



Mae Brechu yn achub bywydau
Vaccination saves lives

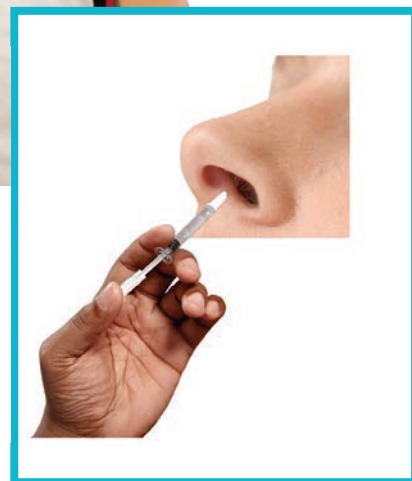


GIG
CYMRU
NHS
WALES

Iechyd Cyhoeddus
Cymru
Public Health
Wales

Y brechlyn fflw trwynol

Gwybodaeth am y brechlyn fflw i
blant a phobl ifanc

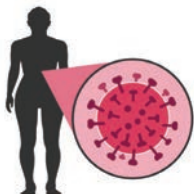


Beth sydd yn y llyfryn hwn



Tudalen 1

Beth yw'r ffliw



Tudalen 2

Beth yw brechlyn



Tudalen 3

Am y brechlyn ffliw



Tudalen 5

Cael y brechlyn ffliw



Tudalen 6

Ble i gael y brechlyn



Tudalen 6

Plant â chyflyrau iechyd
hirdymor



Tudalen 8

Gofalwyr ifanc



Tudalen 9

Plant a phobl ifanc na ddylent
gael y chwistrell trwyn

Beth sydd yn y llyfryn hwn



Tudalen 12 Yr hyn sydd angen i chi ei wneud



Tudalen 14 Beth fydd yn digwydd os na fydd eich plentyn yn cael ei frechlyn



Tudalen 14 Beth fydd yn digwydd os bydd eich plentyn yn sâl pan fydd hi'n amser cael y brechlyn



Tudalen 15 Alergeddau



Tudalen 17 Sgîl-effeithiau



Tudalen 20 Gelatin



Tudalen 21 Rhagor o wybodaeth

Beth yw'r fflw



Mae'r **ffliw** yn salwch sy'n gallu gwneud i chi deimlo'n sâl iawn. Mae'n gallu lledaenu'n hawdd i bobl eraill.



Mae'r fflw yn gallu bod yn ddifrifol iawn i blant. Mae'n gallu gwneud rhai plant yn wael iawn ac efallai bydd angen iddyn nhw fynd i'r ysbyty.

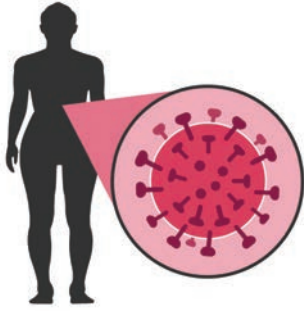


Mae'n bwysig iawn ceisio diogelu plant rhag y fflw.



Gall y brechlyn fflw diogelu plant rhag y fflw.

Beth yw brechlyn



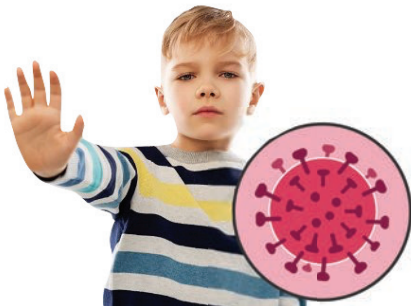
Mae **brechlyn** yn feddyginiaeth sy'n helpu i'ch cadw chi'n ddiogel rhag dal salwch.



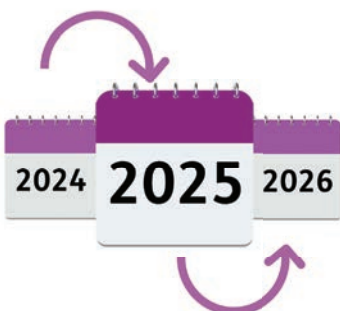
Mae'r **brechlyn fflw** yn feddyginiaeth sy'n helpu i'ch diogelu rhag dal rhai mathau o fflw.



