Mae Brechu yn achub bywydau
Vaccination saves lives

GIG CYMRU NHS WALES
Iechyd Cyhoeddus Cymru
Public Health Wales

Y brechlyn rotafeirws

Amddiffyn eich baban rhag rotafeirws

Beth yw rotafeirws

Mae rotafeirws yn salwch sy'n gallu gwneud i chi:

- Teimlo eich bod am chwydu neu chwydu

  a

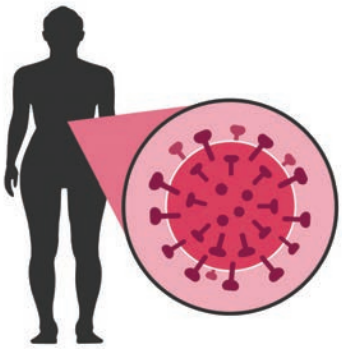
- Gwneud pŵ yn aml. Efallai bydd eich pŵ yn fwy dyfrllyd neu feddal.

Mae rotafeirws yn lledaenu'n hawdd iawn i bobl eraill.

Mae'r rhan fwyaf o fabanod sy'n dal rotafeirws yn gwella'n gyflym gartref.

Mae rotafeirws yn gallu bod yn ddifrifol iawn i rai babanod. Mae'n gallu eu gwneud nhw'n sâl iawn. Mae rhai babanod yn gorfod mynd i'r ysbyty.

Beth yw brechlyn



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

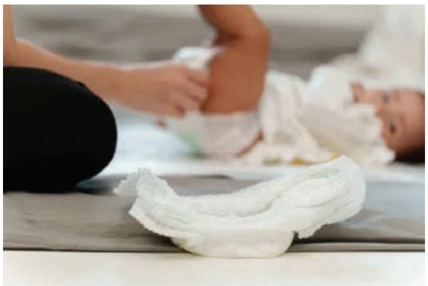
Mae’r brechlyn rotafeirws yn cael ei roi ar ffurf diferion sy’n cael eu chwistrellu i geg eich baban. Rydym yn galw hyn yn **ddos** o'r brechlyn.

Bydd corff eich baban yna’n gwybod sut i frwydro yn erbyn rotafeirws os bydd yn dal y feirws yn y dyfodol.

Mae'r brechlyn rotafeirws yn ddiogel iawn. Fydd y brechlyn ddim yn rhoi rotafeirws i'ch baban.

Efallai bydd eich baban yn dal rotafeirws ar ôl cael y brechlyn.

Ond bydd y brechlyn yn helpu i atal eich baban rhag mynd yn sâl iawn os bydd yn dal y feirws.



Fydd y brechlyn ddim yn atal eich baban rhag dal afiechydon eraill sy'n achosi cyfog a phŵ dyfrllyd.

Mae golchi eich dwylo ar ôl newid clwt/cewyn eich baban yn gallu helpu i atal salwch rhag lledaenu.

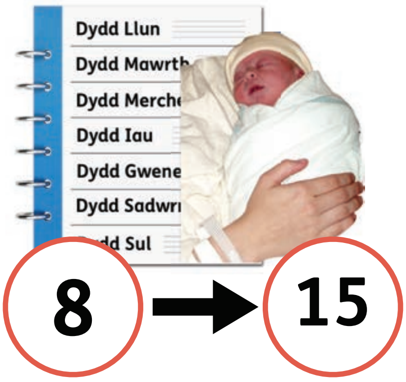
Pryd dylai eich baban gael y brechlyn

Mae babanod angen cael 2 ddos o'r brechlyn.

Fydd y 2 ddos ddim yn cael eu rhoi ar yr un pryd.

Dos 1

Mae babanod yn cael y dos cyntaf yn 8 wythnos oed.



Mae babanod sy’n methu’r dos cyntaf yn 8 wythnos oed yn gallu ei gael cyn iddyn nhw gyrraedd 15 wythnos oed.

Dos 2

Mae angen i dy faban aros am o leiaf 4 wythnos cyn rhoi dos 2.

Mae babanod yn gallu cael dos 2 hyd at 24 wythnos oed.

Mae babanod yn gallu cael y brechlyn rotafeirws ar yr un pryd â brechlynnau eraill.

Mae siawns fach y gall babanod hŷn gael problemau stumog ar ôl cael y brechlyn.

Dyna pam nad yw’r brechlyn yn cael ei roi i fabanod ar ôl 24 wythnos.

Sut i gael y brechlyn

Bydd y nyrs yn eich practis lleol yn dweud wrthoch chi pryd bydd angen i'ch baban gael y brechlyn.

Dylai eich baban gael y brechlyn cyn gynted â phosib ar ôl cael cynnig.

Cysylltwch â'ch meddyg os nad yw'r nyrs wedi sôn am y brechlyn.

