



Mae Brechu yn achub bywydau
Vaccination saves lives



COVID-19 **vaccination**

**A guide for young people
aged 16 to 17 years**

December 2021



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This leaflet explains the coronavirus (COVID-19) vaccine for young people aged 16 to 17 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 but some newly tested treatments do help to reduce the risk of complications.

Eligibility for the vaccination

You may have recently had a first dose of the COVID-19 vaccine.

The Joint Committee on Vaccination and Immunisation (JCVI) have recommended that young people aged 16-17 years who are not at greater risk of serious illness if they catch COVID-19 should now receive 2 doses of vaccine with an interval of at least 12 weeks between doses. 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).

Some young people aged 16 to 17 who are at greater risk of serious illness if they catch COVID-19 will already have been offered 2 doses of vaccine at an interval of at least 8 weeks between doses.

A link to the full list of those groups who are at greater risk of serious illness is available in the **More information** section of this leaflet.

How good is the protection from the first dose?

Studies suggest that even after 1 dose of vaccine your risk of serious complications from COVID-19 infection are greatly reduced. This protection is expected to last for a few months in young people.

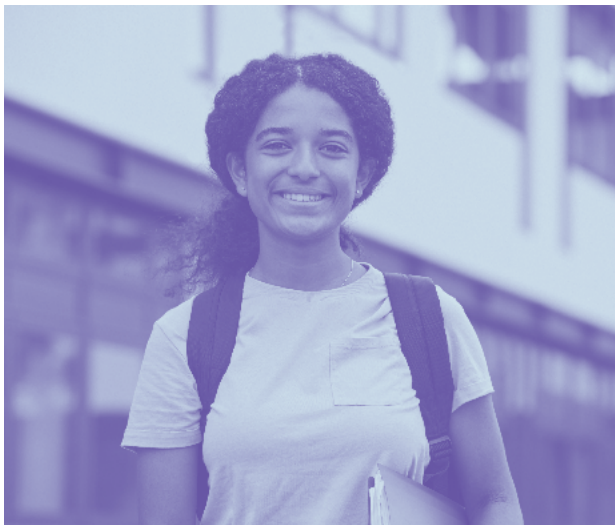
People who have had previous COVID-19 infection who then get 1 dose of the vaccine, and those who get infected after the first dose, make a good immune response –at least as good as people who have had 2 doses. This suggests that young people who get both infection and vaccine will have high levels of protection.

What are the benefits of a second dose?

A second dose helps to improve protection in the longer term. Further studies will help us to know how long protection will last.

What vaccine will I be offered for both doses?

Currently the preferred vaccine for children and young people is the Pfizer vaccine. This is what you will be offered.



Are there any reasons you should not get the vaccine?

There are very few young 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 from the Pfizer vaccine

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.

Common side effects include:

Having a painful, heavy feeling and tenderness in the arm where you had your injection. This tends to be worst around 1 to 2 days after the vaccine



Feeling tired



Having a headache



General aches, or mild flu like symptoms



You can rest and take paracetamol (follow the dose advice in the packaging) 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 the COVID-19 vaccines. Most of these cases have been in younger men and are more common after the second vaccination.

You should seek medical advice urgently if you experience:

Chest
pain



Shortness
of breath



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



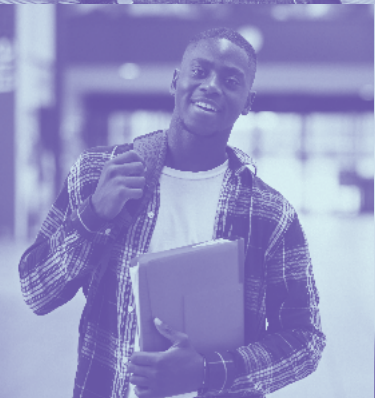
Most people recovered and felt better following rest and simple treatments.

Amongst those who get severe side effects, there may be an even smaller number in whom there are some longer-term effects. Longer-term studies are underway.

If you had myocarditis or pericarditis after the first dose, you should seek medical advice before having a second dose of the vaccine.

You or your parents and carers can 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



When can I have the second dose?

Whatever you decide now, you will be eligible for a second dose as soon as you become 18 years of age.

But you can have it any time before then, providing you have a 12 week gap between the first and second dose.

