



Mae Brechu yn achub bywydau
Vaccination saves lives



GIG
CYMRU
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Iechyd Cyhoeddus
Cymru
Public Health
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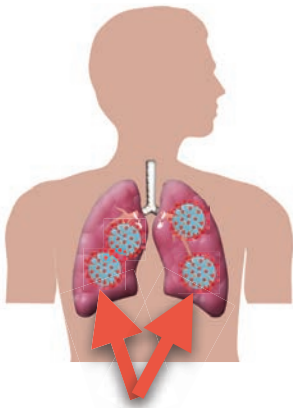
Brechlyn BCG ar gyfer babanod a phlant ifanc

Mae'r brechlyn hwn ar gyfer babanod a phlant ifanc sydd â mwy o siawns o ddal salwch o'r enw twbercwlosis



Am dwbercwlosis

TB yw'r enw byr mae pawb yn ei ddefnyddio am dwbercwlosis.



Mae TB yn salwch difrifol. Fel arfer mae'n effeithio ar eich ysgyfaint ond mae'n gallu effeithio ar rannau eraill o'ch corff hefyd.



Mae'r rhan fwyaf o bobl yn gwella ar ôl cael y meddyginiaethau cywir.

Sut rydych chi'n dal TB



Gallwch chi ddal TB gan bobl sydd ag ef yn eu hysgyfaint neu eu gwddf.

Gallwch chi ei ddal e pan fyddan nhw'n pesychu ac yn tisian o'ch cwmpas chi.



Mae angen i chi fod gyda'r person am amser hir i'w ddal e.



Dydy TB ddim ar lawer o bobl yng Nghymru.

Symptomau TB



Symptomau yw pethau y gallech chi deimlo pan fyddwch chi'n sâl.



Dydych chi ddim bob amser yn gwybod yn syth os yw TB ar rywun. Mae'n gallu cymryd amser i chi ddechrau teimlo'n sâl.



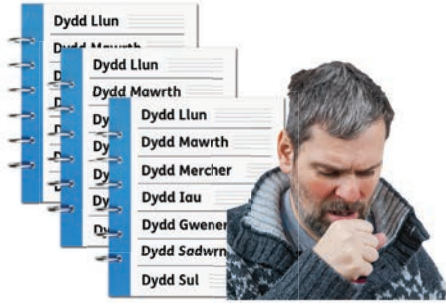
Mae rhai o symptomau TB yr un fath â salwch eraill. Mae'n gallu bod yn anodd dweud os mai TB yw e.



Efallai y bydd gan oedolion a babanod symptomau gwahanol.



Mae'n bosibl y bydd babanod â TB wedi blino'n lân a ddim yn bwyta. Mae hyn yn golygu efallai na fyddan nhw'n magu pwysau.



Os yw TB ar rywun, efallai:

- Bod peswch gyda nhw sy'n para 3 wythnos neu fwy.



- Bod **tymheredd uchel** gyda nhw. **Tymheredd uchel** yw tymheredd o 38 gradd neu fwy ar thermomedr.



- Eu bod nhw'n chwysu lawer yn y nos neu pan fyddan nhw'n cysgu.



- Does dim llawer o chwant bwyd arnyn nhw, neu ddim eisiau bwyta o gwbl.



- Eu bod nhw'n teimlo'n flinedig iawn.



- Bod gwaed yn dod i fyny i'w ceg pan fyddan nhw'n pesychu.

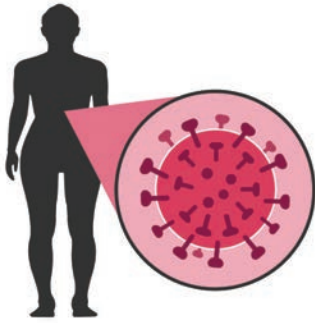


- Eu bod nhw'n dechrau colli pwysau.



Siaradwch â'ch meddyg os oes gennych chi, eich plentyn neu'ch teulu a'ch ffrindiau y symptomau hyn.

