



Mae Brechu yn achub bywydau  
Vaccination saves lives



GIG  
CYMRU  
NHS  
WALES | Iechyd Cyhoeddus  
Cymru  
Public Health  
Wales

# Brechiad feirws syncytiol anadlol (RSV) ar gyfer oedolion hŷn

Mae'r daflen hon yn esbonio'r rhaglen frechu RSV ar gyfer oedolion sydd:

- yn 75 mlwydd oed neu hŷn, neu
- sy'n byw mewn cartref gofal i oedolion hŷn

Gallwch ddod o hyd i wybodaeth am frechu mewn fformatau eraill. Mae hyn yn cynnwys Iaith Arwyddion Prydain (BSL), Hawdd ei Ddeall, print bras a sain. Ewch i: [icc.gig.cymru/brechlynnau/adnoddau-hygyrch](http://icc.gig.cymru/brechlynnau/adnoddau-hygyrch)



Sgania fi am ragor o wybodaeth ar RSV

## Ffeithiau allweddol

Mae feirws syncytiol anadlol (RSV) yn achos cyffredin o heintiau'r llwybr anadlol. I'r rhan fwyaf o oedolion a phlant, mae RSV yn achosi salwch ysgafn, fel peswch neu annwyd, ac fel arfer mae'n gwella ar ei ben ei hun.

Mewn nifer fach o oedolion hŷn, yn enwedig y rhai â chlefyd y galon neu'r ysgyfaint neu system imiwedd wan, gall haint RSV arwain at broblemau iechyd difrifol fel niwmonia (haint yr ysgyfaint) neu hyd yn oed farwolaeth.

Mae'r rhan fwyaf o heintiau RSV yn digwydd yn yr hydref a'r gaeaf.

Mae haint RSV yn fwy cyffredin mewn plant ond mae'n fwyaf difrifol i fabanod bach ac oedolion hŷn.

Mae'r brechlyn RSV 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.

## Gweithredwch nawr i amddiffyn eich hun rhag RSV

Gallwch helpu i amddiffyn eich hun rhag salwch difrifol o RSV drwy gael y brechiad RSV pan gaiff ei gynnig i chi.

## Sut mae RSV yn cael ei ledaenu?

Mae RSV yn lledaenu pan fydd rhywun sydd â'r feirws yn pesychu neu'n tisian. Gallwch hefyd ddal RSV trwy gyffwrdd ag arwynebau neu wrthrychau sydd â'r feirws arnynt. Mae'r rhan fwyaf o bobl wedi cael RSV pan oeddent yn blentyn, ond efallai na fydd haint yn y gorffennol yn eich atal rhag cael RSV eto.

## Beth yw symptomau RSV?

Mae haint RSV yn achosi symptomau tebyg i annwyd. Mae'r rhain yn cynnwys:

- peswch
- trwyn yn rhedeg neu wedi blocio
- tisian, a
- blinder.

Mewn rhai achosion, gall RSV achosi gwichian, diffyg anadl neu dwymyn, a gall arwain at niwmonia.

## **Pam mae'r brechlyn RSV yn rhan o amserlen imiwneiddio arferol y DU?**

Cyn i'r rhaglen brechu rhag RSV ddechrau, y gred yw bod RSV yn achosi tua 400 i 600 o farwolaethau bob blwyddyn yng Nghymru mewn pobl 75 mlwydd oed neu hŷn. Ym mis Medi 2023, rhoddodd arbenigwyr brechlyn eu cyngor ar frechu RSV. Dywedon nhw y dylai fod rhaglen frechu RSV i helpu i amddiffyn oedolion hŷn.

Mae rhaglen frechu RSV hefyd ar gael i fenywod beichiog er mwyn helpu i amddiffyn babanod rhag salwch difrifol o ganlyniad i RSV.

