



Mae Brechu yn achub bywydau
Vaccination saves lives



Iechyd Cyhoeddus
Cymru
Public Health
Wales

Respiratory Syncytial Virus vaccine for older adults

The short name is the **RSV vaccine**



About RSV



RSV is a virus. It can cause illnesses that affect your breathing and your lungs. Things like a cough or a cold.



Lots of people get RSV every year. It can spread easily to other people by coughing or sneezing.



Most people who catch RSV do not get very poorly. They get better quickly on their own.



But RSV can be very serious for some people.

It can make them very poorly and have to go into hospital. Some people might die.

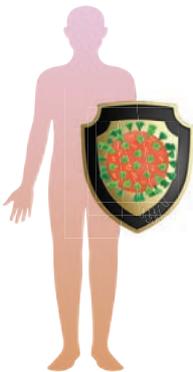


People who have more chance of getting very poorly from RSV are:

- older adults who have heart or lung problems



- older adults whose **immune system** doesn't work very well



Your **immune system** is the part of your body that helps to protect you from infections.

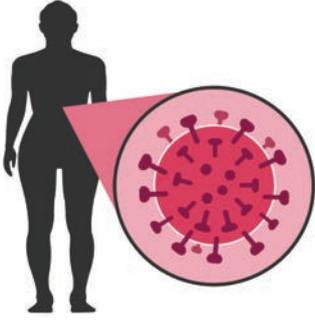


- babies



It is really important to try to protect yourself from RSV by getting the vaccine.

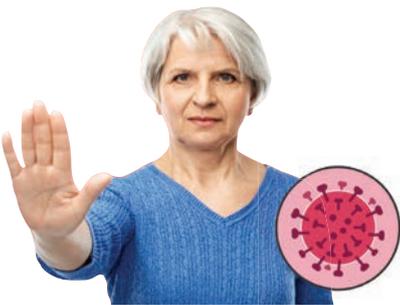
What is a vaccine



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 disease if you catch it in the future.



The RSV vaccine is very safe. You will not catch RSV from the vaccine.



You might still catch RSV after having the vaccine. But it will help to stop you from getting very poorly if you do catch it.

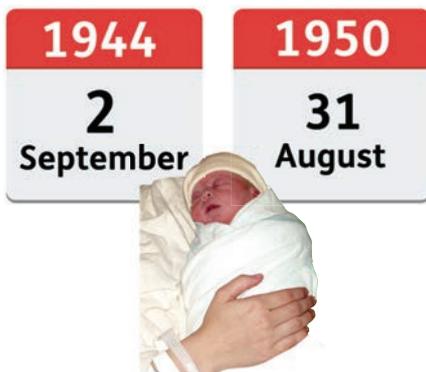
Who can have the RSV vaccine



This is the first time older adults have been offered the RSV vaccine.



The vaccine will be offered to people turning 75 years old from September 2024.



Until 31st August 2025 you can have the vaccine if you were born between 2nd September 1944 and 31st August 1950.



People who are pregnant will also be offered the vaccine.

How to get your vaccine



The NHS or your doctor will let you know when it is time to have the vaccine.

You should have the vaccine as soon as you are offered it.



If you did not get an invite, contact your doctor.



You can have the vaccine at the same time as some other vaccines.

The doctor or nurse will talk to you about this at your appointment.

What to do if you are ill when it is time to have the vaccine



If you are unwell, it is better to wait until you feel better.



You should cancel your appointment and make a new one.

But you should try to have the vaccine as soon as possible.

Allergies



Most people with allergies can have the vaccine with no problems.

You should not have the vaccine if you:



- are allergic to anything that the vaccine is made from

or



- have had a serious allergic reaction to the RSV vaccine before

Side effects



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

Not everyone has side effects.



Common side effects should only last for 1 or 2 days.



After the injection, you might have a sore arm. Your arm might be red and swollen where you had the injection.



Serious side effects are very rare. This means that not a lot of people have them.

Serious side effects are things like:



- Having an allergic reaction to the RSV vaccine. If you think you are having an allergic reaction you should call 999 straight away.

or



- Feel tingly or weak in your arms and legs after having the vaccine. If this happens to you phone NHS 111.



If you are worried about side effects, speak to your doctor or nurse

or



call **NHS 111**.

More information



If you want more information about the vaccine, you can speak to your 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/Yourinformation

Rhagor o wybodaeth

Os ydych chi eisiau mwy o wybodaeth am y brechlyn, gallwch chi siarad gyda'ch meddyg.

Gallwch chi hefyd ffonio GIG 111 Cymru. **Ffoniwch 111** Mae'n bosib ffonio'r rhif yma am ddim.



I gael gwybod sut mae'r GIG yn defnyddio eich gwybodaeth, ewch i: **111.wales.nhs.uk/amdanomni/** eichgwybodaeth



ffoniwch GIG 111.

neu



Os ydych chi'n poeni am
sgil-ffeithiau, siaradwch â'ch
meddyg neu'ch nyrs



● Teimlo pinnau bach neu'n wan yn
eich breichiau a'ch coesau ar ôl
cael y brechlyn. Os bydd hyn yn
digwydd i chi, ffoniwch GIG 111.

neu



● Cael adwath alergaidd i'r brechlyn
RSV. Os ydych chi'n meddwl eich
bod yn cael adwath alergaidd
dylech chi ffonio 999 ar unwaith.