Having a 12 week gap may extend the length of time your protection will last after the second dose. This longer gap may also reduce the likelihood of experiencing some of the more serious but rare side effects, like myocarditis, from the vaccine. This precautionary advice comes from the Joint Committee on Vaccination and Immunisation (JCVI).

The JCVI also suggests that if you have had COVID-19 infection as well as the first dose of vaccine, you are likely to already have high levels of protection, and may therefore choose to wait longer before having the second dose.

There may be reasons for you deciding to have the second dose even sooner, after 8 weeks. These reasons include:

- if you are considered to be 'at risk' and have not yet had your second dose
- if you live with someone who is considered 'at risk' and you want to help protect them
- if your circumstances, such as work or essential travel, require a second dose

If you are still unsure, you can discuss your decision with a doctor, or nurse.

What do I need to do?

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



Talk to your parents or carer 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.



Consent

You and your parents, or carer, should discuss the information in this leaflet before the vaccination, however young people can consent or agree to vaccination if they understand what is involved.

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**

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
- get tested and self-isolate if you have symptoms
- keep your distance when you can
- wash your hands regularly
- open windows to let fresh air in
- 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.

For more information on the list of conditions go to: **phw.nhs.wales/topics/immunisation-and-vaccines/covid-19-vaccination-information/eligibility-for-the-vaccine**.

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

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-effeithiau posibl yn: **coronavirus-yellowcard.mhra.gov.uk/productioninformation**

Gallwch roi gwybod am sgil-effeithiau a amheuir ar-lein yn: **coronavirus-yellowcard.mhra.gov.uk** neu drwy lawrlwytho'r ap Cerdyn Melyn.

I gael rhagor o wybodaeth am y rhestr o gyflyrau eich gwibod: **icc.gig.cymru/pynciau/imiwneiddio-a-brechlynnau/gwybodaeth-brechlyn-covid-19/cymhwystera-ar-gyfer-y-brechlyn.**

I gael gwybod sut y mae'r GIG yn defnyddio eich gwybodaeth, ewch i: **111.wales.nhs.uk/aboutus/yourinformation/?locale=cy**

I gael y daflen hon mewn fformatau eraill ewch i: **iechydscymlu.org/adnoddau-gwybodaeth-iechyd**



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Sut caiff COVID-19 ei ledaenu

Mae COVID-19 yn cael ei ledaenu drwy ddatnau sy'n cael eu hanadlu allan o'r trwyn neu'r geg, yn enwedig wrth siarad neu besychu. 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 lle cewch eich cynghori i wneud hynny
- cael prawf a hunanyysu os oes gennych symptomau
- cadw eich pellter pan allwch
- golchi eich dwylon rheolaidd
- agor ffenestri i adael awyr iach i mewn
- dilyn y canllawiau presennol yn [llyw.cymru/coronafeirws](https://www.cymru/coronafeirws).

Rhoi caniatâd

Dylech chi a'ch rhieni, neu ofalwr, dratod y wybodaeth yn y daflen hon cyn y brechiad. Fodd bynnag, gall pobl ifanc roi caniatâd neu gyttuno i frechiad os ydynt yn deall beth mae hyn yn ei olygu.

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 arogl i arferol

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

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

Ni ddylech fynychu apwyntiad brechiad os ydych yn hunanynysu neu'n aros am brawf neu ganlyniad COVID-19.

Beth sydd angen i mi ei wneud?

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



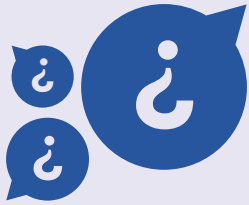
Siaradwch â'ch rhieni neu
ofalwr am y brechiad a
phenderfynu beth sydd
orau i chi.



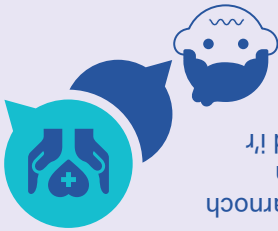
Ar ddiwrrnod yr apwyntiad,
gwisgwch ddillad llac fel
ei bod yn hawdd cyrraedd
rhan uchaf eich braich.



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.



Pryd y gallaf gael yr ail ddos?

Beth bynnag fyddwch yn ei benderfynu nawr, byddwch yn gymwys i gael eil ddos cyn gynted ag y byddwch yn 18 oed.