Cael y brechlyn

Pan fydd eich baban yn cael y brechlyn bydd yn llyncu'r diferion hylif.

Efallai bydd y nyrs yn rhoi'r diferion iddo eto os bydd eich baban yn poeri'r hylif o'i geg.

Mae'r hylif yn cynnwys ychydig bach o rotafeirws. Ond fydd y brechlyn ddim yn rhoi rotafeirws i'ch baban.

Mae siawns fach iawn y gallai ychydig bach o rotafeirws ddod allan yn ddiweddarach ym mhŵ eich baban. Mae'r siawns o ddal rotafeirws o bŵ eich baban yn fach iawn.

Ond mae'n dal yn bwysig eich bod yn golchi eich dwylo'n ofalus ar ôl newid clwt/cewyn eich baban.

Sgil-effeithiau

Sgil-effeithiau yw pethau a allai ddigwydd i'ch baban ar ôl iddo gael brechlyn. Dydy pob baban ddim yn cael sgil-effeithiau.

Efallai bydd eich baban yn crio lot ac yn edrych yn anhapus ar ôl iddo gael y brechlyn.

Mae rhai babanod hefyd yn gwneud pŵ yn aml neu'n cael pŵ mwy dyfrllyd neu feddal.

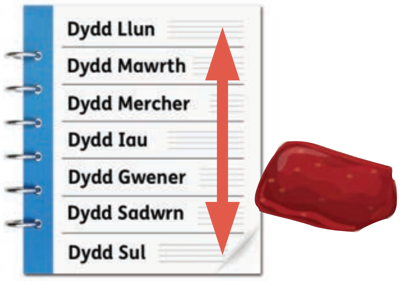
Os ydych chi'n poeni dylech chi siarad â'ch meddyg neu **ymwelydd iechyd**.

Nyrs sydd wedi'i hyfforddi i helpu rhieni, babanod a phlant ifanc yw **ymwelydd iechyd**.

Sgil-effeithiau prin

Mae **prin** yn golygu nad yw'n digwydd i lawer o bobl.

Mae rhai babanod yn cael poen bol neu’n chwydu ar ôl cael y brechlyn.



Efallai y bydd eich baban yn gwneud pŵ sy'n edrych yn debyg i jeli coch o fewn 7 diwrnod o gael y brechlyn.

Ffoniwch eich meddyg yn syth os bydd hyn yn digwydd.

Bwydo ar y fron

Mae'r brechlyn yn ddiogel os ydych chi'n bwydo ar y fron.

Does dim angen i chi stopio bwydo ar y fron cyn nac ar ôl i'ch baban gael y brechlyn.

Beth i'w wneud os bydd eich baban yn sâl pan mae'n bryd iddo gael y brechlyn

Mae'n well i chi ganslo eich apwyntiad a threfnu un newydd os:

- Oes gan eich baban dymheredd uchel ar y diwrnod y mae i fod i gael y brechlyn

  Tymheredd uchel yw tymheredd sy'n uwch na 38 gradd ar thermomedr.

- Yw eich baban yn chwydu a'i bŵ yn ddyfrllyd.

Pwy na ddylai gael y brechlyn

Ddylai rhai babanod ddim cael y brechlyn.

Bydd eich meddyg neu nyrs yn dweud wrthoch chi os na ddylai eich baban gael y brechlyn.

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

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Easy Read UK

More information

If you want more information about the vaccines, 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

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Easy Read UK

What to do if your baby is unwell when it is time to have the vaccine

It is best to cancel your appointment and make a new one if your child:

- Has a high temperature on the day they are having the vaccine

  A **high temperature** is a temperature more than 38 degrees on a thermometer.

- Is being sick and has runny poo.

Who should not have the vaccine

A few babies should not have the vaccine.

Your doctor or nurse will tell you if your baby should not have it.

Rare side effects

Rare means that it does not happen to many people.

Some babies may have a tummy ache or might be sick after the vaccine.

Within 7 days of having the vaccine, they might have poo that looks a bit like red jelly.

If this happens, you should phone your doctor straightaway.

Breastfeeding

The vaccine is safe if you are breastfeeding.

You do not need to stop breastfeeding before or after your baby has the vaccine.

Side effects

Side effects are things that might happen to your child after they have had a vaccine. Not all babies have side effects.

After the vaccine, your baby might cry a lot and seem unhappy.

Some babies might also poo a lot or have more runny or soft poo.

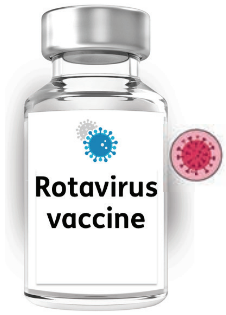
If you are worried speak to your doctor or **health visitor.**

A **health visitor** is a nurse who is trained in helping parents, babies and young children.

