Mae Brechu yn achub bywydau
Vaccination saves lives

GIG CYMRU NHS WALES | Iechyd Cyhoeddus Cymru | Public Health Wales

Eich amddiffyn rhag brech M gyda rhaglen frechu reolaidd

Ffeithiau allweddol

Mae brech M yn glefyd prin sy'n cael ei achosi gan y feirws brech M, sy'n lledaenu trwy gyswllt agos rhwng pobl.

Mae brechlyn ar gael i helpu i amddiffyn rhag brech M. Yng Nghymru, mae'r GIG yn cynnig y brechlyn ar sail fesul achos i Ddynion Hoyw, Deurywiol a Dynion eraill sy'n cael Rhyw gyda Dynion (GBMSM) sy'n bodloni unrhyw un o'r meini prawf yn y rhestr isod.

- Cael partneriaid rhywiol lluosog
- Cymryd rhan mewn rhyw grŵp (neu bartïon rhyw)
- Mynd i leoliadau rhyw (fel sawnau neu ystafelloedd cefn)
- Wedi cael haint bacteriol yn ddiweddar fel clamydia neu gonoroea o ganlyniad i ryw yn ystod y flwyddyn ddiwethaf

Gall pobl sydd â chysylltiad agos ag aelodau'r gymuned GBMSM sydd mewn perygl o gael brech M hefyd gael y brechlyn. Mae hyn yn cynnwys pobl o bob rhywedd neu gyfeiriadedd rhywiol.

Gweithredwch: Os ydych chi'n meddwl eich bod chi mewn perygl, trefnwch apwyntiad gyda'ch gwasanaeth iechyd rhywiol.

Gallwch ddod o hyd i restr o wasanaethau iechyd rhywiol yng Nghymru yn **111.wales.nhs.uk/localservices** (safle allanol). Cliciwch ar y tab 'Iechyd Rhywiol ac Atgenhedlu' i weld manylion y gwasanaethau.

Sganiwch fi i gael mwy o wybodaeth am Frech M

Beth yw brech M?

Mae brech M yn glefyd prin a achosir gan y feirws brech M (a elwir hefyd yn feirws brech y mwnci neu MPXV). Mae'r feirws brech M yn debyg i'r feirws sy'n achosi'r frech wen, ond mae'n achosi salwch gwahanol. Mae'r rhan fwyaf o bobl sydd â brech M yn gwella heb driniaeth o fewn ychydig wythnosau, ond gall rhai pobl fynd yn ddifrifol wael.

Ffaith!

Mae brigiadau o achosion o frech M wedi digwydd yn bennaf yng Nghanolbarth a Dwyrain Affrica. Fodd bynnag, ers 2022, mae'r feirws wedi lledaenu i wledydd eraill, yn cynnwys y DU.

Sut mae brech M yn lledaenu?

Er mwyn i'r feirws brech M ledaenu rhwng pobl, rhaid bod cyswllt agos rhyngddynt. Gall ledaenu drwy'r canlynol:

- cyswllt corfforol agos â briwiau brech M (briwiau agored) neu grachod (yn ystod rhyw, cusanu, cwtsio neu ddal dwylo)
- cyswllt corfforol agos â hylifau corfforol (megis poer, llysnafedd trwyn (snot) neu fwcws), yn cynnwys yn ystod cyswllt rhywiol; a
- chyswllt â dillad gwely, dillad neu dywelion a ddefnyddir gan rywun sydd â brech M.

Gall brech M hefyd ledaenu trwy besychu, tisian neu anadlu yn agos at rywun. Fodd bynnag, mae tystiolaeth gyfyngedig ar gyfer hyn.

Beth yw symptomau brech M?

Mae symptomau brech M (gweler isod) fel arfer yn dechrau ymhen pump i 21 diwrnod ar ôl cael eich heintio. Fodd bynnag, nid yw pawb sydd â brech M yn cael yr holl symptomau hyn. Er bod y rhan fwyaf o bobl yn gwella ar eu pen eu hunain o fewn ychydig wythnosau, gall rhai pobl fynd yn sâl iawn.

Gall y symptomau cynnar gynnwys:

- twymyn
- cur pen/pen tost
- symptomau tebyg i'r ffliw (poen yn y cymalau, poen yn y cyhyrau a phoen cefn, teimlo'n rhynllyd a blinder), a
- chwarennau wedi chwyddo yn y gwddf, y ceseiliau neu'r afl.