Mae'r brechlyn fflw yn cael ei roi drwy chwistrell i fyny eich trwyn neu drwy bigiad.



Yna bydd eich corff yn gallu brwydro yn erbyn y salwch os byddwch chi'n ei ddal yn y dyfodol.



Dylai eich plentyn gael y brechlyn fflw bob blwyddyn i'w ddiogelu rhag y fflw.

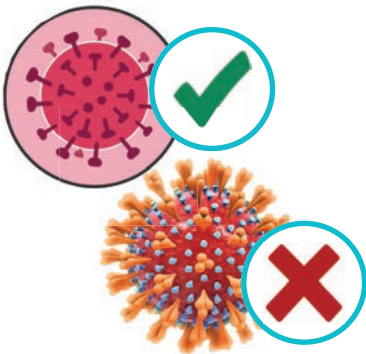
Am y brechlyn fflw



Mae'r brechlyn fflw yn ddiogel iawn.
Fydd y brechlyn ddim yn rhoi'r fflw
i'ch plentyn.



Mae'n cymryd 2 wythnos i'r brechlyn
weithio'n iawn.



Mae'r brechlyn fflw yn helpu i atal
eich plentyn rhag cael y fflw. Nid
yw'n helpu i'w atal rhag cael annwyd.



Efallai bydd eich plentyn yn dal y fflw
o hyd ar ôl cael y brechlyn. Ond bydd
yn helpu i'w atal rhag mynd yn sâl
iawn os bydd yn ei ddal.



Bydd y brechlyn ffliw yn helpu i'ch diogelu chi, eich plentyn a'ch teulu. Mae'n helpu i atal eich plentyn rhag rhoi'r ffliw i bobl eraill.



Bydd eich plentyn yn gallu cael y brechlyn ffliw ar yr un pryd â brechlynnau ar gyfer clefydau eraill.



Mae gennym fideos ar-lein sy'n dweud wrthoch chi am y brechlyn ffliw.

Rydych chi'n gallu gwylio'r fideos ar ein gwefan:

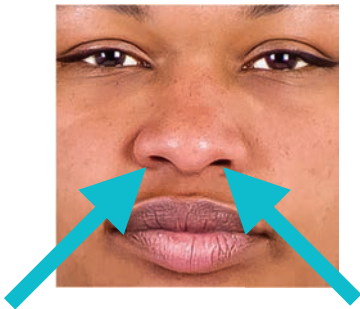
icc.gig.cymru/AmYBrechlynFfliw

Cael y brechlyn fflw



Mae meddygon yn dweud y dylai'r rhan fwyaf o blant a phobl ifanc gael y brechlyn fflw trwy chwistrell i fyny eu trwyn.

Gelwir hyn yn **chwistrell trwynol**.



Bydd eich plentyn yn cael y chwistrell unwaith ym mhob ffroen.



Mae'r chwistrell yn gyflym iawn a dydy e ddim yn brifo.



Dydy rhai plant ddim yn gallu cael y brechlyn fflw fel chwistrell i fyny eu trwynau.

Dim ond fel pigiad y byddan nhw'n gallu cael y brechlyn.

Ble i gael y brechlyn



Mae'r brechlyn yn cael ei roi yn yr ysgol fel arfer.

Mae pob plentyn a pherson ifanc rhwng 2 ac 16 oed yn gallu cael y brechlyn am ddim.



Rydych chi'n gallu gofyn i'ch meddyg lleol amdano os nad yw eich plentyn yn mynd i'r ysgol.

Plant â chyflyrau iechyd hirdymor

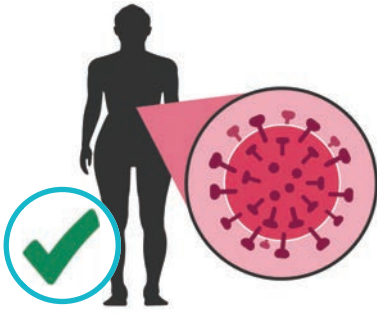


Mae **cyflwr iechyd hirdymor** yn rhywbeth sy'n effeithio ar eich corff.

Pethau fel problemau gyda'ch calon, stumog neu anadlu.



