



Mae Brechu yn achub bywydau  
Vaccination saves lives



GIG  
CYMRU  
NHS  
WALES

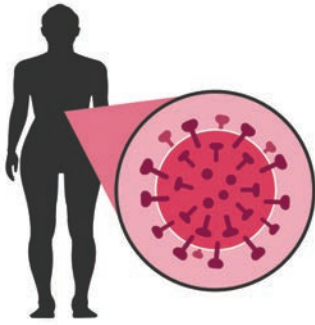
Iechyd Cyhoeddus  
Cymru  
Public Health  
Wales

# Brechlyn COVID-19

Mae'r daflen hon yn dweud  
wrthyich chi am y brechlyn a  
sut i'w gael



## Beth yw brechlyn



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



Fel arfer byddwch chi'n cael brechlyn trwy bigiad.



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



Mae'n bosib na fydd brechlyn yn eich atal rhag dal salwch bob amser.

Ond mae'n gallu helpu i'ch gwneud chi'n llai sâl os byddwch chi'n ei ddal.

## Ynglŷn â COVID-19



Mae COVID-19 yn salwch sy'n gallu gwneud i chi deimlo'n sâl iawn. Mae'n gallu lledaenu'n hawdd i bobl eraill.



Mae COVID-19 yn gallu bod yn ddifrifol iawn i rai pobl. Mae'n gallu eu gwneud nhw'n sâl iawn ac efallai bydd angen iddyn nhw fynd i'r ysbyty.



Mae brechlyn yn cael ei gynnig i'r bobl hyn.



Bydd y brechlyn yn helpu i'w hamddiffyn rhag mynd yn sâl iawn.

# Pwy all gael y brechlyn COVID-19

Byddwch yn cael cynnig y brechlyn os ydych yn:



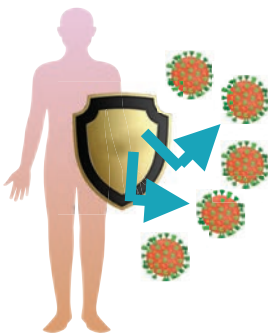
- 75 oed a hŷn.



- Byw mewn cartref gofal i bobl hŷn.



- 6 mis oed neu'n hŷn ac mae gennych **system imiwnedd** nad yw'n gweithio mor dda ag y dylai.



Eich **system imiwnedd** yw'r rhan o'ch corff sy'n helpu i'ch diogelu chi rhag heintiau.



Os bydd salwch gennych, mae'n bosibl na fydd eich system imiwnedd yn gweithio'n dda iawn. Mae rhai meddyginiaethau yn gallu ei atal rhag gweithio'n dda iawn hefyd.

# Pryd allwch chi gael y brechlyn COVID-19



Byddwch chi'n cael cynnig y brechlyn 2 waith y flwyddyn.



Fel arfer, byddwch chi'n cael cynnig eich brechlyn COVID-19 nesaf tua 6 mis ar ôl eich un diwethaf.



Bydd y GIG neu'ch meddyg yn rhoi gwybod i chi pryd y bydd yn amser i chi gael y brechlyn.



Dylech chi gael brechlyn yn syth pan fydd yn cael ei gynnig i chi.



Os ydych chi ddim wedi cael gwahoddiad, cysylltwch â'ch meddyg.



Gallwch chi gael y brechlyn COVID-19 ar yr un pryd â brechlynnau eraill.



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 byddwch yn 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.



Dylech chi ganslo eich apwyntiad a gwneud apwyntiad newydd. Ond dylech chi geisio cael y brechlyn cyn gynted â phosibl.

# Alergeddau



Mae'r rhan fwyaf o bobl ag alergeddau yn gallu cael y brechlyn heb gael problemau.



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



- Rydych chi wedi cael **adwaith difrifol** i'r brechlyn COVID-19 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.



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-efeithiau



**Sgil-efeithiau** yw'r pethau a allai ddigwydd i chi ar ôl i chi gael y brechlyn.

Fydd pawb ddim yn cael sgil-efeithiau.



Ddylai'r sgil-efeithiau ddim para yn fwy na 1 neu 2 ddiwrnod.



Gallai sgil-efeithiau ar ôl cael y brechlyn hwn gynnwys:

- Braich boenus lle cawsoch y pigiad.



- Poenau a gwanegu yn eich corff.



- Teimlo eich bod am chwydu neu yn chwydu.



- Mynd i'r tŷ bach i gael pŵ yn fwy aml. Neu gael mwy o pŵ dyfrllyd neu feddal nag sy'n arferol i chi.



- Cur pen/pen tost.



- Teimlo'n boeth neu'n crynu. Efallai y bydd eich croen yn teimlo'n gynnes iawn. Neu efallai y byddwch chi'n teimlo'n oer ac yn crynu.



Rydych chi'n gallu cymryd paracetamol i helpu gyda'r pethau hyn.

Cofiwch ddarllen y cyfarwyddiadau ar y pecyn.



Ddylai plant dan 16 oed **ddim** cymryd aspirin.