Having the vaccine

When your baby has the vaccine, they swallow the drops of liquid.

If they spit it back out, the nurse may give them the drops again.



The liquid has a tiny bit of rotavirus in it. But the vaccine will not give your baby rotavirus.

There is a very small chance that the tiny bit of rotavirus might come out later in your babies poo. The chance of catching rotavirus from your babies poo is very small.

But it is still important for people to wash their hands properly after changing your baby's nappy.

How to get the vaccine

The nurse at your local doctors surgery will tell you when it is time for your baby to have it.

Your baby should have the vaccine as soon as they are offered it.

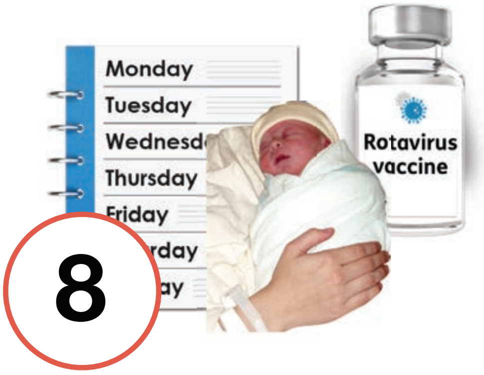
If the nurse has not told you about it, contact your doctors.

Your baby can have the vaccine at the same time as other vaccines.

There is a small chance that older babies can get stomach problems from the vaccine.

This is why we do not give it to babies older than 24 weeks.

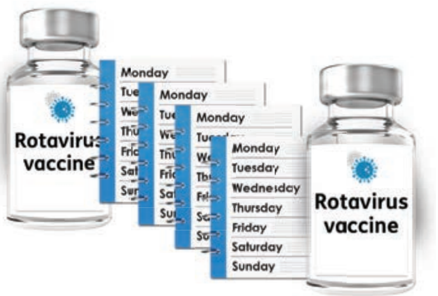
About dose 1



Your baby should have dose 1 when they are 8 weeks old.

If your baby misses dose 1 at 8 weeks old, they can have it up until they are 15 weeks old.

About dose 2

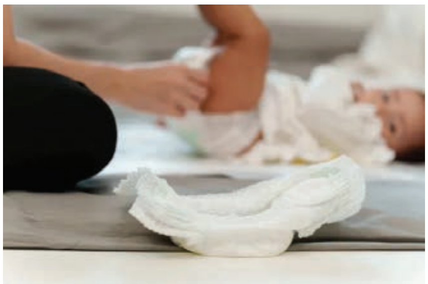


Your baby should have dose 2 at least 4 weeks after dose 1.

They can have dose 2 up until they are 24 weeks old.

Your baby might still catch rotavirus after having the vaccine.

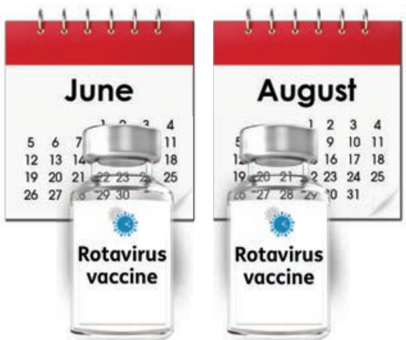
But the vaccine helps to stop your baby from getting very poorly if they do catch it.



The vaccine will not stop your baby from catching other illnesses that cause sickness and runny poo.

Washing your hands after changing your baby's nappy can help to stop illness spreading.

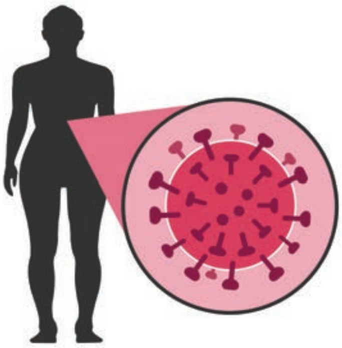
When your baby should have the vaccine



Your baby will need to have 2 doses of the vaccine.

The doses are not given at the same time.

What is a vaccine



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

The rotavirus vaccine is given as drops of liquid that are squirted into your baby's mouth. We call this a **dose** of the vaccine.

Your baby's body then knows how to fight rotavirus if they catch it in the future.

The rotavirus vaccine is very safe. It will not give your baby rotavirus.

What is rotavirus

Rotavirus is an illness that can make you:

- Feel very sick or be sick

and

- Poo a lot. You might have more runny or soft poo.

Rotavirus spreads very easily to other people.

Most babies who catch rotavirus get better quickly at home.

Rotavirus can be very serious for some babies. It can make them very poorly and need to go to hospital.

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Vaccination saves lives

Iechyd Cyhoeddus Cymru
Public Health Wales

The rotavirus vaccine

Protect your baby from rotavirus

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