and polio even if you are vaccinated, because no vaccine is 100% effective. Information about signs and symptoms is available at **111.wales.nhs.uk** (external site).

> **! It's not too late to get up to date.**

When and where will I get the booster?

In most areas of Wales, the 3-in-1 teenage booster is routinely offered in school year 9. In a few areas, where the vaccine is not given in school, you will be invited to have it at your GP surgery.

Young people who are not in school or who are educated at home can make an appointment to have the vaccine from their GP surgery when it is due.

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Mae Brechu yn achub bywydau
Vaccination saves lives

Protection against tetanus, diphtheria and polio

This leaflet is for young people and their parents or guardians. It explains the vaccination that is offered at around 13 to 14 years of age (school year 9) to provide protection against tetanus, diphtheria and polio. This vaccine is sometimes called the Td/IPV, or 3-in-1 teenage booster.

What is tetanus?

Tetanus is a painful disease affecting the nervous system. It can lead to muscle spasms and breathing problems and can kill. Tetanus is caused, for example, when germs found in soil and manure get into the body through open cuts or burns. Tetanus cannot be passed from person to person.

What is diphtheria?

Diphtheria is a serious disease that usually begins with a sore throat and can quickly cause breathing problems. It can damage the heart and nervous system, and in severe cases it can kill.

What is polio?

Polio is a virus that attacks the nervous system and can cause permanent paralysis of muscles. If it affects the chest muscles or the brain, it can kill.