



Mae Brechu yn achub bywydau
Vaccination saves lives



COVID-19 **vaccination**

**A guide for children and young
people aged 12 to 15 years**

December 2021



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This leaflet explains the coronavirus (COVID-19) vaccination programme for children and young people aged 12-15 years.

What is COVID-19 or coronavirus?



COVID-19 is a very infectious respiratory disease caused by the SARS-CoV-2 virus. Very few children and young people with COVID-19 infection go on to have severe disease. There is no cure for COVID-19 although some newly tested treatments do help to reduce the risk of complications.

Am I able to have the COVID-19 vaccine?

The NHS is offering COVID-19 vaccine to children and young people. This includes those aged 12-15 years at greater risk from infection who will need 2 doses of the vaccine 8 weeks apart. All other children and young people aged 12-15 years should be offered their first and second dose of Pfizer vaccine 12 weeks apart. This interval may be reduced to eight weeks in healthy under 18 year olds during periods of high incidence or where there is concern about vaccine effectiveness (e.g. a new variant).

Are you at risk from COVID-19 infection?

Coronavirus can affect anyone. Some children and young people are at greater risk including those living with serious conditions such as:

- cancers (such as leukaemia or lymphoma)
- diabetes
- serious heart problems
- chest complaint or breathing difficulties, including poorly controlled asthma
- kidney, liver or a gut disease
- lowered immunity due to disease or treatment (steroid medication, chemotherapy or radiotherapy)
- an organ transplant
- a neurodisability or neuromuscular condition
- a severe or profound learning disability
- Down's syndrome
- a problem with your spleen, e.g. sickle cell disease, or you have had your spleen removed
- epilepsy
- serious genetic problems
- other serious medical conditions as advised by your doctor or specialist.

For most children and young people COVID-19 is usually a milder illness that rarely leads to complications. For a very few the symptoms may last for longer than the usual 2 to 3 weeks.

The vaccination will help to protect you against COVID-19 and help reduce the spread of COVID-19. Currently the preferred vaccine for children and young people is the Pfizer vaccine. This is what you will be offered.



Will the vaccine protect me?

The COVID-19 vaccination will reduce the chance of you suffering from COVID-19 disease. It is also likely vaccination will help reduce the spread

of COVID-19 in schools and reduce, but not stop education disruption. It may take a few weeks for your body to build up some protection from the vaccine. You should get good protection from the first dose, having the second dose should give you longer lasting protection against the virus. Like all medicines, no vaccine is completely effective – some people may still get COVID-19 despite having a vaccination, but this should be less severe.

If you need more information on symptoms visit:
111.wales.nhs.uk

The vaccines do not contain organisms that grow in the body, and so are safe for children and young people with disorders of the immune system. These people may not respond so well to the vaccine but it should offer them protection against severe disease.

What do I need to do?

You will receive information about when and where to get vaccinated.



Talk to your parent or carer about what is good and bad about the vaccination and decide what is best for you.



On the day of the appointment, wear loose clothing so it's easy to get to the top of your arm.



Before you have the vaccination don't be afraid to ask any questions you might have.



If you have a fear of needles or feel anxious, let the person giving your vaccine know. They will be understanding and support you.



What about giving consent?

It is best to involve your parents or carer in your decision about having the vaccine, but in some circumstances you can give permission yourself if you fully understand what is being offered. Make sure you read the information about the COVID-19 vaccination and understand the risks and benefits to you. The nurse or vaccinator will discuss the COVID-19 vaccine with you at your appointment and will be able to answer any questions you may have.

Are there any reasons you should not get the vaccine?

There are very few people who cannot get the COVID-19 vaccine.

The vaccine should not be given to:

- people who have had a confirmed anaphylactic reaction to any of the ingredients of the vaccine
- those who have had a confirmed anaphylactic reaction to a previous dose of the same COVID-19 vaccine.

People with a history of serious allergic reaction to food, an identified drug or vaccine, or an insect sting can get the COVID-19 vaccine, as long as they are not known to be allergic to any component of the vaccine. It is important that you tell the person giving you your vaccine if you've ever had a serious allergic reaction (anaphylaxis).



When should I have the vaccine if I have had COVID-19 infection?