Os ydych chi'n poeni, siaradwch â'ch meddyg neu nyrs.

## Mwy o sgil-ffeithiau'r brechlyn COVID-19



Mae'n bosibl bydd rhai pobl yn cael sgil-ffeithiau eraill o'r brechlyn.



## Chwydd yn eich gwddf neu gesail

Bydd gwddf neu gesail rhai pobl yn mynd yn boenus neu'n chwyddo ar ôl iddyn nhw gael y brechlyn.

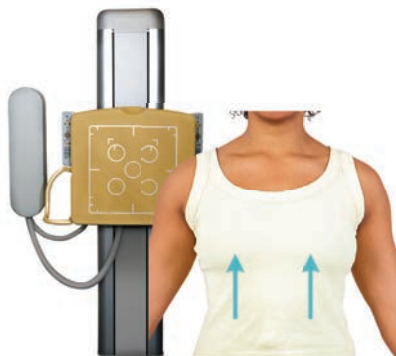
Bydd hyn yn digwydd ar yr un ochr ag y cawson nhw y pigiad.



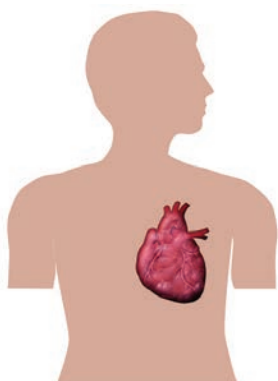
Dylai hyn wella o fewn 10 diwrnod. Os bydd yn para'n hirach, dylech chi siarad â'ch meddyg.



Os ydych chi wedi cael brechlyn COVID-19 o fewn pythefnos cyn cael **mamogram**, dylech chi ddweud wrth yr ysbyty.



Mae **mamogram** yn fath arbennig o sgan. Mae'n cymryd lluniau y tu mewn i'ch bronnau.



## Chwydd yng nghyhyr eich calon

Bydd rhai pobl yn cael chwydd yng nghyhyr eu calon ar ôl iddyn nhw gael y brechlyn.

Dydy hyn ddim yn digwydd i lawer o bobl o gwbl. Pan fydd hyn yn digwydd mae'n fwy tebygol o effeithio ar ddynion ifanc.



Mae'r rhan fwyaf o bobl yn gwella'n gyflym.

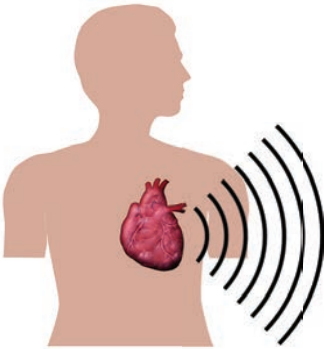


Dylech chi gael cymorth meddygol yn syth os byddwch chi'n teimlo unrhyw un o'r pethau hyn:

- Poen yn eich brest.



- Eich bod yn brin eich anadl.



- Bod eich calon yn curo'n gyflym iawn, neu'n teimlo ei bod hi'n curo'n afreolaidd neu'n drwm.



Os ydych chi'n poeni neu os bydd eich sgil-effeithiau'n gwaethygu siaradwch â'ch meddyg neu nyrs



Neu gallwch chi ffonio **GIG 111**.



## Rhagor o wybodaeth

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



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](http://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](http://111.wales.nhs.uk/amdanomni/eichgwybodaeth)**



If you want more information about the vaccine, you can speak to your doctor.

## More information



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**



Or you can call NHS 111.



If you are worried or your side effects get worse, speak to your doctor or nurse.



- Your heart is beating really fast, or feels like it is fluttery or pounding.



- Feeling out of breath.



- Pain in your chest.

You should get medical help straight away if you feel any of these things:

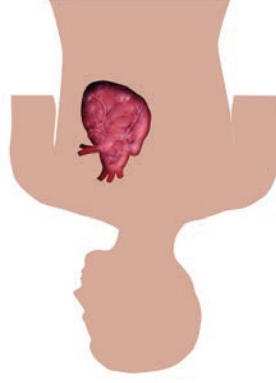
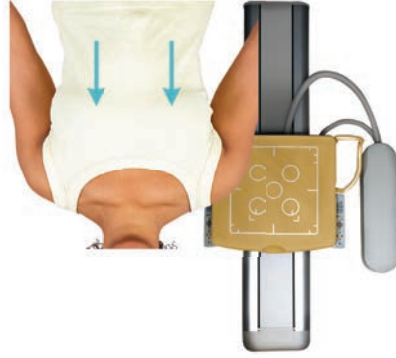
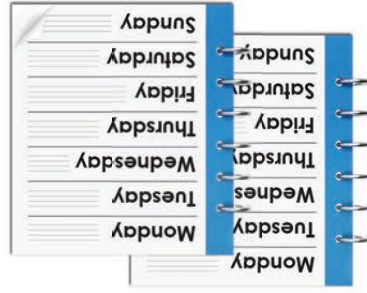
If you have had a COVID-19 vaccine within 2 weeks before a **mammogram**, you should tell the hospital.

A **mammogram** is a special type of scan. It takes pictures inside your breasts.