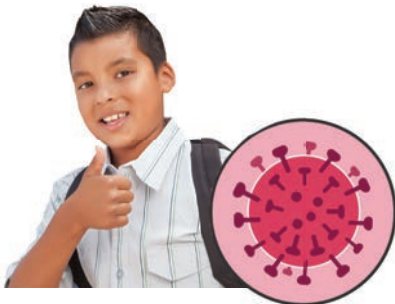
Mae **hirdymor** yn golygu ei fod yn para am 12 mis neu fwy.



Mae'n bwysig iawn bod eich plentyn yn cael y brechlyn fflw os oes gan eich plentyn gyflwr iechyd hirdymor.



Mae angen i rai plant â chyflyrau iechyd hirdymor gael dau ddos o'r brechlyn.



Gallai hyn gynnwys plant sydd:

- Yn cael y brechlyn am y tro cyntaf

a phlant sydd



- Rhwng 6 mis a 9 mlwydd oed.



Dyma'r ffordd orau i helpu i'w hamddiffyn rhag y fflw.



Bydd eich meddyg neu nyrs leol yn dweud wrthy'ch a oes angen i'ch plentyn gael dau ddos o'r brechlyn.

Gofalwyr ifanc



Mae'n bwysig iawn bod plant a phobl ifanc sy'n gofalu am rywun arall yn cael y brechlyn ffliw.



Mae'n arbennig o bwysig os yw'r person y maen nhw'n gofalu amdano yn hŷn neu â chyflwr iechyd.



Bydd y brechlyn ffliw yn helpu i ddiogelu'r plentyn neu'r person ifanc a'r person y maent yn gofalu amdano.

Plant a phobl ifanc na ddylent gael y chwistrell trwynol

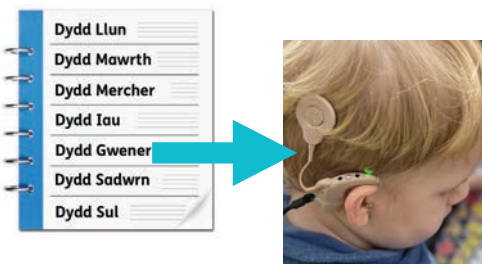
Plant sy'n cael mewnbaniad yn y cochlea



Mae **mewnbaniad yn y cochlea** ychydig yn debyg i feicroffon bach sy'n cael ei roi y tu ôl i'ch clust. Mae'n helpu pobl i glywed.

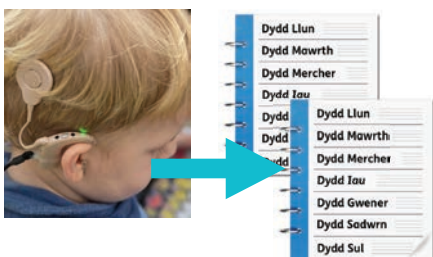


Siaradwch â'ch nyrs neu feddyg yn gyntaf os bydd eich plentyn yn cael mewnbaniad yn y cochlea:



- Yn ystod yr wythnos cyn y bydd yn cael y brechlyn

neu



- Yn ystod y 2 wythnos ar ôl i'ch plentyn gael y brechlyn.



Plant ag asthma

Mae **asthma** yn gyflwr iechyd a all ei gwneud hi'n anoddach anadlu.



Bydd rhai plant sydd ag asthma yn cael cynnig pigiad yn lle'r chwistrell trwyn os:



- Ydynt yn cymryd tabledi penodol i helpu i reoli eu hasthma

neu os



- Ydynt wedi bod yn wael iawn yn yr ysbyty oherwydd asthma yn ystod yr wythnosau diwethaf.

Plant ag annormaleddau'r wyneb a'r penglog



Mae hyn yn digwydd pan fydd rhannau o'r wyneb neu'r pen yn tyfu mewn ffordd wahanol.



Ni all eich plentyn gael y chwistrell trwyn os yw'n aros i gael llawdriniaeth i gywiro hyn.

Mae angen i chi wneud y canlynol



Bydd eich meddyg lleol yn cysylltu â chi os yw eich plentyn yn 2 neu 3 oed.

Bydd y meddyg yn dweud wrthoch chi sut mae trefnu amser ar gyfer cael y brechlyn.



Bydd yr ysgol neu'r feithrinfa yn anfon llythyr a ffurflen atoch chi i'w llenwi os yw eich plentyn yn yr ysgol neu'n mynd i feithrinfa.