You should:

- wait at least 12 weeks following COVID-19 infection before getting your vaccine if you are not in a group that is at greater risk of serious illness from COVID-19. During periods of high incidence or where there is concern about vaccine effectiveness (e.g. a new variant) this may be reduced to 8 weeks; or
- wait at least 4 weeks following COVID-19 infection before vaccination if you are in a group that is at greater risk of serious illness from COVID-19.

Can COVID-19 vaccines be given at the same time as other vaccines?

Yes, COVID-19 vaccines can be given at the same time as most other vaccines. For the latest advice on COVID-19 vaccines and co-administration please visit: phw.nhs.wales/covidvaccine

Common side effects

Like all medicines, vaccines can cause side effects. Most of these are mild and short term, and not everyone gets them. With the vaccine we use in under-18s, side effects are more common with the second dose.

Very common side effects in the first day or two include:

A heavy feeling
or soreness
where you had
the injection



Feeling achy
or like you've
got the flu



Feeling tired

ZZZ



Having a
headache



You can rest and take paracetamol (follow the advice in the packaging and take the correct dose for your age) to help make you feel better. Although feeling feverish is not uncommon for 2 to 3 days, a high temperature is unusual and may indicate you have COVID-19 or another infection. Symptoms following vaccination normally last less than a week.

If your symptoms seem to get worse or if you are concerned, you or your parents or carer can look at: **111.wales.nhs.uk** online, and if necessary call NHS 111 Wales on **111** or your GP surgery. If 111 is not available in your area, call **0845 46 47**. Calls to 111 are free from landlines and mobiles. Calls to 0845 46 47 cost 2p per minute plus your telephone provider's usual access charge.



Less common side effects

Recently, cases of inflammation of the heart (called myocarditis or pericarditis) have been reported very rarely in the first week after COVID-19 vaccines. Most of these cases have been in younger men and are more common after the second vaccination. Most people recovered and felt better following rest and simple treatments.

You should seek medical advice urgently if you experience:

Chest pain



Shortness of breath



Feelings of having a fast-beating, fluttering, or pounding heart



If you or your parents or carers do seek advice from a doctor or nurse, make sure you tell them about your vaccination (show them your vaccine record card, if possible) so that they can assess you properly.

My personal COVID-19 vaccine record card

Name Date of birth

You should have **two separate doses** of a COVID-19 vaccine for it to be most effective at protecting you against COVID-19.

Your **second** COVID-19 vaccine is due on:

Please bring this card to your next appointment.

As these are new vaccines, we encourage you to report any side effects via the Yellow Card Scheme at: coronavirus-yellowcard.mhra.gov.uk/ or by phoning for free on: 0800 731 6789 (9am to 5pm Monday to Friday).

Mae brodyr yn atgofio i'w rhoi ym mhob dosiad. Rhannwch eiddo hwn gyda chi.

CHG NHS

Make sure you keep your vaccine record card safe.

You or your parents and carers can also report suspected side effects to vaccines and medicines

online through the Yellow Card scheme. The Coronavirus Yellow Card system is a website where you can report any side effects from the vaccine. You may need support to access this website: coronavirus-yellowcard.mhra.gov.uk



Can you catch COVID-19 from the vaccine?

You cannot catch COVID-19 from the vaccine but it is possible to have caught COVID-19 and not have the symptoms until after your vaccination appointment. The most important symptoms of COVID-19 are recent onset of any of the following:

- a new continuous cough
- a high temperature
- a loss of, or change in, your normal sense of taste or smell

If you have the symptoms above, stay at home and arrange to have a test by phoning **119** (calls are free) or online at: **gov.wales/get-tested-coronavirus-covid-19**

What to do next

After you have had the first dose you will be offered a second dose after 8 or 12 weeks. Your vaccine record card will show the details of the first dose. You will be advised on the right timing for your second dose to help give the best and longest lasting protection for you. Keep your vaccine record card safe and make sure you keep your next appointment to get your second dose.

If you are not well when your appointment is due

You should not attend a vaccine appointment if you are self-isolating or waiting for a COVID-19 test or result.



How is COVID-19 spread?

COVID-19 is spread through droplets breathed out from the nose or mouth, particularly when speaking or coughing. It can also be picked up by touching your eyes, nose and mouth after contact with contaminated objects and surfaces.

You MUST still follow any national or local restrictions and:

- when advised wear a face mask
- wash your hands regularly
- open windows to let fresh air in
- keep your distance when you can
- get tested and self isolate if you have symptoms
- follow the current guidance at **gov.wales/coronavirus**.