Fel arfer, mae brech yn ymddangos rhwng un a phum diwrnod ar ôl i dwymyn ddechrau.

- Gall y frech ddechrau ar yr wyneb neu yn ardal yr organau cenhedlu.
- Gall yna ledaenu i rannau eraill o'r corff.

Mae'r frech yn mynd trwy sawl cam cyn ffurfio crachod sy'n cwympo i ffwrdd.

Gall brech M barhau i ledaenu i bobl eraill nes bod y crachod wedi gwella'n llwyr. Gall y frech a achosir gan frech M weithiau edrych fel clefydau eraill, fel y frech goch.

> **! Os ydych chi'n meddwl bod gennych chi symptomau brech M, cysylltwch â GIG 111 Cymru drwy ffonio 111, neu cysylltwch â gwasanaeth iechyd rhywiol neu'ch meddyg teulu ar unwaith.**

I gael rhagor o wybodaeth am symptomau brech M, ewch i:
GIG 111 Cymru - Iechyd A-Y: Brech M (safle allanol)

Beth alla i ei wneud i amddiffyn fy hun ac eraill rhag brech M?

Os ydych chi'n gymwys i gael y brechlyn, bydd yn helpu i'ch amddiffyn eich hun ac eraill. Dylech chi hefyd wneud y canlynol:

- golchi eich dwylo'n rheolaidd gyda dŵr a sebon neu ddefnyddio hylif diheintio
- osgoi cael rhyw a chyswllt agos os oes gennych symptomau
- osgoi rhannu dillad gwely neu dywelion gyda rhywun a allai fod â brech M, a
- chadw golwg am symptomau am dair wythnos ar ôl teithio i wledydd lle mae brech M yn bresennol.

I gael rhagor o wybodaeth am osgoi neu drosglwyddo brech M, ewch i:
GIG 111 Cymru - Iechyd A-Y: Brech M (safle allanol)

Pam ydw i'n cael cynnig brechlyn brech M?

Mae arbenigwyr brechlynnau yn argymell cynnig y brechlyn i bobl sydd fwyaf tebygol o ddod i gysylltiad â'r feirws. Mae'r brechlyn ar gael fel mater o drefn trwy wasanaethau iechyd rhywiol.

Pwy all gael y brechlyn?

Mae'r brechlyn ar gael i unigolion GBMSM sy'n bodloni meini prawf penodol a chaiff ei gynnig ar sail fesul achos i helpu i amddiffyn rhag brech M.

Gellir cynnig y brechlyn hefyd i rai sydd â chysylltiad agos â phobl sydd mewn mwy o berygl o gael brech M yn y gymuned GBMSM. Mae hyn yn cynnwys pobl o bob rhywedd neu gyfeiriadedd rhywiol.

Gallwch gael eich brechlyn brech M drwy wasanaethau iechyd rhywiol os:

- oes gennych bartneriaid rhywiol lluosog
- ydych yn cymryd rhan mewn rhyw grŵp (neu bartïon rhyw)
- ydych yn ymweld â lleoliadau rhyw (fel sawnau neu ystafelloedd cefn), neu os
- ydych wedi cael haint bacteriol diweddar fel clamydia neu gonoroea o ganlyniad i ryw yn ystod y flwyddyn ddiwethaf.

Efallai y byddwch hefyd yn gallu cael y brechlyn os ydych chi'n gweithio mewn mannau lle gallai brech M ledaenu. Mae hyn yn cynnwys staff sawna neu rai sy'n trin eitemau neu arwynebau a allai gynnwys hylifau'r corff neu gelloedd croen.

Ni chewch wahoddiad i gael y brechlyn, ond os byddwch yn cysylltu â chlinig iechyd rhywiol neu'n ymweld ag un ac yn bodloni'r meini prawf a restrir uchod, dylech gael cynnig y brechlyn.

I gael rhagor o wybodaeth am ble i gael y brechlyn brech M, ewch i: 111.wales.nhs.uk/localservices (safle allanol). Cliciwch ar y tab 'Iechyd Rhywiol ac Atgenhedlu' i gael manylion y gwasanaethau.

Pa frechlyn fydd yn cael ei gynnig i mi?

Byddwch yn cael cynnig y brechlyn Ankara wedi'i Addasu (MVA). Mae'r brechlyn hwn yn helpu i'ch amddiffyn rhag brech M (a'r frech wen).

Sut mae'r brechlyn yn gweithio?