Bydd y ffurflen yn gofyn a ydych chi'n cytuno i'ch plentyn gael y brechlyn.



Llenwch y ffurflen cyn gynted ag sy'n bosibl.



Mae eich plentyn yn gallu llenwi'r ffurflen ei hunan os yw'n 16 oed neu'n hŷn.



Dylech chi siarad â'ch plentyn cyn iddo gytuno i gael y brechlyn.



Bydd eich meddyg yn cysylltu â chi am y brechlyn os yw eich plentyn:



- Yn iau na 2 oed ac mae ganddo gyflwr iechyd hirdymor

neu



- Os yw'n 16 neu 17 oed ac mae ganddo gyflwr iechyd hirdymor.



Cysylltwch â'ch meddyg lleol os na fyddwch chi'n cael ffurflen neu lythyr.



Cysylltwch â'ch meddyg os yw'ch plentyn yn 4 oed neu'n hŷn a dydy e ddim yn mynd i'r ysgol neu'r feithrinfa.

Beth fydd yn digwydd os na fydd eich plentyn yn cael ei frechlyn



Siaradwch â nyrs yr ysgol neu eich meddyg lleol os na fydd eich plentyn yn cael ei frechlyn.

Byddan nhw'n siarad â chi am sut mae cael apwyntiad arall.



Dylech wneud apwyntiad newydd cyn gynted â phosibl.

Beth fydd yn digwydd os bydd eich plentyn yn sâl pan fydd hi'n amser cael y brechlyn



Mae'n well aros nes ei fod yn teimlo'n well os yw eich plentyn yn teimlo'n sâl pan fydd hi'n amser cael y brechlyn.



Siaradwch â nyrs yr ysgol neu'ch meddyg lleol os oes gennych bryderon.

Alergeddau



Mae'r rhan fwyaf o blant sydd ag alergeddau yn gallu cael y brechlyn fflw heb unrhyw broblemau.

Ddylai eich plentyn **ddim** cael y brechlyn os:



- Os oes ganddo alergedd i rywbeth y mae'r brechlyn wedi'i wneud ohono ac mae'n achosi iddo gael **adwaith difrifol**

neu



- Os yw wedi cael **adwaith difrifol** i frechlyn fflw o'r blaen.

Adwaith difrifol yw pan fydd y canlynol yn digwydd:



- Byddwch chi'n ei chael hi'n anodd anadlu.



- Byddwch chi'n teimlo'n ddryslyd, yn llewygu a dydych chi ddim yn gallu cael eich deffro.



- Bydd eich wyneb, gwddf neu dafod yn dechrau chwyddo.

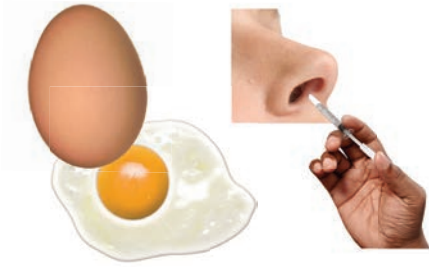


Ni fydd llawer o blant yn cael adwaith difrifol.



Mae'r nyrs sy'n rhoi'r brechlyn wedi cael hyfforddiant arbennig.

Bydd yn gwybod beth i'w wneud ar unwaith os bydd eich plentyn yn cael adwaith difrifol i'r brechlyn.



Mae'r rhan fwyaf o blant ag alergedd i wyau yn gallu cael brechlyn chwistrell trwyn heb gael problemau.



Os oes gan eich plentyn alergedd difrifol i wyau, dylai gael pigiad yn lle chwistrell i fyny'r trwyn.

Sgîl-effeithiau



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

Dydy pawb ddim yn cael sgîl-effeithiau.



Dylai'r rhan fwyaf o'r sgîl-effeithiau bara am 1 neu 2 ddiwrnod ar y mwyaf.

Mae'n bosibl bydd eich plentyn yn teimlo'r pethau canlynol ar ôl cael y brechlyn fflw:



- Tymheredd uchel.

Mae **tymheredd uchel** yn 38 gradd neu fwy ar thermomedr.



- Teimlo'n flinedig iawn.