More information

You can find out more information about COVID-19 vaccines, including their contents and possible side effects at: **coronavirus-yellowcard.mhra.gov.uk/productinformation**

You can report suspected side effects online at: **coronavirus-yellowcard.mhra.gov.uk** or by downloading the Yellow Card app.

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

Further information and patient leaflets can be found at: **phw.nhs.wales/covid-19-vaccination**

For other formats of this leaflet visit:
publichealthwales.org/HealthInformationResources



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Rhagor o wybodaeth

Gallwch gael rhagor o wybodaeth am frechlynnau COVID-19, gan gynnwys eu cynnwys a sgil-ffeithiau posibl yn: coronavirus-yellowcard.mhra.gov.uk/productinformation

Gallwch roi gwybod am unrhyw sgil-ffeithiau ar-lein yn: coronavirus-yellowcard.mhra.gov.uk/aboutus/yourinformation/?locale=cy
Ceir rhagor o wybodaeth a thafleini i gleffion yn: icc.gig.cymru/pynciau/imiwneiddio-a-brechlynnau/gwybodaeth-brechlyn-covid-19



I gael y daflen hon mewn fformatau eraill ewch i: icc.gig.cymru/pynciau/imiwneiddio-a-brechlynnau/gwybodaeth-brechlyn-covid-19

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Sut y mae COVID-19 yn lledaenu?

Mae COVID-19 yn cael ei ledaenu drwy ddatfau sy'n cael eu hanadlu allan o'r trwyn neu'r geg, yn enwedig wrth siarad neu bescychu. Hefyd gellir ei ddal drwy gyffwrdd eich llygaid, eich trwyn a'ch ceg ar ôl cyswllt â gwrthrychau ac arwynebau wedi'u llygru.



RHAID i chi barhau i ddilyn unrhyw gyfyngiadau cenedlaethol neu leol a:

- gwisgo masg wneud pan gewch eich cynghori i wneud hynny
- golchi eich dwylon rheolaidd
- agor ffenestri i adael awyr iach i mewn
- cadw eich pellter pan allwch
- cael prawf a hunanyysu os oes gennych symptomau
- dilyn y canllawiau presennol yn [llyw.cymru/coronafeirws](https://www.cymru/coronafeirws).

A allwch ddal COVID-19 o'r brechlyn?

Ni allwch ddal COVID-19 o'r brechlyn ond mae'n bosibl eich bod wedi dal COVID-19 a heb gael y symptomau tan ar ôl eich apwyntiad brechu. Symptomau pwysicaf COVID-19 yw ymddangosiad diweddar unrhyw rai o'r canlynol:

- peswch cyson newydd
- tymheredd uchel
- coll, neu newid, yn eich synnwyr blasu neu aroglï arferol

Os oes gennych y symptomau uchod, arhoswch gartref a threfnu i gael prawf drwy ffonio 119 (mae'r galwadau am ddim) neu ar-lein yn: [llyw.cymru/cael-prawf-coronafeirws-covid-19](https://lyw.cymru/cael-prawf-coronafeirws-covid-19)

Beth i'w wneud nesaf

Ar ôl i chi gael y dos cyntaf byddwch yn cael cynnig ail dos ar ôl 8 neu 12 wythnos. Bydd eich cerdyn cofnod brechlyn yn dangos manylion y dos cyntaf. Byddwch yn cael cyngor ar yr amseru cywir ar gyfer eich ail dos i helpu i roi'r amddiffyniad gorau, a'r un sy'n para hiraft i chi. Cadwch eich cerdyn cofnod brechlyn yn ddiochel a sicrhewch eich bod yn cadw'ch apwyntiad nesaf i gael eich ail dos.

Os nad ydych yn iach pan fydd angen i chi fynd i'ch apwyntiad

Ni ddylech fynd i apwyntiad brechu os ydych yn hunanyysu neu'n aros am brawf neu ganlyniad COVID-19.



Sgîl-effeithiau llai cyffredin

Yn ddiweddar, mae achosion o lid y galon (o'r enw myocarditis neu bericarditis) wedi'u nodi'n anaml iawn yn yr wythnos gyntaf ar ôl brechlynnau COVID-19. Mae'r rhan fwyaf o'r achosion hyn wedi bod mewn dynion iau ac maent yn fwy cyffredin ar ôl yr ail frechriad. Roedd y rhan fwyaf o bobl wedi gwella ac yn teimlo'n well ar ôl gorffwys a thriniaethau syml.