Ond gallwch ei gael ar unrhyw adeg cyn hynny, ar yr amod bod bwlch o 12 wythnos rhwng y dos cyntaf a'r ail ddos.

Gall cael bwlch o 12 wythnos ymestyn yr amser y bydd eich amddiffyniad yn para ar ôl yr ail ddos. Gall y bwlch hirach hwn hefyd leiha'u'r tebygolrwydd o brofi rhai o'r sgil-effeithiau mwy difrifol ond prin, fel myocarditis, o'r brechlyn. Daw'r cyngor rhagofalus hwn gan y Cyd-bwyllgor ar Imiwneddio a Brechu (JCVI).

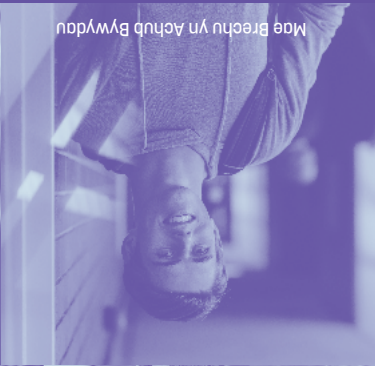
Mae'r JCVI hefyd yn awgrymu os ydych wedi cael haint COVID-19 yn ogystal â'r dos cyntaf o'r brechlyn, mae'n debygol bod gennych lefelau uchel o amddiffyniad eisoes, ac felly efallai y byddwch yn dewis aros yn hirach cyn cael yr ail ddos.

Gall fod rhesymau pam y byddwch yn penderfynu cael yr ail ddos hyd yn oed yn gynt, ar ôl 8 wythnos. Mae'r rhesymau hyn yn cynnwys:

- os ystyrrir eich bod yn 'wynnebu risg' ac nad ydych wedi cael eich ail ddos eto

- os ydych yn byw gyda rhywun yr ystyrrir ei fod yn 'wynnebu risg' ac rydych am helpu i'w amddiffyn
- os yw eich amgylchiadau, fel gwaith neu deithio hanfodol, yn ei gwneud yn ofynnol cael ail ddos

Os ydych yn dal yn ansicr, gallwch dratod eich penderfyniad gyda meddyg, neu nysr.



Sgil-ffeithiau llai cyffredin

Yn ddiweddar, mae achosion o lid y galon (o'r enw myocarditis neu bericarditis) wedi'u nodi'n anaml iawn yn ystod yr wythnos gyntaf ar ôl y 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 frechiad.

Dylech geisio cyngor meddygol ar unwaith os byddwch yn profi'r canlynol:



Roedd y rhan fwyaf o bobl wedi gwella ac yn teimlo'n well ar ôl gorffwys a thriniaethau syml. Ymhlith y rhai sy'n cael sgil-ffeithiau difrifol, gall fod nifer llai fyth lle ceir rhai effeithiau tymor hwy. Mae astudiaethau tymor hwy yn mynd rhagddynt. Os ydych wedi cael myocarditis neu bericarditis ar ôl y dos gyntaf, dylech geisio cyngor meddygol cyn cael ail ddos o'r brechlyn.

Gallwch chi neu'ch rhieni a gofaliwyr roi gwybod am unrhyw sgil-ffeithiau tybiedig i frechlynnau a meddyginiathau ar-lein drwy'r cynllun Cerdyn Melyn. Mae system Cerdyn Melyn Coronafeirws yn wefan lle gallwch roi gwybod am unrhyw sgil-ffeithiau o'r brechlyn.

Efallai y bydd angen cymorth arnoch i gael mynediad at y wefan hon: coronavirus-yellowcard.mhra.gov.uk



Sgîl-effeithiau cyffredin o'r brechlyn Pfizer

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

Mae sgîl-effeithiau cyffredin yn cynnwys:

Teimlad poenus, trwm a thynnerwch yn y fraich y cawsoch eich pigiad ynddi. Mae hyn yn tueddu i fod ar ei waethaf tua 1 i 2 ddiwrnod ar ôl y brechlyn



Teimlo'n
fflunedig



Pen tost/
cur pen



Poenau
cyffredinol,
neu
symptomau
ysgafn
tebyg
i fflw



Gallwch orffwys a chymryd parasetamol (dilynwch y cynngor ynghylch dos yn y pecyn) 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 anafserol a gall fod yn arwydd bod gennych COVID-19 neu haint arall. Mae'r symptomau yma'n para llai nag wythnos fel arfer. 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 GIG 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 ddim 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 o leiaf 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.
- aros o leiaf 4 wythnos yn dilyn haint COVID-19 cyn brechu os ydych chi mewn grŵp sy'n wynebu risg uwch o salwch difrifol o COVID-19.