Mae brechlyn MVA yn cynnwys feirws sydd wedi'i addasu fel na all dyfu yn y corff dynol. Datblygwyd y brechlyn hwn fel ffurf lawer mwy diogel o'r brechlyn brech M a ddefnyddiwyd yn helaeth yn y DU a thramor tan y 1970au.

Ffaith!

Ni all y brechlyn MVA achosi brech M na'r frech wen na'u lledaenu.

Gan fod brech M yn cael ei achosi gan feirws fel y frech wen, gall brechlynnau i amddiffyn rhag y frech wen helpu i atal neu leihau'r risg o salwch difrifol o haint brech M.

Ydy'r brechlyn yn ddiogel?

Ydy, mae'r brechlyn MVA yn ddiogel. Mae'n bodloni'r holl safonau diogelwch. Unwaith y bydd brechlyn yn cael ei ddefnyddio, mae ei ddiogelwch yn parhau i gael ei fonitro.

Faint o ddosau sydd eu hangen?

Mae angen dau ddos ar y rhan fwyaf o bobl.

Dylid rhoi'r ail ddos o leiaf 28 diwrnod ar ôl eich dos cyntaf.

Os ydych chi wedi cael eich brechu yn erbyn y frech wen gyda'r hen frechlyn brech wen (byw) o'r blaen, dim ond un dos o'r brechlyn MVA fydd ei angen arnoch chi.

Unwaith y bydd eich cwrs wedi'i gwblhau, nid oes angen brechlynnau pellach arnoch i'ch amddiffyn rhag brech M, oni bai bod gennych system imiwnedd wan iawn a'ch bod wedi cael eich dos olaf fwy na dwy flynedd yn ôl.

Ydy'r brechlyn yn gweithio?

Dylai dos cyntaf y brechlyn roi'r lefel uchaf o amddiffyniad i chi tua phedair wythnos ar ôl i chi ei gael.

Efallai na fydd y brechlyn yn atal brech M yn llwyr, ond os byddwch chi'n cael y brechlyn, mae'n debygol y bydd eich symptomau'n ysgafnach.

! Mae dau ddos yn rhoi amddiffyniad sy'n para'n hirach, a dyna pam ei bod hi'n bwysig cael y ddau ddos o'r brechlyn.

Ar ôl cael dau ddos o'r brechlyn, mae'r rhan fwyaf o bobl yn datblygu lefel dda o amddiffyniad rhag brech M. Gellir rhoi'r ail ddos o leiaf 28 diwrnod ar ôl eich dos cyntaf.

Hyd yn oed ar ôl dau ddos, dylech barhau i fod yn ymwybodol o risgiau a symptomau brech M gan nad oes yr un brechlyn 100% yn effeithiol. Dylech hefyd barhau i gael profion rheolaidd am heintiau a drosglwyddir yn rhywiol (STIs).

Sut mae'r brechlyn MVA yn cael ei roi?

Fel arfer bydd y brechlyn yn cael ei chwistrellu yn rhan uchaf eich braich.

Beth os oes gen i ofn nodwyddau?

Os oes gennych ofn nodwyddau, rhowch wybod i'r sawl sy'n rhoi'r brechlyn i chi. Bydd yn eich cefnogi chi.

Ble alla i gael fy mrechiadau?

Mae'r brechlyn MVA ar gael am ddim gan wasanaethau iechyd rhywiol i'r rhai sy'n gymwys. Gallwch ddod o hyd i'ch clinig iechyd rhywiol agosaf yn **111.wales.nhs.uk/localservices** (safle allanol). Cliciwch ar y tab 'Iechyd Rhywiol ac Atgenhedlu' i weld y gwasanaethau.

Mae GIG Cymru yn argymell yn gryf eich bod yn cael y brechlyn MVA cyn gynted ag y caiff ei gynnig i chi.

A ddylwn i gael y brechlyn os ydw i eisoes wedi cael brech M?

Gallwch chi gael eich brechu o hyd os ydych chi eisoes wedi cael haint brech M ac wedi gwella o'r haint. Nid yw cael eich heintio â brech M o'r blaen yn golygu na allwch gael eich heintio eto. Os ydych chi'n bodloni'r meini prawf, dylech chi gael cynnig y brechlyn MVA.

Oes unrhyw un na ddylai gael y brechlyn MVA?