## **A allaf gael RSV os wyf wedi cael y brechlyn?**

Brechu yw un o'r ffyrdd gorau o atal salwch difrifol oherwydd RSV. Nid oes unrhyw frechlyn 100% yn effeithiol, felly mae'n dal yn bwysig gwybod arwyddion a symptomau RSV, hyd yn oed os ydych chi wedi cael eich brechu.

## **Sut ydw i'n amddiffyn fy hun?**

Gallwch gael y brechlyn i helpu i amddiffyn rhag RSV.

Gallwch hefyd amddiffyn eich hun ac eraill trwy wneud y canlynol:

- gorchuddio'ch ceg a'ch trwyn wrth beswch neu disian
- taflu hancesi papur yn y bin cyn gynted â phosibl
- golchi'ch dwylo'n rheolaidd â sebon a dŵr cynnes, a
- chadw eich amgylchedd (er enghraifft, arwynebau caled) yn lân.

## **Pwy fydd yn cael cynnig y brechlyn RSV?**

Cewch gynnig y brechlyn RSV os:

- ydych chi'n 75 mlwydd oed neu hŷn, neu
- os ydych chi'n byw mewn cartref gofal i oedolion hŷn (beth bynnag fo'ch oedran)

Os ydych chi'n 74 mlwydd oed ac nad ydych chi'n byw mewn cartref gofal, cewch gynnig y brechlyn ar ôl ichi gael eich pen-blwydd yn 75 mlwydd oed.

## Sut byddaf yn cael fy mrechiad?

Bydd y GIG yn rhoi gwybod i chi pryd a ble i gael y brechlyn. Os ydych chi'n meddwl eich bod chi wedi methu'r gwahoddiad, siaradwch â'ch practis meddyg teulu.

Mae'r brechlyn yn cael ei roi trwy chwistrelliad yn rhan uchaf y fraich.

## A oes angen i mi gael y brechlyn bob blwyddyn?

Na. Mae treialon o'r brechlyn wedi dangos bod y brechlyn yn rhoi amddiffyniad da am o leiaf dwy flynedd a'i fod yn debygol o bara'n hirach.

## A oes unrhyw un na ddylai gael y brechlyn RSV?

Ychydig iawn o bobl sydd ddim yn gallu cael y brechlyn RSV. Ni ddylech gael y brechlyn os ydych wedi cael adwaith difrifol (sy'n peryglu bywyd) i'r canlynol:

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

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.

## A yw'r brechlyn RSV yn ddiogel?

Ydy, mae'r brechlyn RSV 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.

## A oes unrhyw sgil-efeithiau yn gysylltiedig â'r brechlyn?

Fel pob meddyginiaeth, gall brechlynnau achosi sgil-efeithiau, ond ni fydd pawb yn eu profi. Mae'r rhan fwyaf o'r sgil-efeithiau yn ysgafn a byddant fel arfer yn gwella ar ôl diwrnod neu ddau.

I oedolion hŷn, y sgil-efeithiau mwyaf cyffredin yw:

- poen, chwyddo a chochni yn y fraich lle rhoddwyd y pigiad.
- cur pen
- blinder
- poenau yn y cyhyrau neu'r cymalau

Mae sgil-efeithiau prin neu brin iawn o'r brechlyn yn cynnwys:

- Syndrom Guillain-Barré (GBS), cyflwr nerfol sy'n gallu achosi gwendid yn y cyhyrau, ac
- adweithiau alergaidd, megis chwydd yn y wyneb, y gwefusau, y tafod neu'r gwddf, llosg danadl (brech chwyddedig, sy'n cosi), anhawster llyncu, a theimlo'n benysgafn.

Mae Syndrom Guillain-Barré (GBS) yn gyflwr prin ond difrifol. Y gred yw bod tua 10 i 25 achos o Syndrom Guillain-Barré (GBS) am bob miliwn dos sy'n cael ei roi i bobl hŷn. Gall GBS ddigwydd ar ôl rhai heintiau cyffredin hefyd. Mae hyn yn cynnwys fflw, anhwylder ar y stumog, ac yn anaml ar ôl brechlynnau eraill.