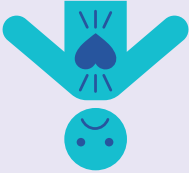
Dylech geisio cyngor meddygol ar unwaith os byddwch yn profi:



Prinder
anadl



Poen yn
y frest



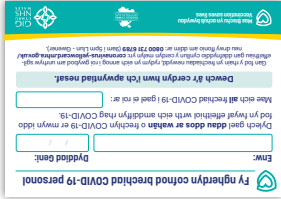
Teimlo'r galon yn curo'n
gyflym, yn dirgrynu neu'n
curo fel gordd

Os byddwch chi neu'ch rhieni neu ofalwyr yn ceisio cyngor gan feddyg neu nysr, sicrhewch eich bod yn ddweud wrthynt am eich brechriad (dangoswch eich cerdyn cofnod brechlyn iddynt, os oes modd) er mwyn iddynt allu eich asesu'n iawn.

Gwnewch yn siŵr eich bod yn cadw'ch cerdyn cofnod brechlyn yn ddiogel.

Gallwch chi neu'ch rhieni a gofalwyr hefyd roi gwybod am unrhyw sgîl-effeithiau

tybiedig i frechlynnau a meddygiaethau ar-lein drwy'r cynllun Cerdyn Melyn. Mae system Cerdyn Melyn Coronafeirws yn wefan lle gallwch roi gwybod am unrhyw sgîl-effeithiau o'r brechlyn. Efallai y bydd angen cymorth arnoch i gael mynediad at y wefan hon: coronavirus-yellowcard.mhra.gov.uk



The image shows a screenshot of the MHRA Yellow Card reporting form. At the top, it says 'Fy ngherbyn cofnod brechriad COVID-19 personal' and 'Dylech gael ddeu dds ar wahan o frechlyn COVID-19 er mwyn iddo fod yn fwyaf effeithiol wrth eich amddwyn rhag COVID-19'. Below this, there are fields for 'Enw:' and 'Dyddiad Geni:'. There is also a section for 'Dewch â'r cerdyn hwn i'ch apwyntiad nesaf.' and a note about the form being a legal document.



Sgîl-ffeithiau cyffredin

Fel pob meddyginiath, gall brechiadau achosi sgîlffeithiau. Mae'r rhain fel rheol yn ysgafn ac yn para ychydig ddyddiau yn unig, ac nid yw pawb yn eu cael. Gyda'r brechlyn a ddefnyddiwn yn y rhai dan 18 oed, mae sgîl-ffeithiau yn fwy cyffredin gyda'r ail ddos.

Mae sgîl-ffeithiau cyffredin iawn yn y diwrnod cyntaf neu ddau yn cynnwys:



Teimlad trwm neu ddolur lle cawsoch y pigiad



Teimlo poenau neu fel bod gennyh chi'r fflw



Teimlo'n flinedig ZZZ



Pen tost/ cur pen

Gallwch orffwys a chymryd parasetamol (dilynwch y cyngor yn y pecyn a chymryd y dos cywir ar gyfer eich oedran) i helpu i wneud i chi deimlo'n well. Er nad yw'n anghyffredin teimlo twymyn am 2 neu 3 diwrnod, mae tymheredd uchel yn anafarol a gall fod yn arwydd bod gennyh COVID-19 neu haint arall. Mae'r symptomau yma'n para llai nag wythnos fel rheol.

Os yw'n ymddangos bod eich symptomau'n gwaethgu neu os ydych yn pryderu, gallwch chi neu eich rhieni neu ofalwr edrych ar: 111.wales.nhs.uk ar-lein, ac os oes angen ffoniwch GlG 111 Cymru ar 111 neu eich meddygfa. Os nad yw 111 ar gael yn eich ardal chi, ffoniwch **0845 46 47**. Mae galwadau i 111 am addim o linellau tir a ffonau symudol. Mae galwadau i 0845 46 47 yn costio 2c y funud ynghyd â thâl arferol eich darparwr ffôn.



Pryd y dylwn gael y brechlyn os ydw i wedi cael haint COVID-19?