Ychydig iawn o bobl na all gael y brechlyn MVA. Ni ddylech gael y brechlyn os ydych wedi cael adwaith difrifol (sy'n peryglu bywyd) i'r canlynol:

- dos blaenorol o'r un brechlyn, neu
- gynhwysyn yn y brechlyn.

Mae'r brechlyn yn cynnwys symiau bach iawn o brotein cyw iâr, benzonase, yn ogystal â'r gwrthfiotigau gentamicin a ciprofloxacin.

Siaradwch â'r sawl sy'n rhoi'r brechlyn i chi os ydych wedi cael adwaith alergaidd difrifol i'r brechlyn neu ei gynhwysion yn y gorffennol.

Os ydw i'n sâl, a ddylwn i gael y brechlyn?

Os ydych yn sâl, mae'n well aros nes eich bod wedi gwella cyn cael brechlyn. Nid yw annwyd neu fân salwch arall yn rheswm dros ohirio eich brechlyn.

Os oes gennych dymheredd uchel ac os ydych wedi bod mewn cyswllt agos â rhywun sydd â brech M wedi'i chadarnhau, efallai y bydd angen gwirio am arwyddion cynnar o haint brech M.

Os oes gennych amheuon, trafodwch hyn gyda'r unigolyn sy'n rhoi eich brechiad i chi.

Beth os oes gen i system imiwnedd wan?

Efallai na fydd y brechlyn yn eich amddiffyn cystal os oes gennych gyflwr sy'n gwanhau eich system imiwnedd neu'n cael triniaeth sy'n gwneud hynny neu os ydych chi'n byw gyda HIV. Rhowch wybod i'ch meddyg neu'ch nyrs cyn i chi gael eich brechiad.

Beth os ydw i'n feichiog?

Os ydych chi'n feichiog, yn meddwl y gallech chi fod yn feichiog neu'n bwriadu cael baban, siaradwch â'ch meddyg neu nyrs cyn i chi gael y brechiad. Nid yw'r brechlyn MVA yn achosi'r frech wen na brech M, felly ni all ledaenu i faban yn y groth.

Gall brech M fod yn fwy difrifol yn ystod beichiogrwydd, ac mae risg hefyd o drosglwyddo brech M i'ch baban. Bydd eich meddyg neu nyrs yn eich helpu i ddeall manteision y brechlyn ac unrhyw risgiau posibl.

Rwy'n bwydo ar y fron, a ddylwn i gael y brechlyn o hyd?

Gallwch gael y brechlyn os ydych chi'n bwydo ar y fron. Mae'n annhebygol y bydd y brechlyn yn trosglwyddo i laeth eich bron.

Os cewch frech M, mae risg o drosglwyddo'r haint i'ch baban, a gall brech M fod yn fwy difrifol ymhlith babanod bach. Gall eich meddyg neu nyrs helpu i esbonio manteision cael y brechiad.

Beth os ydw i'n cymryd meddyginiaethau eraill?

Dywedwch wrth eich meddyg neu nyrs am unrhyw feddyginiaethau rydych yn eu cymryd ar hyn o bryd neu wedi'u cymryd yn ddiweddar. Dylech hefyd ddweud wrthynt am unrhyw frechiadau eraill rydych wedi'u cael yn ddiweddar. Yn y rhan fwyaf o achosion, dylech fod yn iawn i gael y brechlyn.

Mae'r brechlyn yn ddiogel i bobl sy'n byw gyda HIV a'r rhai sy'n cymryd PrEP. Gallwch hefyd gael y brechlyn ar yr un pryd â brechlynnau pwysig eraill, yn cynnwys y rhai sy'n amddiffyn rhag y Feirws Papiloma Dynol (HPV), hepatitis A, hepatitis B a gonoroea.

Beth yw sgil-effeithiau'r brechlyn MVA?

Fel pob meddyginiaeth, gall brechlynnau achosi sgil-effeithiau. Mae'r rhan fwyaf o'r rhain yn ysgafn ac yn rhai tymor byr, ac ni fydd pawb yn eu cael. Dim ond am ychydig ddyddiau y dylai sgil-effeithiau cyffredin o'r brechlyn bara.

Mae sgil-effeithiau cyffredin yn cynnwys:

- poen, cochni, chwyddo, caledwch neu gosi lle rhoddwyd y pigiad
- cur pen/pen tost
- poenau yn y cyhyrau neu boen yn y cymalau
- teimlo'n sâl
- blinder
- teimlo'n oer a thwymyn, a
- diffyg archwaeth.