- Dim llawer o chwant bwyd.



- Cur pen neu ben tost.



- Poenau yn ei gorff.



- Trwyn sy'n rhedeg neu wedi'i flocio.



- Os yw eich plentyn wedi cael pigiad, mae'n bosibl bydd ei fraich yn brifo.

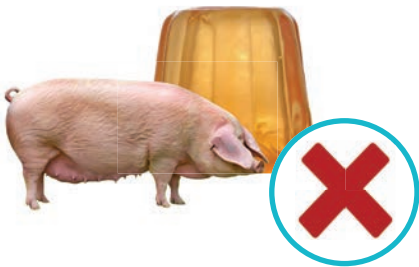


Siaradwch â'ch meddyg lleol neu nyrs ysgol os yw eich plentyn yn teimlo'n sâl ar ôl cael y brechlyn.

Gelatin



Mae **gelatin** yn rhywbeth sydd mewn bwyd weithiau. Mae'n cael ei wneud o rannau o anifeiliaid fel moch.



Mae rhai pobl yn dewis peidio â chael porc na gelatin.



Mae ychydig bach o gelatin yn y brechlyn ffliw chwistrell. Does dim gelatin yn y pigiad.



Os nad yw eich plentyn ddim pethau sy'n cynnwys gelatin, dylai gael y pigiad.

Rhagor o wybodaeth

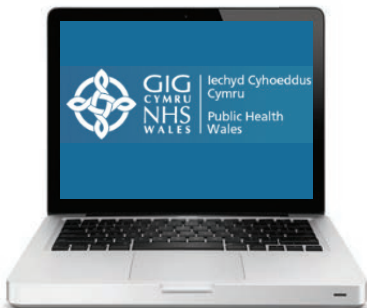


Rydych chi'n gallu siarad â'ch meddyg os hoffech chi gael rhagor o wybodaeth am y brechlyn.



Gallwch chi hefyd ffonio GIG 111 Cymru. **Ffonio 111**

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



Gallwch edrych ar wefan Iechyd Cyhoeddus Cymru:

icc.gig.cymru/brechlynnau



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

111.wales.nhs.uk/amdanomni/eichgwybodaeth



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

Gelatin

Gelatin is something that is sometimes found in food. It is made from parts of animals like pigs.



Some people choose not to have pork or gelatin.



There is a little bit of gelatin in the flu vaccine spray. There is no gelatin in the injection.



If your child does not have things with gelatin in, they should have the injection instead.





If your child feels unwell after the vaccine, speak to your local doctor or school nurse.



● If your child had the vaccine as an injection, they may have a sore arm.



● Having a runny or blocked nose.



● Having aches in their body.



● Having a headache.

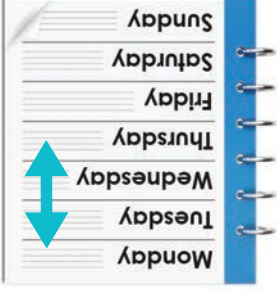


● Not being very hungry.

Side effects

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

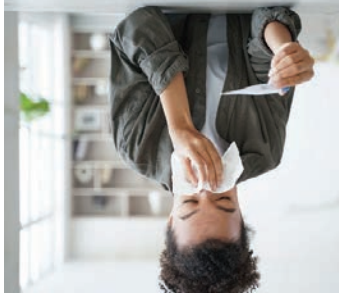
Not everyone has side effects.



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

Things your child might feel after the flu vaccine are:

- Having a high temperature.
- A **high temperature** is 38 degrees or more on a thermometer.



- Feeling very tired.



- Your face, neck or tongue start to swell up.

Not many children have a serious reaction.

The nurse who gives the vaccine has had special training.
They will know what to do straight away if your child has a serious reaction to the vaccine.

Most children with an egg allergy can have a nasal spray vaccine with no problems.

If your child has a serious egg allergy, they should have the vaccine as an injection instead.

Allergies

Most children with allergies can have the flu vaccine with no problems.