Ewch i gael cyngor meddygol ar unwaith os byddwch chi'n sylwi ar gosi, diffyg teimlad, gwendid, poen miniog neu binnau bach yn eich dwylo, eich traed, eich breichiau neu goesau ar ôl cael y brechlyn. Gofynnwch am apwyntiad brys gyda meddyg teulu neu ceisiwch gymorth gan GIG 111 Cymru.

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.

Mae sgil-efeithiau difrifol yn brin. Yn gyffredinol, mae'r brechlyn yn fwy diogel na'r risg o salwch difrifol o ganlyniad i haint RSV.

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

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

Os bydd gennych gwestiynau am sgil-ffeithiau, gallwch ofyn i'r unigolyn a fydd yn rhoi'r brechlyn i chi.

Os yw'r sgil-ffeithiau'n para am fwy nag ychydig ddyddiau, dylech siarad â'ch gweithiwr gofal iechyd proffesiynol neu gysylltu â GIG 111 Cymru drwy ffonio **111**.

## A ellir rhoi'r brechlyn RSV ar yr un pryd â brechlynnau eraill?

Gellir rhoi'r brechlyn RSV ar yr un pryd â'r rhan fwyaf o frechlynnau eraill. Bydd yr unigolyn sy'n rhoi eich brechlyn i chi yn rhoi gwybod i chi pa frechlynnau y gellir eu rhoi gyda'i gilydd.

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

**Nid yw annwyd neu fân salwch arall yn rheswm dros ohirio eich brechlyn.**

Os ydych chi'n sâl, mae'n well aros nes eich bod wedi gwella cyn cael y brechlyn, ond dylech chi geisio ei gael cyn gynted â phosibl. Os na allwch ddod i'ch apwyntiad brechu, canslwch ac aildrefnwch yr apwyntiad. Nid yw annwyd neu fân salwch arall yn rheswm dros ohirio eich brechlyn. Os oes gennych amheuan, trafodwch hyn gyda'r unigolyn sy'n rhoi eich brechiad i chi.

## Oeddech chi'n gwybod?

Mae'r brechlynnau arferol canlynol ar gael i oedolion hŷn:

- Y ffliw
- Niwmococol
- Yr Eryr

Am fwy o wybodaeth, ewch i [icc.gig.cymru/brechlynnau](https://icc.gig.cymru/brechlynnau)

## Er mwyn helpu i atal feirysau rhag lledaenu, cofiwch:



### Ei ddal

Defnyddiwch hances bapur pan fyddwch chi'n tisian neu'n peswch.



### Ei daflu

Rhowch yr hances bapur yn y bin cyn gynted â phosibl.



### Ei ddifa

Golchwch eich dwylo neu defnyddiwch hylif diheintio dwylo.

Mae'r wybodaeth yn y daflen hon yn gywir ar adeg ei chyhoeddi.

I gael yr wybodaeth ddiweddaraf, ewch i [icc.gig.cymru/brechlynnau](https://icc.gig.cymru/brechlynnau)

## Rhagor o wybodaeth

Os oes gennych gwestiynau neu os hoffech gael rhagor o wybodaeth, gallwch fynd i **111.wales.nhs.uk** (safle allanol), siarad â'ch meddyg neu nysr, neu gysylltu 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, ei gynnwys a'i sgil-ffeithiau posibl, ewch i **medicines.org.uk/emc** (safle allanol, Saesneg yn unig). Bydd angen i chi nodi enw'r brechlyn yn y blwch chwilio. Gallwch hefyd weld y daflen i gleifion ar-lein.