Dylech chi aros am 15 munud cyn i chi yrru os ydych chi'n teimlo'n wanllyd ar ôl cael y brechiad.

Os cewch un o'r sgil-effeithiau a restrir uchod, gallwch orffwys a chymryd y dos arferol o barasetamol (dilynwch y cyngor yn y pecyn) i'ch helpu i deimlo'n well. Peidiwch â gyrru na defnyddio peiriannau os ydych yn teimlo'n sâl.

Os yw'r sgil-effeithiau'n para mwy nag ychydig ddyddiau, dylech siarad â gweithiwr gofal iechyd proffesiynol.

Os oes gennych lid ar y croen atopig (math o ecsema), efallai y byddwch chi'n cael adwaith croen cryfach o'r brechlyn. Gall hyn gynnwys cochni, chwyddo a chosi. Efallai y byddwch hefyd yn cael symptomau cyffredinol eraill, fel pen tost/cur pen, poen yn y cyhyrau, a theimlo'n sâl neu'n flinedig. Gall cyflyrau croen hefyd ail ymddangos neu waethygu.

Gall sgil-effeithiau fod yn fwy cyffredin mewn pobl sydd wedi cael dos o hen frechlyn (byw) y frech wen o'r blaen.

Os oes gennych gwestiynau neu bryderon ynghylch sgîl-effeithiau, gallwch ofyn i'r unigolyn sy'n rhoi'r brechlyn i chi, ymweld â **111.wales.nhs.uk** (safle allanol) neu gysylltu â GIG 111 Cymru drwy ffonio **111**.

Gweler tudalen gefn y daflen hon i gael rhagor o fanylion am:

- y brechlyn, yn cynnwys yr holl sgil-effeithiau posibl, ac
- adrodd am sgil-effeithiau a amheuir trwy gynllun y Cerdyn Melyn.

Yn anaml, gall pobl gael adwaith difrifol yn fuan ar ôl cael eu brechu, sy'n achosi anawsterau anadlu a gall beri iddynt lewygu. Gelwir hyn yn adwaith anaffylactig. Gall ddigwydd hefyd gyda meddyginiaethau eraill a bwyd. Mae'r adweithiau hyn yn hynod o brin, ac yn effeithio ar lai nag un mewn miliwn o bobl. Mae staff sy'n rhoi brechiadau wedi'u hyfforddi i reoli'r adweithiau hyn.

Gall pobl sy'n cael adwaith anaffylactig gael eu trin yn llwyddiannus ac fel arfer maent yn gwella o fewn ychydig oriau.

Oeddech chi'n gwybod?

Efallai y byddwch hefyd yn gymwys i gael y brechlynnau canlynol:

- Hepatitis A
- Hepatitis B
- HPV
- Meningitis B

Siaradwch â'ch gwasanaeth iechyd rhywiol i gael rhagor o wybodaeth.

Defnyddiwch y tabl isod i gofnodi eich brechiadau MVA.

Brechlyn MVA	Dyddiad a roddwyd
Dos 1	
Dos 2	

Mae'r wybodaeth yn y daflen hon yn gywir ar adeg ei chyhoeddi. I gael yr wybodaeth ddiweddaraf, ewch i **icc.gig.cymru/brechlynnau**

Rhagor o wybodaeth

Os oes gennych unrhyw gwestiynau, neu os hoffech mwy o wybodaeth, gallwch ymweld â **111.wales.nhs.uk** (safle allanol), siaradwch â'ch meddyg neu nyrs neu cysylltwch â GIG 111 Cymru drwy ffonio **111**.

Gallwch gael rhagor o wybodaeth am frechlynnau a gynigir yng Nghymru o **icc.gig.cymru/brechlynnau**

I gael rhagor o wybodaeth am y brechlyn, gan gynnwys ei gynnwys a sgil-effeithiau posibl, ewch i **products.mhra.gov.uk/search** (safle allanol, Saesneg yn unig) neu **www.fda.gov** (safle allanol, Saesneg yn unig). Rhowch enw'r brechlyn yn y bar chwilio. Gallwch hefyd weld y daflen i gleifion ar-lein.

Gallwch ddod o hyd i enw'r brechlyn yn **icc.gig.cymru/brechlynmpox**

Dylech roi gwybod am sgil-effeithiau a amheuir ar-lein yn **www.mhra.gov.uk/yellowcard** (safle allanol, Saesneg yn unig), drwy lawrlwytho ap y Cerdyn Melyn, neu drwy ffonio **0800 731 6789** (Dydd Llun i Ddydd Gwener, 9yb i 5yh).

