



Mae Brechu yn achub bywydau
Vaccination saves lives

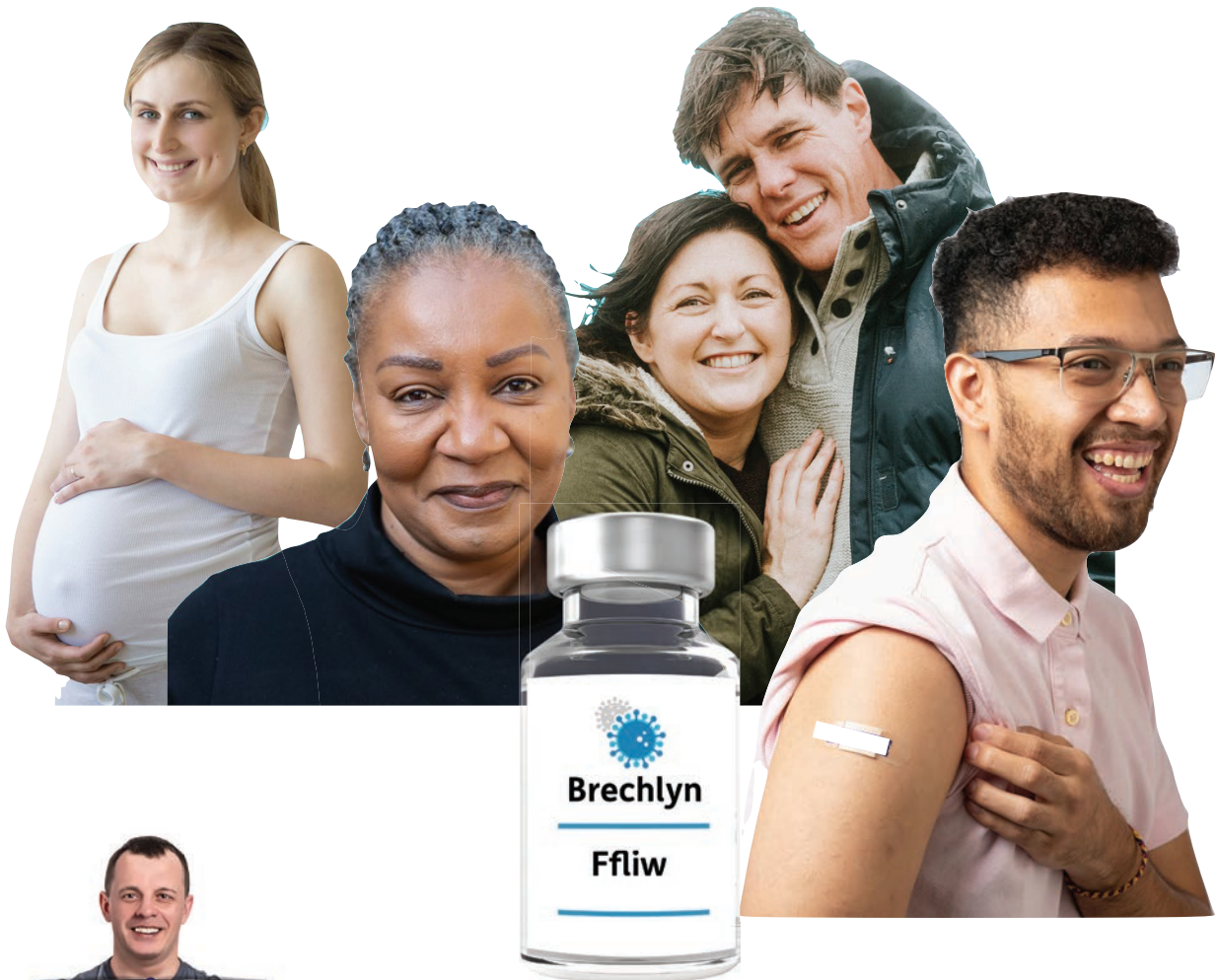


GIG
CYMRU
NHS
WALES

Iechyd Cyhoeddus
Cymru
Public Health
Wales

Y brechlyn ffliw

Gwybodaeth i bobl sy'n cael y
brechlyn ffliw trwy bigiad



Y ffliw



Mae ffliw yn salwch sy'n gallu gwneud i chi deimlo'n sâl iawn.