Your child should **not** have the vaccine if they:

- Are allergic to something the vaccine is made from and it gives them a **serious reaction**

or

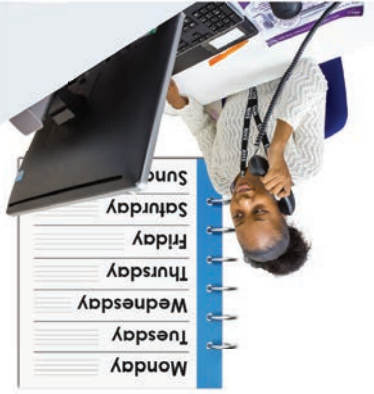
- Have had a **serious reaction** to a flu vaccine before.

A **serious reaction** is when:

- You find it hard to breathe.

- You feel confused, faint and you cannot be woken up.





What happens if your child misses their vaccine

If your child misses their vaccine, speak to the school nurse or your local doctor.

They will talk to you about how to get another appointment.



You should make a new appointment as soon as possible.



What happens if your child is ill when it is time to have the vaccine

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



If you have any worries, speak to the school nurse or your local doctor.



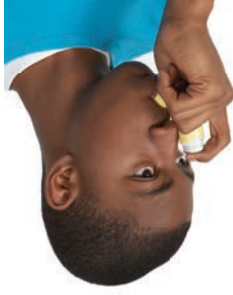
You should talk to your child before they agree to have the vaccine.

Your doctor will contact you about the vaccine if your child is:

- Younger than 2 and has a long term health condition

or

- Aged 16 or 17 and has a long term health condition.



If you do not get a form or a letter, contact your local doctor.



If your child is aged 4 or older and does not go to school or nursery, contact your doctor.

What you need to do

If your child is aged 2 or 3, you will be contacted by your local doctor. They will tell you how to book in for a vaccine.

If your child is in school or nursery, the school or nursery will send you a letter and a form to fill in.

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

Fill in the form as soon as you can.

If your child is 16 or older, they can fill in the form for themselves.



Children who have a craniofacial malformation

This is when parts of the face or head grow in a different way.



If your child is waiting for an operation to fix this, then they cannot have the nasal spray.

Children who have asthma

Asthma is a health condition that can make it harder to breathe.



Some children with asthma will be offered an injection instead of the nasal spray if:



- They take certain tablets to help manage their asthma



or

- They have been seriously ill in hospital with asthma in the last few weeks.



Children and young people who should not have the nasal spray

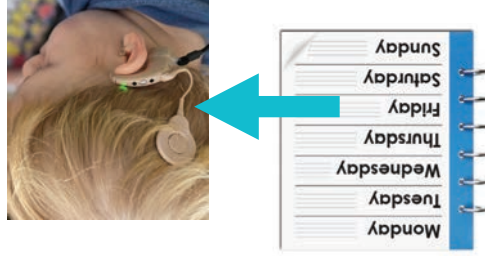
Children who are having a cochlear implant

A **cochlear implant** is a bit like a tiny microphone that is fitted behind your ear. It helps people to hear.

Speak to your school nurse or doctor first if your child will be having a cochlear implant:



- In the week before they are having the vaccine



or

- In the 2 weeks after they have had the vaccine.





Your local doctor or nurse will tell you if your child needs to have 2 lots of the vaccine.

Young carers

It is really important that children and young people who care for someone else get the flu vaccine.



It is especially important if the person they care for is older or has a health condition.



The flu vaccine will help protect both the child or young person and the person they care for.





If your child has a long term health condition, it is really important that they get the flu vaccine.



Some children with long term health conditions need to have 2 lots of the vaccine.



This might be children who:

- Are having the vaccine for the first time



and

- Are between 6 months and 9 years old.



This will help to protect them from flu in the best way.



Long term means it lasts for 12 months or longer.



A long term health condition is something that affects your body. Things like problems with your heart, stomach or breathing.

Children with long term health conditions



If your child does not go to school, you can ask your local doctor about it.



The vaccine is usually given at school. All children and young people from age 2 to 16 can have it for free.

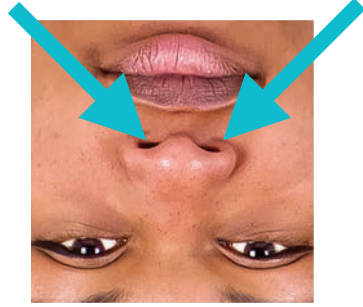
Where to get the vaccine

Having the flu vaccine

Doctors say that most children and young people should have the flu vaccine as a spray up their nose. This is called a **nasal spray**.