I gael rhagor o wybodaeth am iechyd rhywiol, yn cynnwys cyngor a phrofion yn eich ardal chi, ewch i **www.ircymru.online** (safle allanol)

Gallwch ddod o hyd i'ch clinig iechyd rhywiol agosaf yn **111.wales.nhs.uk/localservices** (safle allanol). Cliciwch ar y tab 'Iechyd Rhywiol ac Atgenhedlu' i weld y gwasanaethau.

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

Sganiwch fi i fynd i wefan Iechyd Cyhoeddus Cymru

Gorffennaf 2025
© Ymddiriedolaeth y GIG Iechyd Cyhoeddus Cymru
(gyda chydnabyddiaeth i Asiantaeth Diogelwch Iechyd
y DU ac Iechyd Cyhoeddus yr Alban)
ISBN 978-1-83766-551-8

Further information

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

You can find out more about vaccines offered in Wales at **phw.nhs.wales/vaccines**

To find out more about the mpox vaccine, including its contents and possible side effects, go to **products.mhra.gov.uk/search** (external site) or **www.fda.gov** (external site). Enter the name of the vaccine in the search bar. You can also see the patient leaflet online.

You can find the name of the vaccine at **phw.nhs.wales/mpoxvaccine**

You should report suspected side effects online at **www.mhra.gov.uk/yellowcard** (external site), by downloading the Yellow Card app, or by calling **0800 731 6789** (Monday to Friday, 9am to 5pm).

For more information about sexual health, including advice and testing in your area, visit: **www.shwales.online/index.html** (external site)

You can find your nearest sexual health clinic at **111.wales.nhs.uk/localservices** (external site). Click on the 'Sexual & Reproductive Health' tab to view the services.

To find out how the NHS uses your information, visit: **111.wales.nhs.uk/AboutUs/Yourinformation** (external site)

Scan me to go to the Public Health Wales website

Crystal Mark 24387 Clarity approved by Plain English Campaign

July 2025
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ISBN 978-1-83766-551-8

Use the table below to record your MVA vaccinations.

MVA vaccine	Date given
Dose 1	
Dose 2	

The information in this leaflet is correct at the time of publication. For the most up-to-date information, please visit **phw.nhs.wales/vaccines**

If you have atopic dermatitis (a form of eczema), you may get a stronger skin reaction from the vaccine. This can include redness, swelling and itching. You might also get other general symptoms, such as a headache, muscle pain, and feeling sick or tired. Your skin condition may also flare up or worsen.

Side effects may be more common in people who have previously had a dose of the old (live) smallpox vaccine.

If you have any questions or concerns about side effects, you can ask the person giving you the vaccine, visit **111.wales.nhs.uk** (external site) or contact NHS 111 Wales by calling **111**.

See the back page of this leaflet for more details on:

- the vaccine, including all possible side effects, and
- reporting suspected side effects through the Yellow Card scheme.

Rarely, people can have a severe reaction soon after vaccination, which causes breathing difficulties and may cause them to collapse. This is called an anaphylactic reaction, and it can also happen with other medicines and food. These reactions are extremely rare, affecting less than one in a million people. Staff who give vaccinations are trained to manage these reactions.

People who have an anaphylactic reaction can be successfully treated and usually recover within a few hours.

Did you know?

You may also be eligible for the following vaccines.

- Hepatitis A
- Hepatitis B
- HPV
- Meningitis B

For more information, talk to your sexual health service.

What if I am taking other medicines?

Tell your doctor or nurse about any medicines you are currently taking or have recently taken. You should also tell them about any other vaccines you have recently had. In most cases, you should be fine to have the vaccine.

The vaccine is safe for people living with HIV and those taking PrEP. You can also have the vaccine at the same time as other important vaccines, including those which protect against human papilloma virus (HPV), hepatitis A, hepatitis B and gonorrhoea.

What are the side effects of the MVA vaccine?

Like all medicines, vaccines can cause side effects. Most of these are mild and short-term, and not everyone gets them. Common side effects from the vaccine should only last a few days.

Common side effects include:

- pain, redness, swelling, hardness or itching where the injection was given
- a headache
- muscle aches or joint pain
- feeling sick
- tiredness
- chills and fever, and
- loss of appetite.

If you feel faint after the vaccination, you should wait for 15 minutes before you drive.