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

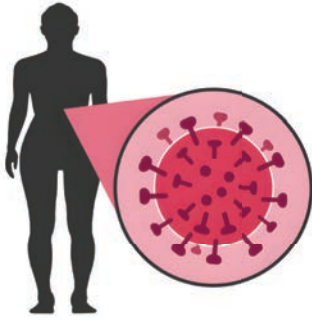


Mae ffliw yn gallu bod yn ddifrifol iawn. Mae'n gallu gwneud rhai pobl yn sâl iawn a byddant yn gorfod mynd i'r ysbyty.



Mae'n bwysig iawn ceisio diogelu eich hun rhag ffliw.

Beth yw brechlyn



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



Mae brechlynnau fel arfer yn cael eu rhoi trwy bigiad yn rhan uchaf eich braich.



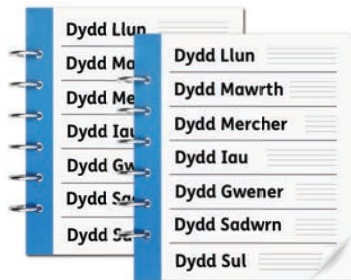
Yna bydd eich corff yn gwybod sut i frwydro yn erbyn y salwch os byddwch chi'n ei ddal yn y dyfodol.



Mae'r rhan fwyaf o blant rhwng 2 a 17 oed yn cael y brechlyn ffliw fel chwistrell i fyny eu trwyn yn lle pigiad.



Mae babanod rhwng 6 a 12 mis oed yn cael y brechlyn yn rhan uchaf eu coes.



Mae'n gallu cymryd 2 wythnos i'r brechlyn fflw ddechrau gweithio.



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



Dydy'r brechlyn fflw ddim bob amser yn atal pobl rhag dal fflw.

Ond mae'r brechlyn yn gallu helpu i'ch gwneud chi yn llai sâl os byddwch chi'n dal fflw.



Mae'r brechlyn fflw hefyd yn gallu helpu i'ch rhwystro chi rhag rhoi fflw i bobl eraill.



Dylech chi gael y brechlyn fflw bob blwyddyn i'ch amddiffyn chi rhag fflw.

Pwy sy'n gallu cael y brechlyn fflw



Mae rhai pobl yn gallu mynd yn sâl iawn os ydynt yn dal fflw.



Dylech chi gael y brechlyn fflw os ydych chi:

- Yn feichiog.



- Yn 65 oed neu'n hŷn.



- Rhwng 6 mis a 64 oed ac yn dioddef o **gyflwr iechyd hirdymor**.

Mae **cyflwr iechyd hirdymor** yn rhywbeth sy'n effeithio ar eich corff am 12 mis neu fwy.

Pethau fel problemau gyda'ch calon neu anadlu.



- Ag anabledd dysgu.



- A phroblem iechyd meddwl ddifrifol.

Iechyd meddwl yw pethau fel eich meddyliau, eich teimladau a sut rydych chi'n ymdopi â bywyd bob dydd.



Dylai rhai grwpiau eraill o bobl gael y brechlyn ffliw hefyd.

Dylech chi gael y brechlyn os ydych chi:

- Yn gofalu am bobl eraill

neu os ydych chi



- Yn byw neu'n gweithio gyda phobl sydd â mwy o siawns o fod yn sâl os ydyn nhw'n dal ffliw.





Cael eich brechlyn fflw

Mae cael y brechlyn fflw yn gyflym ac yn hawdd.