Beth yw brechlyn



Mae **brechlyn** yn feddyginiaeth sy'n helpu i'ch cadw chi'n ddiogel rhag dal salwch.



Fel arfer byddwch chi'n cael brechlyn trwy roi pigiad i chi ar frig eich braich.



Yna bydd eich corff yn gwybod sut y dylai frwydro yn erbyn y salwch os byddwch chi'n ei ddal yn y dyfodol.



Efallai na fydd brechlyn bob amser yn eich atal rhag dal clefyd.

Ond mae'n gallu eich gwneud chi'n llai sâl os ydych chi'n dal clefyd.

Pwy sy'n gallu cael y brechlyn BCG



Mae'r brechlyn BCG yn cael ei gynnig i fabanod a phlant ifanc sydd â mwy o siawns o fod gyda rhywun sydd â TB.



Mae hyn yn gallu bod oherwydd:

- Eu bod nhw'n byw neu'n mynd i fyw mewn ardal lle mae gan lawer o bobl TB.



- Roedd eu rhieni neu eu neiniau a theidiau yn dod o wlad lle mae TB ar lawer o bobl.



- Eu bod nhw wedi treulio llawer o amser gyda rhywun sydd:
 - Wedi dal TB.



- Wedi cael TB yn y gorffennol.



- Yn dod o wlad lle mae TB ar lawer o bobl.



Mae TB yn digwydd ledled y byd.
Mae'n digwydd yn amlach mewn rhai gwledydd.



Os yw'ch plentyn wedi bod i wlad lle mae TB ar lawer o bobl, siaradwch â'ch meddyg.

Sut i gael y brechlyn



Fel arfer, rhoddir y brechlyn yn fuan ar ôl i fabi gael ei eni tra bod eich babi yn dal yn yr ysbyty.



Mae'n gallu cael ei roi hefyd ar unrhyw adeg mewn clinig arbennig.



Gwnewch yn siŵr bod y nyrs yn ei ysgrifennu i lawr yn y llyfr coch a gawsoch chi pan gafodd eich babi ei eni.

Mae'r llyfr hwn yn cynnwys gwybodaeth bwysig am eich babi neu'ch plentyn.



Os ydych chi'n credu y dylai eich plentyn gael y brechlyn, cysylltwch â'ch meddyg.

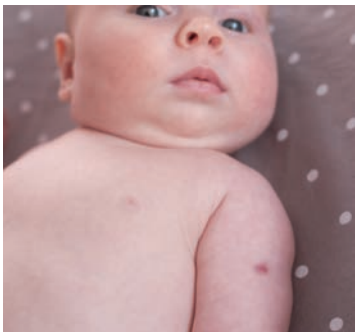
Sgil-effeithiau



Sgil-effeithiau yw pethau a allai ddigwydd i'ch plentyn ar ôl iddo fe gael y brechlyn.



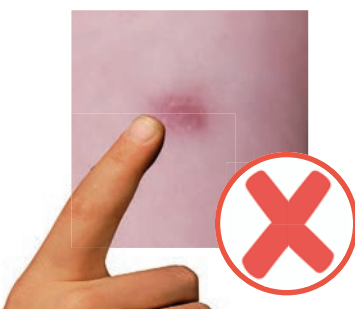
Yn syth ar ôl cael y brechlyn, bydd eich plentyn yn cael pothell fach ar ei fraich.



Ar ôl 2 i 6 wythnos, bydd y bothell yn troi'n smotyn bach.



Efallai y bydd y smotyn yn dechrau gollwng hylif melyn neu hylif clir. Mae hyn yn normal.



Peidiwch â chyffwrdd â'r smotyn na phigo unrhyw grachen y bydd eich plentyn yn ei gael.



Efallai y bydd gan rai pobl smotyn sy'n boenus, neu sy'n gollwng hylif melyn neu glir.

Os bydd hyn yn digwydd, efallai y bydd angen i chi roi dresin sych arno fe. Mae hyn yn rhywbeth fel plastr.



Gallwch chi ddal i olchi eich plentyn, rhoi bath iddo fe a mynd ag ef i nofio fel arfer.