If you get any of the side effects listed above, you can rest and take the normal dose of paracetamol (follow the advice in the packaging) to help you feel better. Do not drive or use machines if you are feeling unwell.

If the side effects last for more than a few days, you should speak to a healthcare professional.

Speak to the person giving you the vaccine if you have had a serious allergic reaction to the vaccine or its ingredients in the past.

If I am unwell, should I have the vaccine?

If you are unwell, it is better to wait until you have recovered to have a vaccine. A cold or other minor illness is not a reason to delay your vaccine.

If you have a high temperature and have been in close contact with someone who has confirmed mpox, you may need to be checked for early signs of mpox infection.

If in doubt, discuss this with the person giving you your vaccination.

What if I have a weakened immune system?

If you have a condition or treatment that weakens your immune system or you are living with HIV, the vaccine may not protect you as well. Let your doctor or nurse know before you have your vaccination.

What if I am pregnant?

If you are pregnant, think you may be pregnant or are planning to have a baby, talk to your doctor or nurse before you have the vaccination. The MVA vaccine does not cause smallpox or mpox, so it cannot spread to an unborn child.

Mpox may be more severe during pregnancy, and there is also a risk of passing mpox to your baby. Your doctor or nurse will help you understand the benefits of the vaccine and any possible risks.

I am breastfeeding, should I still have the vaccine?

If you are breastfeeding, you can have the vaccine. It is unlikely that the vaccine will pass into your breast milk.

If you do get mpox, there is a risk of passing the infection to your baby, and mpox may be more severe in small babies. Your doctor or nurse can help to explain the benefits of vaccination.

After two doses of the vaccine, most people develop a good level of protection against mpox. The second dose can be given at least 28 days after your first dose.

Even after two doses, you should continue to be aware of the risks and symptoms of mpox as no vaccine is 100% effective. You should also continue to get tested for STIs (sexually transmitted infections) regularly.

How is the MVA vaccine given?

The vaccine will usually be injected into your upper arm.

What if I have a fear of needles?

If you have a fear of needles, let the person giving you the vaccine know. They will support you.

Where can I get my vaccinations?

The MVA vaccine is available free from sexual health services for those who are eligible. You can find your nearest sexual health clinic at **111.wales.nhs.uk/localservices** (external site). Click on the 'Sexual & Reproductive Health' tab to view the services.

NHS Wales strongly recommends you get the MVA vaccine as soon as it is offered to you.

Should I have the vaccine if I have had mpox already?

You can still be vaccinated if you have already had and recovered from an mpox infection. A previous infection with mpox does not mean you cannot get mpox again. If you meet the criteria, you should be offered the MVA vaccine.

Is there anyone who should not have the MVA vaccine?

Very few people cannot have the MVA vaccination. You should not have the vaccine if you have had a serious (life-threatening) reaction to:

- a previous dose of the same vaccine, or
- any ingredient in the vaccine.

The vaccine contains very small amounts of chicken protein and benzonase, as well as the antibiotics gentamicin and ciprofloxacin.

How does the vaccine work?

The MVA vaccine contains a virus which has been modified so that it cannot grow in the human body. This vaccine was developed as a much safer form of the smallpox vaccine used widely in the UK and abroad until the 1970s.

Fact!

The MVA vaccine cannot cause or spread smallpox or mpox.

As mpox is caused by a virus like smallpox, vaccines made to protect against smallpox can help prevent or reduce the risk of severe illness from mpox infection.

Is the vaccine safe?

Yes, the MVA vaccine is safe. It meets all safety standards. Once a vaccine is in use, its safety continues to be monitored.

How many doses are needed?

Most people need two doses.

The second dose should be given at least 28 days after your first dose.

If you have previously been vaccinated against smallpox with the old (live) smallpox vaccine, you will only need a single dose of the MVA vaccine.

Once your course is complete, you do not need any more vaccines to protect you against mpox, unless you have a very weakened immune system and had your last dose more than two years ago.

Does the vaccine work?

The first dose of the vaccine should give you the highest level of protection about four weeks after you get it.

The vaccine may not prevent mpox completely, but if you do get it, your symptoms are likely to be milder.

! Two doses provide longer-lasting protection, which is why it is important to have both doses of the vaccine.

Who can have the vaccine?

The vaccine is available to GBMSM who meet certain criteria and is offered on a case-by-case basis to help protect against mpox.

The vaccine may also be offered to anyone who has close and intimate contact with people at higher risk of mpox in the GBMSM community. This includes people of any gender or sexual orientation.