Fel arfer gallwch chi gael y brechlyn rhwng mis Medi a mis Hydref.



Dylech chi gael y brechlyn cyn gynted â phosib ar ôl cael cynnig.



Siaradwch â'ch meddygon lleol neu holwch yn y fferyllfa i gael gwybod ble gallwch chi gael y brechlyn.



Gallwch chi gael y brechlyn fflw ar yr un pryd â'r rhan fwyaf o frechlynnau eraill.



Bydd y meddyg neu'r nyrs yn trafod hyn gyda chi yn eich apwyntiad.



Dywedwch wrth y person sy'n rhoi'r brechlyn i chi os ydych chi'n poeni am nodwyddau. Bydd y person yn eich cefnogi chi.

Beth ddylech chi ei wneud os ydych chi'n sâl pan fydd yn amser i chi gael y brechlyn



Os ydych chi'n sâl, mae'n well aros nes eich bod chi'n teimlo'n well i gael y brechlyn.



Dylech chi ganslo eich apwyntiad a threfnu apwyntiad newydd.

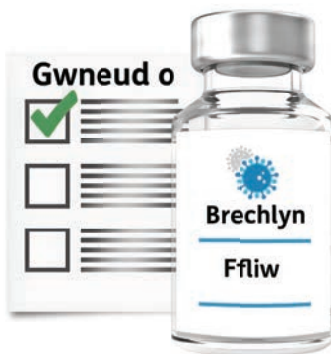
Ond dylech chi geisio cael y brechlyn cyn gynted â phosibl.

Pwy na ddylai gael y brechlyn



Mae'r rhan fwyaf o bobl sydd ag alergedd i rywbeth yn gallu cael brechlyn fflw heb broblem.

Ddylech chi ddim cael y brechlyn os oes gennych chi:



- Alergedd i rywbeth sydd yn y brechlyn sy'n achosi i chi gael **adwaith difrifol**

neu



- Os ydych chi wedi cael **adwaith difrifol** i'r brechlyn fflw o'r blaen.



Adwaith difrifol yw pan fyddwch chi:

- Yn cael trafferth anadlu.



- Yn teimlo'n ddryslyd, yn benysgafn a dydy hi ddim yn bosibl eich deffro chi.



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



Rhowch wybod i'r person sy'n rhoi'r brechlyn i chi os ydych chi wedi cael adwaith difrifol i'r brechlyn o'r blaen.

Sgil-effeithiau



Sgil-effeithiau yw pethau sy'n gallu digwydd i chi ar ôl i chi gael y brechlyn.

Fydd pawb ddim yn cael sgil-effeithiau.



Mae sgil-effeithiau fel arfer yn gwella ar ôl 1 neu 2 ddiwrnod.

Mae'n bosibl y byddwch chi'n teimlo'r pethau canlynol ar ôl i chi gael brechlyn fflw:



- Braich boenus lle cawsoch y pigiad.



- Y corff yn brifo neu gur pen/pen tost.



- Teimlo wedi blino.



- Dim yn teimlo'n llwglyd.



- Mynd i'r tŷ bach i gael pŵ yn fwy aml neu gael mwy o pŵ dyfrllyd neu feddal nag ydych chi fel arfer.



Efallai bydd babanod a phlant bach hefyd:

- Yn ofidus neu'n crio lot.



- Dim yn teimlo'n llwglyd iawn.



- Yn gysglyd iawn.



Siaradwch â'ch nyrs neu feddyg lleol os ydych chi'n poeni am sgil-effeithiau.

Rhagor o wybodaeth



Rydych chi'n gallu siarad â'ch meddyg os ydych chi eisiau mwy o wybodaeth am y brechlyn.



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

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.

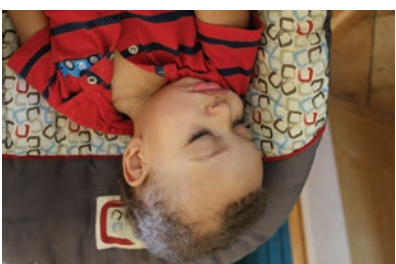


You can look on the Public Health
Wales website:
phw.nhs.wales/vaccines



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





- Be very sleepy.