Sgil-ffeithiau difrifol yw pethau fel:

Sgîl-ffeithiau

Sgîl-ffeithiau ydy pethau sy'n gallu digwydd i chi ar ôl i chi gael y brechlyn. Dydy pawb ddim yn cael sgîl-ffeithiau.



Dylai sgîl-ffeithiau bara am 1 neu 2 ddiwrnod yn unig.



Ar ôl y pigiad, efallai y bydd eich braich yn boenus. Efallai y bydd eich braich yn goch ac wedi chwyddo lle cawsoch y pigiad.



Mae sgîl-ffeithiau difrifol yn anghyffredin iawn. Dydy llawer o bobl ddim yn cael y rhain.



Alergeddau

Mae'r rhan fwyaf o bobl sydd ag alergeddau yn gallu cael y brechlynnau heb unrhyw broblemau.



Ddylech chi ddim cael y brechlynnau:

- os oes gennyh chi alergedd i unrhyw beth sydd yn y brechlynnau



neu

- os ydych chi wedi cael adwaitn alergedd difrifol i frechlyn RSV o'r blaen



Beth i'w wneud os ydych chi'n sâl pan fydd hi'n amser cael y brechlyn

Os ydych chi'n sâl, mae'n well aros nes byddwch chi'n teimlo'n well.

Dylech chi gansio eich apwyntiad a gwneud apwyntiad newydd. Ond dylech chi geisio cael y brechlyn cyn gynted â phosib.



Sut mae cael eich brechlyn

Bydd y GIG neu eich meddyg yn rhoi gwybod i chi pan fydd hi'n amser cael y brechlyn.
Dylech chi gael y brechlyn mor fuan â phosibl ar ôl i chi gael ei gynniig.



Os nad ydych chi wedi cael gwahoddiad, cysylltwch â'ch meddyg.

Gallwch chi gael y brechlyn ar yr un pryd â rhai brechlynnau eraill.
Bydd y meddyg neu'r nyrs yn siarad am hyn gyda chi yn eich apwyntiad.





Dyma'r tro cyntaf i bobl hŷn gael
cynniig y brechlyn RSV.

Pwy sy'n gallu cael y brechlyn RSV



Bydd y brechlyn yn cael ei gynniig i
bobl sy'n troi 75 oed ym Medi 2024
neu wedyn.



Tan 31 Awst 2025, gallwch chi gael y
brechlyn os cawsoch eich geni rhwng
2 Medi 1944 a 31 Awst 1950.



Bydd pobl sy'n feichioig hefyd yn cael
cynniig y brechlyn.

Beth ydy brechlyn

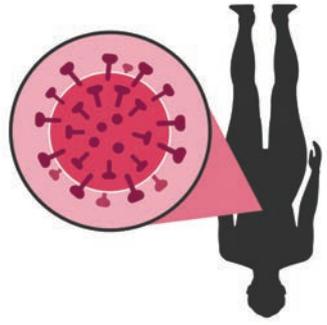
Brechlyn ydy meddyginiaeth sy'n eich helpu i gadw'n ddiogel rhag dal salwch.

Fel arfer, bydd brechlyn yn cael ei roi drwy bigiad yn rhan uchaf eich braich.

Yna, bydd eich corff yn gwybod sut i ymladd y clefyd os byddwch chi'n ei ddal yn y dyfodol.

Mae'r brechlyn RSV yn ddiogel iawn. Fyddwch chi ddim yn dal RSV o'r brechlyn.

Mae'n bosibl i chi ddal RSV hyd yn oed ar ôl cael y brechlyn. Ond bydd yn helpu i'ch atal chi rhag mynd yn sâl iawn os byddwch chi'n ei ddal.





Dyma'r bobl sydd â mwy o siawns o fynd yn sâl iawn gyda RSV:

● oedolion hyn sydd â phroblemau gyda'r galon neu'r ysgyfaint



● oedolion hyn sydd â'u **system imiwedd** ddim yn gweithio'n dda iawn



Eich **system imiwedd** ydy'r rhan o'ch corff sy'n helpu i'ch amddiffyn chi rhag heintiau.



● babanod



Mae'n bwysig iawn ceisio amddiffyn eich hun rhag RSV drwy gael y brechlyn.

Gwybodaeth am RSV

Feirws ydy RSV. Mae'n gallu achosi sawl salwch sy'n effeithio ar eich anadl a'ch ysgyfaint. Pethau fel peswch neu annwyd.

Mae llawer o bobl yn cael RSV bob blwyddyn. Mae'n gallu lledaenu'n hawdd i bobl eraill drwy besychu neu disian.

Dydyr rhan fwyaf o bobl sy'n dal RSV ddim yn mynd yn sal iawn. Maen nhw'n gwella'n gyflym ar eu pen eu hunain.

Ond mae RSV yn gallu bod yn ddifrifol iawn i rai pobl. Mae'n gallu eu gwneud yn sal iawn a bydd rhaid iddyn nhw fynd i'r ysbyty. Efallai y bydd rhai pobl yn marw.





Brechlyn Feirws Syncytaidd Yr enw byr ydy brechlyn RSV

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