Efallai y bydd y smotyn yn cymryd ychydig fisoedd i wella. Efallai y bydd gan eich plentyn graith fach ar ôl hynny.



Os ydych chi'n poeni am smotyn eich plentyn, siaradwch â'ch meddyg.



Ni ddylai eich plentyn gael unrhyw frechlynnau eraill yn yr un fraich o fewn 3 mis ar ôl y brechlyn.

Rhesymau pam efallai na fydd eich plentyn yn gallu cael y brechlyn



Os yw'ch plentyn yn sâl pan fydd hi'n bryd iddo gael y brechlyn, mae'n well aros nes ei fod e'n teimlo'n well.



Dylai eich plentyn geisio cael y brechlyn cyn gynted â phosibl.



Os oes cyflwr croen fel ecsema gyda'ch plentyn, dywedwch wrth y nyrs sy'n rhoi'r brechlyn.



Efallai y bydd hi'n rhoi'r pigiad yn rhywle arall yn lle'r fraich.

Mae rhaid i chi ddweud wrth eich meddyg neu'ch nyrs cyn cael y pigiad os:



- Yw eich plentyn yn cael triniaeth ar gyfer canser neu broblem iechyd ddifrifol arall.



- Cawsoch chi feddyginiaeth sy'n effeithio ar eich **system imiwnedd** pan oeddech chi'n feichiog.

Eich **system imiwnedd** yw'r rhan o'ch corff sy'n helpu i'ch amddiffyn rhag heintiau.



- Oes gan eich plentyn neu rywun yn eich teulu broblemau difrifol gyda'u system imiwnedd.

Rhagor o wybodaeth



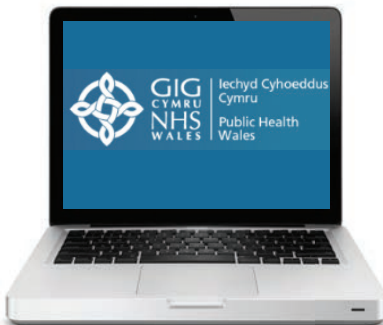
Os ydych chi eisiau rhagor o wybodaeth am y brechlyn rydych chi'n gallu siarad â'ch meddyg.



Rydych chi'n gallu ffonio GIG 111 Cymru hefyd.

Ffonio 111

Mae'n rhad ac am ddim i ffonio'r rhif hwn.



Rydych chi'n gallu edrych ar wefan Iechyd Cyhoeddus Cymru:

icc.gig.cymru/brechlynnau



Ewch i'r wefan hon i gael gwybod sut mae'r GIG yn defnyddio eich gwybodaeth chi:

111.wales.nhs.uk/amdanomni/eichgwybodaeth



Os hoffech chi gael rhagor o
wybodaeth am TB, gallwch chi
gysylltu â TB Alert:



Dros y ffôn:
020 8969 4830



Drwy e-bost:
contact@tbalert.org



If you want more information about TB, you can contact TB Alert:



By phone:
020 8969 4830



By Email:
contact@tbalert.org



More information

If you want more information about the vaccine, you can speak to your local doctor.

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

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

111.wales.nhs.uk/AboutUs/

Your information



● Your child is having treatment for cancer or another serious health problem.



● You had medicine that affects your **immune system** when you were pregnant.
Your **immune system** is the part of your body that helps to protect you from infections.



● Your child or someone in your family has serious problems with their immune system.

Reasons why your child might not be able to have the vaccine

If your child is unwell when it is time
to have the vaccine, it is better to wait
until they feel better.



They should try to have the vaccine as
soon as possible.



If your child has a skin condition like
eczema, tell the nurse who is giving
the vaccine.



They might give the injection
somewhere else instead of the arm.



Some people may have a spot that is sore, or lets out yellow or clear liquid. If this happens, you may need to put a dry dressing on it. This is something like a plaster.



You can still wash your child, give them a bath and take them swimming as normal.



The spot might take a few months to heal. You child might have a small scar after that.



If you are worried about your child's spot, talk to your doctor.