Your child will have the spray once in each nostril.



The spray is very quick and it does not hurt.



Some children cannot have the flu vaccine spray up their nose. They can have the vaccine as an injection instead.





The flu vaccine will help to protect your child, you and your family. It helps to stop your child from passing flu onto other people.



Your child can have the flu vaccine at the same time as vaccines for other diseases.



We have some videos online that tell you about the flu vaccine. You can watch the videos on our website:

phw.nhs.wales/AboutTheFluVaccine

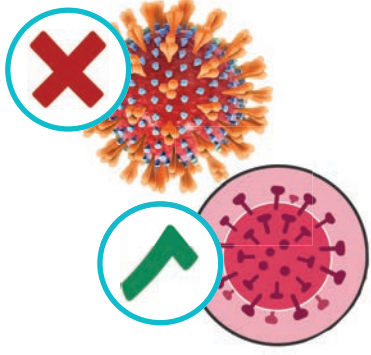
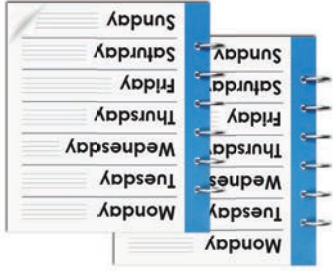
About the flu vaccine

The flu vaccine is very safe. It will not give your child flu.

It takes 2 weeks for the vaccine to work properly.

The flu vaccine only helps to stop your child from getting flu. It does not help to stop them from getting a cold.

Your child might still catch flu after having the vaccine. But it will help to stop them from getting very poorly if they do catch it.



What is a vaccine

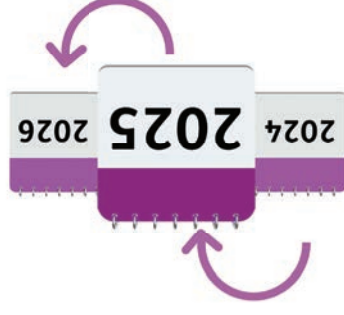
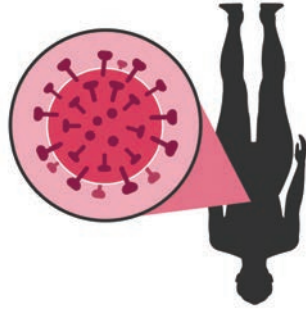
A **vaccine** is a medicine that helps to keep you safe from catching an illness.

The **flu vaccine** is a medicine that helps to keep you safe from catching some types of flu.

Getting the flu vaccine is done by having a spray up your nose or having an injection.

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

Your child should have the flu vaccine every year to protect them from flu.



What is flu

Flu is an illness that can make you feel very ill. It can spread easily to other people.



Flu can be very serious for children. It can make some children very poorly and need to go to hospital.



It is really important to try to protect children from flu.



The flu vaccine can protect children from flu.



What is in this booklet



Page 12 What you need to do



Page 14 What happens if your child misses their vaccine



Page 14 What happens if your child is ill when it is time to have the vaccine



Page 15 Allergies



Page 17 Side effects



Page 19 Gelatine



Page 20 More information

What is in this booklet



Page 1

What is flu



Page 2

What is a vaccine



Page 3

About the flu vaccine



Page 5

Having the flu vaccine



Page 6

Where to get the vaccine



Page 6

Children with long term health conditions



Page 8

Young carers

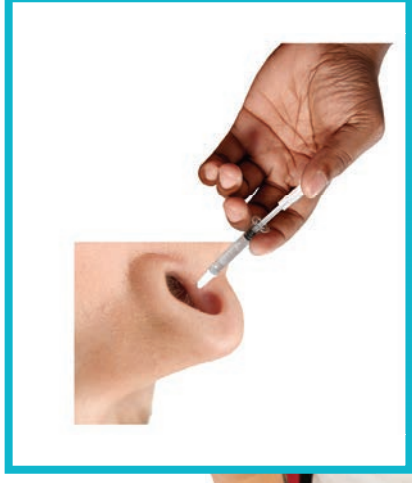


Page 9

Children and young people who should not have the nasal spray

Nasal flu vaccine

Information about the flu vaccine
for children and young people



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