Gallwch ddod o hyd i enw'r brechlyn yn **icc.gig.cymru/RSV-oedolion-hyn**

Dylech roi gwybod am sgil-ffeithiau 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 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**

Mawrth 2026

Iechyd Cyhoeddus Cymru yw asiantaeth iechyd y cyhoedd cenedlaethol Cymru. Rydym yn gweithio i amddiffyn a gwella iechyd a llesiant a lleihau anghydraddoldebau iechyd ar gyfer pobl Cymru.

© Ymddiriedolaeth y GIG Iechyd Cyhoeddus Cymru

(gyda chydabyddiaeth i Asiantaeth Diogelwch Iechyd y DU)

ISBN 978-1-83766-837-3

## Further information

If you have any questions or want more information, you can go to [111.wales.nhs.uk](http://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 information on vaccines offered in Wales at [phw.nhs.wales/vaccines](http://phw.nhs.wales/vaccines)

To find out more about the vaccine, including its contents and possible side effects, go to [medicines.org.uk/emc](http://medicines.org.uk/emc) (external site). You will need to enter the name of the vaccine in the search box. You can also see the patient leaflet online.

You can find the name of the vaccine at [phw.nhs.wales/RSV-older-adults](http://phw.nhs.wales/RSV-older-adults)

You should report suspected side effects online at [www.mhra.gov.uk/yellowcard](http://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)

To find out how the NHS uses your information, go to [111.wales.nhs.uk/AboutUs/YourInformation](http://111.wales.nhs.uk/AboutUs/YourInformation) (external site)

Scan me to go to the Public Health Wales website



March 2026

Public Health Wales is the national public health agency in Wales. We work to protect and improve health and well-being and reduce health inequalities for the people of Wales.

© Public Health Wales NHS Trust

(with acknowledgment to UK Health Security Agency)

ISBN 978-1-83766-837-3

## To help stop viruses spreading, remember to:

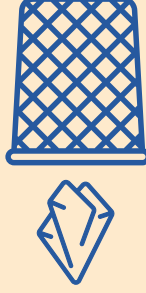
**Catch it**

Use a tissue when you sneeze or cough.



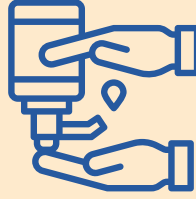
**Bin it**

Put the tissue in the bin as soon as possible.



**Kill it**

Wash your hands or use hand sanitiser.



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](http://phw.nhs.wales/vaccines)

For more information, visit [phw.nhs.wales/vaccines](http://phw.nhs.wales/vaccines)

- Shingles
- Pneumococcal
- Influenza (flu)

These other routine vaccines are available for older adults.

## Did you know?

If you are unwell, it is better to wait until you have recovered to have the vaccine, but you should try to have it as soon as possible. If you cannot attend your vaccination appointment, please cancel and rearrange the appointment. If in doubt, discuss this with the person giving you your vaccination.

**A cold or other minor illness is not a reason to delay your vaccine.**

## If I am unwell, should I have the vaccine?

The RSV vaccine can be given at the same time as most other vaccines. The person giving you your vaccine will let you know which vaccines can be given together.

## Can the RSV vaccine be given at the same time as other vaccines?

If the side effects last for more than a few days, you should talk to your healthcare professional or contact NHS 111 Wales by calling **111**.

If you have any questions about side effects, you can ask the person giving you the vaccine.

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

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

## Are there any side effects from the vaccine?

Like all medicines, vaccines can cause side effects, but not everyone gets them. Most side effects are mild and may last a day or two.

For older adults, the most common side effects include:

- pain, swelling and redness in the arm where the injection was given
- headache
- tiredness
- muscle or joint pain.

Rare or very rare side effects from the vaccine include:

- Guillain-Barre syndrome (GBS), a nerve condition that can cause muscle weakness, and

- allergic reactions, such as swelling of the face, lips, tongue or throat, hives (a raised, itchy rash), difficulty swallowing and feeling dizzy.

GBS is a rare but serious condition. There are thought to be around 10 to 25 cases of GBS for every million doses of the vaccine given to older people. GBS can also happen after some common infections. This includes flu, tummy bugs, and in rare cases after other vaccines.