Dylech:

- aros am 12 wythnos yn dilyn haint COVID-19 cyn cael eich brechlyn os nad ydych chi mewn grŵp sy'n wynebu risg uwch o salwch difrifol o COVID-19. Yn ystod cyfnodau o achosion uchel neu lle ceir pryder am effeithiolrwydd brechlyn (e.e. amrywiolyn newydd) gellir gostwng hyn i 8 wythnos; neu
- aros o leiaf 4 wythnos yn dilyn haint COVID-19 cyn cael eich brechiad os ydych chi mewn grŵp sy'n wynebu risg uwch o salwch difrifol o COVID-19.

A ellir rhoi brechlynnau COVID-19 ar yr un pryd â brechlynnau eraill?

Gellir, mae modd rhoi brechlynnau COVID-19 ar yr un pryd â'r rhan fwyaf o frechlynnau eraill. I gael y cynngor diweddaraf ar frechlynnau COVID-19 a'u rhoi gyda brechlynnau eraill ewch i: iccgig.cymru/pynciau/imiwneiddio-a-brechlynnau/gwybodaeth-brechlyn-covid-19

Beth am roi caniatâd?

Mae'n well cynnwys eich rhieni neu ofalwr yn eich penderfyniad ynghylch cael y brechlyn, ond mewn rhai amgylchiadau gallwch roi caniatâd eich hun os ydych yn deall yn llawn beth sy'n cael ei gynni. Sicrhewch eich bod yn darllen y wybodaeth am frechiad COVID-19 ac yn deall y risgiau a'r manteision i chi. Bydd y nysr neu'r brechwr yn trafod y brechlyn COVID-19 gyda chi yn eich apwyntiad ac yn gallu ateb unrhyw gwestiynau sydd gennych.

A oes unrhyw resymau pam na ddylech gael y brechlyn?

Prin iawn yw'r bobl na allant gael y brechlyn COVID-19.

Ni ddylid rhoi'r brechlyn i'r canlynol:

- pobl sydd wedi cael adwaith anaffylactig wedi'i gadarnhau i unrhyw un o gynhwysion y brechlyn
- y rhai sydd wedi cael adwaith anaffylactig wedi'i gadarnhau i ddos blaenorol o'r un brechlyn COVID-19.

Gall pobl sydd â hanes o adwaith alergaidd difrifol i fwyd, cyffur neu frechlyn a nodwyd, neu bigiad pryfed gael brechlyn COVID-19, ar yr amod nad yw'n hysbys bod ganddynt alergedd i unrhyw ran o'r brechlyn. Mae'n bwysig eich bod yn dweud wrth y person sy'n rhoi eich brechlyn i chi os ydych erioed wedi cael adwaith alergaidd difrifol (anaffylaxis).

Beth sydd angen i mi ei wneud?

Byddwch yn derbyn
gwybodaeth ynghylch
pryd a ble i gael
eich brechu.



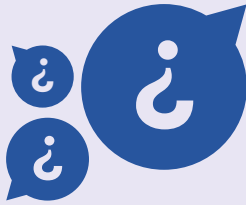
Siaradwch â'ch rhiant
neu ofalwr am yr hyn sy'n
dda ac yn ddrwg am y
brechiad a phenderfynu
beth sydd orau i chi.



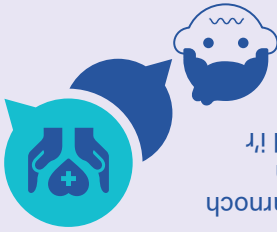
Ar ddiwrrnod yr apwyntiad,
gwisgwch ddillad llac fel
ei bod yn hawdd cyrraedd
rhan uchaf eich braich.



Cyn i chi gael y brechiad,
peidiwch â bod ofn gofyn
unrhyw gwestiynau sydd
gennych.



Os oes ofn nodwyddau arnoch
neu os ydych yn teimlo'n
bryderus, rhowch wybod i'r
sawl sy'n rhoi eich
brechlyn. Bydd yn deall
ac yn eich cefnogi.





A fydd y brechlyn yn fy amddiffyn?