Your child must not have any other vaccines in the same arm within 3 months after the vaccine.

Side effects

Side effects are things that might happen to your child after they have had the vaccine.



Straight after having the vaccine, your child will get a small blister on their arm.



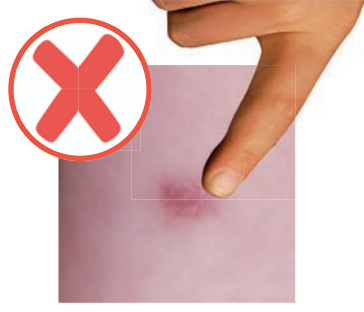
After 2 to 6 weeks, the blister will turn into a small spot.



The spot might start to let out yellow or clear liquid. This is normal.



Do not touch the spot or pick at any scabs your child gets on it.



How to get the vaccine

The vaccine is usually given soon after birth while your baby is still in hospital.

It can also be given at any time in a special clinic.

Make sure the nurse writes it down in the red book you were given when your baby was born.
This book has important information about your baby or child in it.

If you think your child should have the vaccine, contact your doctor.





— Has had TB in the past.



— Comes from a country where a lot of people have TB.



TB happens all around the world.
It happens more often in some countries.



If your child has been to a country where a lot of people have TB, talk to your doctor.

Who can have the BCG vaccine

The BCG vaccine is offered to babies and young children who have more chance of being with someone who has TB.

This might be because:

- They live in or they are going to live in an area where a lot of people have TB.
- Their parents or grandparents came from a country that has a lot of people with TB.
- They have spent a lot of time with someone who:

- Has got TB.



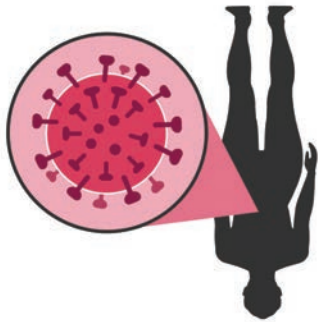
What is a vaccine

A **vaccine** is a medicine that helps to keep you safe from catching an illness.

Getting a vaccine is usually done by giving you an injection at the top of your arm.

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

A vaccine may not always stop you from catching an illness. But it can make you less poorly if you do catch it.





- Have blood that comes up into their mouth when they cough.



- Start to lose weight.



Speak to your doctor if you, your child or your family and friends have these symptoms.



If someone has TB, they might:
 ● Have a cough that lasts 3 weeks or more.



● Have a **high temperature**. A high temperature is a temperature of 38 degrees or more on a thermometer.



● Sweat a lot at night or when they are asleep.



● Not feel very hungry or not want to eat at all.



● Feel very tired.

Symptoms of TB

Symptoms are things you might feel when you are poorly.

You don't always know if someone has got TB straight away. It can take a while for you to start to feel unwell.

Some of the symptoms of TB are the same as other illnesses. It can be hard to tell if it is TB.

Adults and babies might have different symptoms.

Babies with TB might be really tired and not eat. This means they might not put on weight.



About tuberculosis

Tuberculosis is called **TB** for short.

TB is a serious illness. It usually affects your lungs but it can affect other parts of your body too.

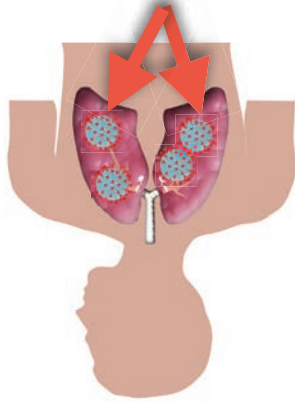
Most people get better after getting the right medicines.

How you catch TB

You can catch TB from people who have it in their lungs or their throat. You can catch it when they cough and sneeze around you.

You need to be with the person for a long time to catch it.

Not a lot of people in Wales have TB.



BCG vaccine for babies and young children

This vaccine is for babies and young children
who have more chance of catching an
illness called tuberculosis



Mae'r daflen hon ar gael yn Gymraeg. You can get this leaflet in Welsh.

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