If you notice tingling, numbness, weakness, sharp pain or pins and needles in your hands, feet, arms or legs after the vaccine, get medical attention straight away. Ask for an urgent GP appointment or get help from NHS 111 Wales.

Rarely, people can have a severe reaction soon after the 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.

Serious side effects are rare. Overall, the vaccine is safer than the risk of serious illness from RSV infection.

## How will I get my vaccination?

The NHS will let you know when and where to get the vaccine. If you think you might have missed the invitation, speak to your GP surgery.

It is an injection given in the upper arm.

## Do I need to have the vaccine every year?

No. Vaccine trials show the vaccine gives good protection for at least two years and is likely to last longer.

## Is there anyone who should not have the RSV vaccine?

There are very few people who cannot have the RSV vaccine. The vaccine should not be given to anyone who has had a serious (life-threatening) reaction to:

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

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

## Is the RSV vaccine safe?

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

## Why is the RSV vaccine part of the routine UK immunisation schedule?

Before the RSV vaccine programme started, RSV was thought to cause around 400 to 600 deaths each year in Wales in people aged 75 or over. In September 2023, vaccine experts gave their advice on RSV vaccination. They said there should be an RSV vaccination programme to help protect older adults.

There is also an RSV vaccination programme for pregnant women to help protect babies against serious illness from RSV.

## Can I still get RSV even if I have had the vaccine?

Vaccination is one of the best ways to prevent severe illness from RSV. No vaccine is 100% effective, so it is still important to know the signs and symptoms of RSV, even if you are vaccinated.

## How do I protect myself?

You can get the vaccine to help protect against RSV.

You can also protect yourself and others by:

- covering your mouth and nose when coughing or sneezing
- throwing tissues in the bin as soon as possible
- regularly washing your hands with soap and warm water, and keeping your environment (for example, hard surfaces) clean.

## Who will be offered the RSV vaccine?

You will be offered the RSV vaccine if:

- you are aged 75 or over, or

- you live in a care home for older adults (whatever your age)

If you are 74 and do not live in a care home, you will be offered the vaccine from your 75th birthday.

## Key facts

Respiratory syncytial virus (RSV) is a common cause of respiratory tract infections. For most adults and children, RSV causes a mild illness, such as a cough or cold, and usually gets better on its own.

In a small number of older adults, particularly those with heart or lung disease or a weakened immune system, RSV infection can lead to serious health problems such as pneumonia (infection of the lungs) or even death.

Most RSV infections occur in autumn and winter, but you can have the RSV vaccine at any time of the year.

RSV infection is more common in children, but is most serious for small babies and older adults.

The RSV vaccine is safe. It meets all safety standards. Once a vaccine is in use, its safety continues to be monitored.

## Act now to protect yourself from RSV

You can help protect yourself against serious illness from RSV by having the RSV vaccination when it is offered to you.

## How is RSV spread?

RSV spreads when someone with the virus coughs or sneezes. You can also catch RSV by touching surfaces or objects that have the virus on them. Most people have had RSV as a child, but a past infection may not prevent you from getting RSV again.

## What are the symptoms of RSV?

RSV infection causes symptoms similar to a cold. These include:

- a cough
- a runny or blocked nose
- sneezing, and
- tiredness.

In some cases, RSV can cause wheezing, shortness of breath or a fever, and may lead to pneumonia.

# Respiratory syncytial virus (RSV) vaccination for older adults

This leaflet explains the RSV vaccination programme  
for adults who are:

- aged 75 years or older, or
- living in a care home for older adults

You can get information about vaccinations in other formats. This includes  
British Sign Language (BSL), Easy Read, large print and audio.  
Visit: [phw.nhs.wales/vaccines/accessible-information](https://phw.nhs.wales/vaccines/accessible-information)

Scan me for more information on RSV