**A swelling in your heart muscle** Some people have a swelling of their heart muscle after the vaccine.

This does not affect very many people at all. When it does happen, it is seen more often in young men.

Most people get better quickly.





Children under age 16 should **not** take aspirin.



If you are worried, you should speak to your doctor or nurse.

## More side effects from the COVID-19 vaccine

Some people might have some other side effects from the vaccine.



**A swelling in your neck or armpit**  
Some people have a sore or swollen neck or armpit after the vaccine.  
This is on the same side as they had their injection.



This should get better within 10 days.  
If it lasts any longer, you should speak to your doctor.



- Feeling sick or being sick.



- Pooping a lot. Or having more runny or soft poos than you usually have.



- A headache.



- Feeling hot or shivering. Your skin might feel very warm. Or you might feel cold and shake.



You can take paracetamol to help with these things.  
Remember to read the instructions on the packet.

# Side effects

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

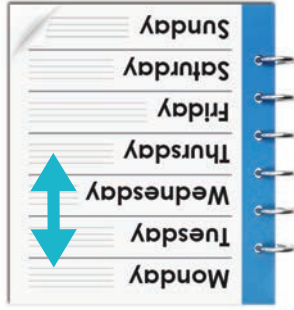
Not everyone has side effects.

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

Side effects after having this vaccine might be:

- A sore arm where you had the injection.

- Aches and pains in your body.





- 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.

# Allergies

Most people who are allergic to something can have the 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**



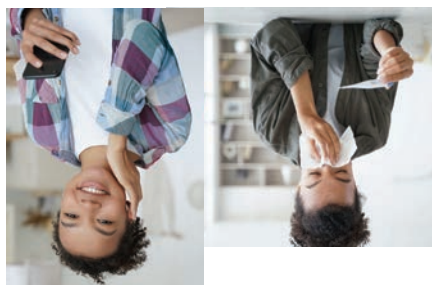
or

- You have had a **serious reaction** to the COVID-19 vaccine before.





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



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

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



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



You can have the COVID-19 vaccine at the same time as other vaccines.



If you did not get an invite, contact your doctor.

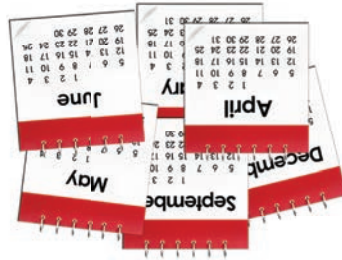
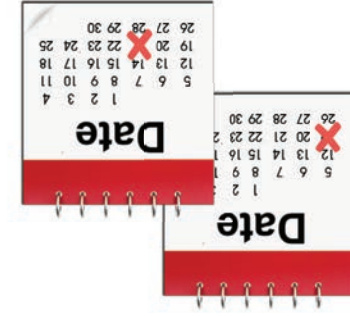
# When you can get the COVID-19 vaccine

You will be offered the vaccine 2 times a year.

You will usually be offered your next COVID-19 vaccine about 6 months after your last one.

The NHS or your doctor will let you know when it is time to have the vaccine.

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



# Who can have the COVID-19 vaccine

You will be offered the vaccine if you:

- Are aged 75 and older.



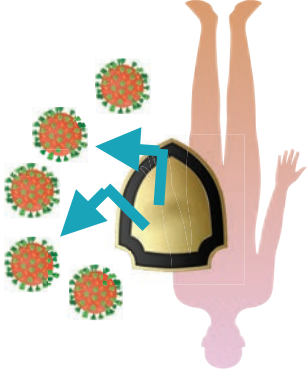
- Live in a care home for older people.



- Are 6 months old or over and have an **immune system** that does not work as well as it should.



Your **immune system** is the part of your body that helps to protect you from infections.



Your immune system can stop working well because of illness. Some medicines can stop it working well too.



# About COVID-19

COVID-19 is an illness that can make you feel very poorly. It can spread easily to other people.

COVID-19 can be very serious for some people. It can make them very poorly and need to go to hospital.

These people are offered a vaccine.

The vaccine will help to protect them from getting very poorly.



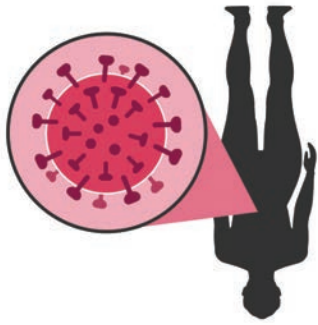
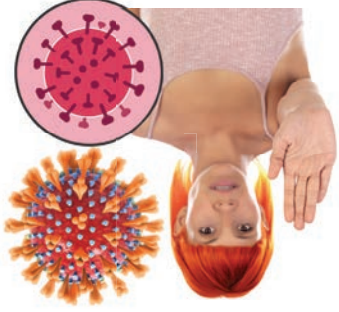
# What is a vaccine

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.

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

A vaccine may not always stop you from catching an illness. But it can help to make you less poorly if you do catch it.



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



# COVID-19 vaccine

This leaflet tells you about the vaccine and how to get it