Bydd brechlad COVID-19 yn lleihau'r siawns y byddwch yn dioddef o glefyd COVID-19. Mae hefyd yn debygol y bydd y brechlad yn helpu i leihau lledaeniad COVID-19 mewn ysgolion ac yn lleihau ond nid yn atal tartu ar addysg. Gall gymryd ychydig wythnosau i'ch corff ddatblygu rhywfaint o amddiffyniad o'r brechlyn. Dylech gael amddiffyniad da o'r dos cyntaf, dylai cael yr ail ddos roi amddiffyniad sy'n para'n hirach i chi rhag y feirws. Fel pob meddyginiaeth, nid oes unrhyw frechlyn yn gwbl effeithiol – efallai y bydd rhai pobl yn dal i gael COVID-19 er iddynt gael brechlad, ond dylai hyn fod yn llai difrifol.

Os oes angen rhagor o wybodaeth arnoch am symptomau ewch i: 111.wales.nhs.uk

Nid yw'r brechlynnau'n cynnwys organebau sy'n tyfu yn y corff, ac felly maent yn ddiogel i blant a phobl ifanc ag anhwylderau'r system imiwnedd. Efallai na fydd y bobl hyn yn ymateb cystal i'r brechlyn ond dylai gynnig amddiffyniad iddynt rhag clefyd difrifol.

A ydych yn wynebu risg o haint COVID-19?

Gall y coronafeirws effeithio ar unrhyw un. Mae rhai plant a phobl ifanc yn wynebu risg uwch gan gynnwys y rhai sy'n byw gyda chyflyrau difrifol fel:

- canserau (fel lewcemïa neu lymffoma)
- diabetes
- problemau difrifol gyda'r galon
- cwyn gyda'r frest neu anawsterau anadlu, gan gynnwys asthma a reolir yn wael
- clefyd yr arennau, yr afu/iau neu'r perfedd
- imiwnedd is oherwydd afiechyd neu driniaeth (meddyginaeth steroid, cemotherapi neu radiotherapi)
- trawsblaniad organ
- niwroanabedd neu gyflwr niwroggyhyrol
- anabedd dysgu difrifol neu ddwys
- Syndrom Down
- problem gyda'ch dueg, e.e. afiechyd y crymangelloedd, neu mae eich dueg wedi cael ei thynnu
- epilepsi

- problemau genetig difrifol
 - cyflyrau meddygol difrifol eraill fel y cynghorir gan eich meddyg neu arbenigwr.
- Ar gyfer y rhan fwyaf o blant a phobl ifanc mae COVID-19 fel arfer yn salwch ysgafnach ac yn anaml y mae'n arwain at gymhlethdodau. I ychydig iawn gall y symptomau bara am fwy o amser na'r 2 i 3 wythnos arferol.

Bydd y brechiad yn helpu i'ch amddiffyn rhag COVID-19 ac yn helpu i leihau lledaeniad COVID-19. Ar hyn o bryd y brechlyn a ffeirir i blant a phobl ifanc yw brechlyn Pfizer. Dyma fydd yn cael ei gynniig i chi.

**Mae'r datlen hon yn egluro rhaglen
trechu'r coronafeirws (COVID-19)
i blant a phobl ifanc 12-15 oed.**



Beth yw COVID-19 neu'r coronafeirws?

Mae COVID-19 yn glefyd anadlol heintus iawn a achosir gan feirws SARS-CoV-2. Prif iawn yw'r plant a'r bobl ifanc sydd â haint COVID-19 sy'n mynd ymlaen i gael clefyd difrifol. Nid oes gwellhad i COVID-19 er bod rhai triniaethau sydd wedi'u profi or newydd yn helpu i leihau'r risg o gymhlethdodau.

A allaf gael y brechlyn COVID-19?

Mae'r GIG yn cynnig brechlyn COVID-19 i blant a phobl ifanc. Mae hyn yn cynnwys y rhai 12-15 oed sy'n wynebu risg uwch o haint y bydd angen iddynt gael 2 ddos o'r brechlyn 8 wythnos ar wahân. Dylid cynnig dos cyntaf ac ail ddos o frechlyn Pfizer i'r holl blant a phobl ifanc eraill 12-15 oed 12 wythnos ar wahân. Gellir lleihau'r bwlch i wyth wythnos mewn pobl ifanc iach o dan 18 oed yn ystod cyfnodau o achosion uchel neu lle mae pryder ynghylch effeithiolrwydd y brechlyn (e.e. amrywiolyn newydd).



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Rhagfyr 2021

ifanc 12 i 15 oed

Canllaw i blant a phobl

COVID-19 Brechu



Mae Brechu yn achub bywydau
Vaccination saves lives