(e.e. amrywiolyn newydd) gellir gostwng hyn i neu lle ceir pryder am effeithiolrwydd brechlyn COVID-19. Yn ystod cyfnodau o achosion uchel grŵp sy'n wynebu risg uwch o salwch difrifol o

cyn cael eich brechlyn os nad ydych chi mewn

8 wythnos; neu

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 cyngor diweddaraf ar frechlynnau COVID-19 a'u rhoi gyda brechlynnau eraill ewch i: <https://icc.gig.cymru/pynciau/imiwneiddio-a-brechlynnau/gwybodaeth-brechlyn-covid-19/>

A oes unrhyw resymau pam na ddylech gael y brechlyn?

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

Ni ddylid rhoi'r brechlyn i'r canlynol:

- Pobol 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 (anaffylacsis).



Pa mor dda yw'r amddiffyniad o'r dos cyntaf?

Mae astudiaethau'n awgrymu hyd yn oed ar ôl 1 dos o'r brechlyn mae eich risg o gymhlethdodau difrifol o haint COVID-19 yn cael ei lleihau'n fawr. Disgwylir i'r amddiffyniad hwn bara am ychydig fisoedd mewn pobl ifanc.

Mae pobl sydd wedi cael haint COVID-19 blaenorol sydd wedyn yn cael 1 dos o'r brechlyn, a'r rhai sy'n cael eu heintio ar ôl y dos cyntaf, yn dangos ymateb imiwyddol da – o leiaf cystal â phobl sydd wedi cael 2 ddos. Mae hyn yn awgrymu y bydd gan bobl ifanc sy'n cael eu heintio ac yn cael y brechlyn lefelau uchel o amddiffyniad.

Beth yw manteision ail ddos?

Bydd ail ddos yn helpu i wella amddiffyniad yn y tymor hwy. Bydd astudiaethau pellach yn ein helpu i wybod pa mor hir y bydd amddiffyniad yn para.

Pa frechlyn y byddaf yn cael ei gynig ar gyfer y ddau ddos?

Ar hyn o bryd y brechlyn a ffefrir ar gyfer plant a phobl ifanc yw brechlyn Pfizer. Dyma fydd yn cael ei gynig i chi.

**Mae'r datlen hon yn egluro'r
brechlyn coronafeirws (COVID-19)
i bobl ifanc 16 i 17 oed.**



Beth yw COVID-19 neu'r coronafeirws?

Mae COVID-19 yn glefyd anadliol 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 ond mae rhai triniaethau sydd wedi'u profi o'r newydd yn helpu i leihau'r risg o gymhlethdodau.

Cymhwysterau ar gyfer y brechiad

Efallai eich bod wedi cael dos cyntaf o'r brechlyn COVID-19 yn ddiweddar.

Mae'r Cyd-bwyllgor ar Imiwneddio a Brechu (JCVI) wedi argymhell y dylai bobl ifanc 16-17 oed nad ydynt yn wynebu risg uwch o salwch difrifol os ydynt yn dal COVID-19 bellach gael 2 dos o'r brechlyn gyda bwch o 12 wythnos o leiaf rhwng dosau. Gellir lleihau'r bwch hwn 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. amrywiol yn newydd).

Bydd rhai pobl ifanc 16 i 17 oed sy'n wynebu risg uwch o salwch difrifol os ydynt yn dal COVID-19 eisoes wedi cael cynnig 2 dos o frechlyn gyda bwch o 8 wythnos o leiaf rhwng dosau.

Mae dolen i'r rhestr iawn o'r grwpiau hynny sy'n wynebu risg uwch o salwch difrifol ar gael yn adran **Rhagor o wybodaeth** y datlen hon.

Brechu COVID-19

Canllaw i bobl ifanc
16 i 17 oed
Rhagfyr 2021