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



- Not feel very hungry.



- Be upset or cry a lot.

Babies and young children might also:



- Pooping a lot or having more runny or soft poo than is normal for you.



- Not feeling hungry.



- Feeling tired.

Side effects

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

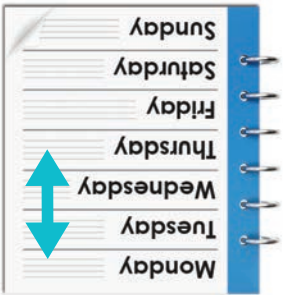
Not everyone has side effects.

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

Things you might feel after the flu vaccine are:

- Having a sore arm where you had the injection.

- Having aches in your body or having a headache.





- You find it hard to breathe.



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



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



Tell the person giving you the vaccine if you have had a serious reaction to the vaccine before.

Who should not have the vaccine

Most people who are allergic to something can have the flu vaccine with no problems.



You should **not** have the vaccine if you:

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



or

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





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

If you are worried about needles, tell the person who is giving you the vaccine. They will support you.

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

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

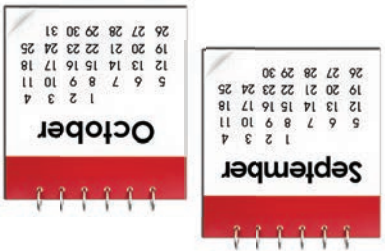
You should cancel your appointment and make a new one.
But you should try to have the vaccine as soon as possible.

Getting your flu vaccine

It is quick and easy to get the flu vaccine.



You can usually get it from September and October.



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



Speak to your local doctors or ask at the chemist to find out where you can have the vaccine.



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





- Have a learning disability.

- Have a serious **mental health problem**.

Mental health is things like your thoughts, feelings and how you cope in everyday life.

Some other groups of people should also have the flu vaccine.

- Care for other people
- You should have the vaccine if you:

or

- Live or work with people who have more chance of being poorly if they catch flu.

Who can have the flu vaccine

Some people have more chance of being very poorly with flu.



You should have the flu vaccine if you:

- Are pregnant.

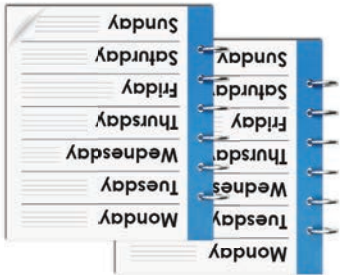


- Are aged 65 or older.



- Are aged 6 months to 64 years old with a **long term health condition**.
A **long term health condition** is something that affects your body for 12 months or more.
Things like problems with your heart or breathing.





It can take 2 weeks for the flu vaccine to start working.



The flu vaccine is very safe. It will not give you flu.



The flu vaccine may not always stop you from catching flu.
But it can help make you less poorly if you do catch it.



The flu vaccine can also help to stop you from passing flu onto other people.

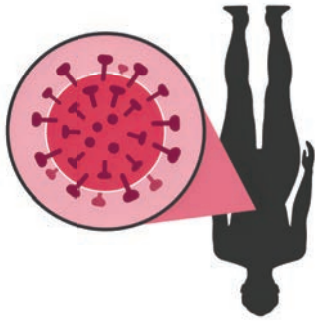


You should have the flu vaccine every year to protect you from flu.

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.

Most children aged 2 to 17 years old have the flu vaccine as a spray up their nose instead.



Babies aged 6 to 12 months have the vaccine in the top of their leg.

About flu

Flu is an illness that can make you feel very ill.

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

Flu can be very serious. It can make
some people very poorly and have to
go into hospital.

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



Flu vaccine

Information for people having the flu vaccine by injection