You can get your mpox vaccine through sexual health services if you:

- have multiple sexual partners
- take part in group sex (or sex parties)
- visit sex venues (like saunas or backrooms), or
- have had a recent bacterial infection from sex, such as chlamydia or gonorrhoea, in the last year.

You may also be able to get the vaccine if you work in places where mpox could spread. This includes sauna staff or anyone who handles items or surfaces that may contain body fluids or skin cells.

You won't get an invitation for the vaccine, but if you contact or visit a sexual health clinic and meet the criteria listed above, you should be offered the vaccine.

For more information on where to get the mpox vaccine, visit: 111.wales.nhs.uk/localservices (external site). Click on the 'Sexual & Reproductive Health' tab to view the services.

Which vaccine will I be offered?

You will be offered the Modified Vaccinia Ankara (MVA) vaccine. This vaccine helps protect you against mpox (and smallpox).

A rash usually appears one to five days after a fever starts.

- The rash may start on the face or in the genital area.
- It can then spread to other parts of the body.

The mpox rash goes through several stages before forming scabs which fall off.

Mpox can continue to spread to other people until the scabs have completely healed. The rash from mpox may sometimes look like other diseases, such as chickenpox.

> **! If you think you have mpox symptoms, contact NHS 111 Wales by calling 111, or contact a sexual health service or your GP straight away.**

For more information about the symptoms of mpox, visit:
NHS 111 Wales - Health A-Z : Mpox (external site)

What can I do to protect myself and others from mpox?

If you are eligible for the vaccine, it will help protect yourself and others. You should also:

- wash your hands regularly with soap and water or use hand sanitiser
- avoid sex and close contact if you have symptoms
- avoid sharing bedding or towels with anyone who may have mpox, and
- watch for symptoms for three weeks after travelling to countries where mpox is present.

For more information about avoiding or passing on mpox, visit:
NHS 111 Wales - Health A-Z : Mpox (external site)

Why am I being offered an mpox vaccine?

Vaccine experts recommend offering the vaccine to people who are most likely to come into contact with the virus. The vaccine is available routinely through sexual health services.

What is mpox?

Mpox is a rare disease caused by the mpox virus (also known as the monkeypox virus or MPXV). The mpox virus is similar to the virus that causes smallpox, but it causes a different illness. Most people with mpox get better on their own within a few weeks, but some people can become seriously ill.

Fact!
Mpox outbreaks have mostly occurred in Central and East Africa. However, since 2022, the virus has spread to other countries, including the UK.

How does mpox spread?

The mpox virus needs close contact to spread between people. It can spread through:

- close physical contact with mpox lesions (open sores) or scabs (during sex, kissing, cuddling or holding hands)
- close physical contact with bodily fluids (such as saliva, snot or mucus), including during sexual contact, and
- contact with bedding, clothing or towels used by someone with mpox.

Mpox may also spread through coughing, sneezing or breathing near someone. However, there is limited evidence for this.

What are the symptoms of mpox?

Symptoms of mpox (see below) usually start within five to 21 days of being infected. However, not everyone who has mpox gets all these symptoms. Although most people recover on their own within a few weeks, some can become seriously ill.

The initial symptoms may include:

- a fever
- a headache
- flu-like symptoms (joint pain, muscle and backache, shivering and tiredness), and
- swollen glands in the neck, armpits or groin.

Mae Brechu yn achub bywydau
Vaccination saves lives

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Protecting you from Mpox with a routine vaccination programme

Key facts

Mpox is a rare disease caused by the mpox virus, which spreads through close contact between people.

A vaccine is available to help protect against mpox. In Wales, the NHS offers the vaccine on a case-by-case basis to gay, bisexual and other men who have sex with men (GBMSM) who meet any of the criteria in the list below.

- Have multiple sexual partners
- Take part in group sex (or sex parties)
- Attend sex venues (like saunas or backrooms)
- Have had a recent bacterial infection from sex, such as chlamydia or gonorrhoea, in the last year

People who have close and intimate contact with those in the GBMSM community who are at high risk of mpox may also have the vaccine. This includes people of any gender or sexual orientation.

Take action: If you think you're at risk, book an appointment with your sexual health service.

You can find a list of sexual health services in Wales at **111.wales.nhs.uk/localservices** (external site). Click on the 'Sexual & Reproductive Health' tab to view the services.

Scan me for more information on mpox