



Mae Brechu yn achub bywydau
Vaccination saves lives



GIG
CYMRU
NHS
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Iechyd Cyhoeddus
Cymru
Public Health
Wales

Respiratory syncytial virus vaccine for older adults

The short name is the **RSV vaccine**



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

About RSV



RSV is an illness that can affect your breathing and lungs.

It can cause things like a cough or cold.



Lots of people get RSV every year.

It can spread easily to other people by coughing or sneezing.



Most people who catch RSV do not get very poorly.

They get better quickly on their own.



But RSV can be very serious for some people.

It can make them very poorly and have to go into hospital.

Some people might die.

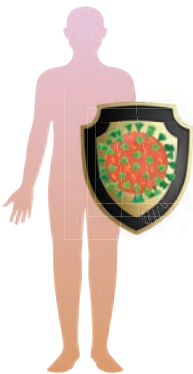


People who have more chance of getting very poorly from RSV are:

- Older adults who have lung problems.



- Older adults whose **immune system** doesn't work very well.



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

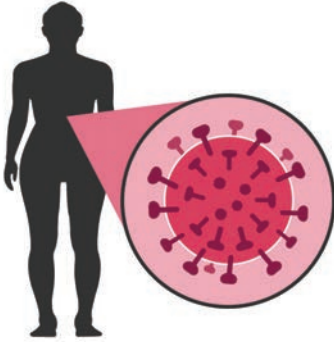


- Babies.



It is really important to try to protect yourself from RSV.

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 at the top of your arm.



The RSV vaccine is very safe.
You will not catch RSV from it.



The vaccine may not stop you from catching RSV.
But it can help to stop you from getting very poorly if you do catch it.

Who can have the RSV vaccine



You should have the vaccine if you are aged 75 or older.



Or if you live in a care home for older adults.

You do not have to be 75 or older.



Or if you are aged 65 to 74 years old and:

- You have problems with your breathing

or

- You have an immune system that does not work very well.

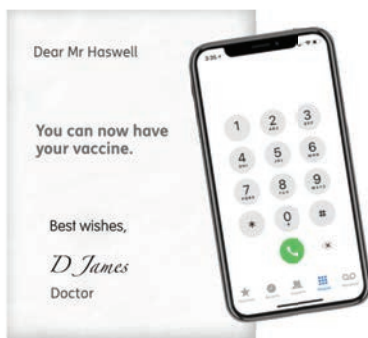


People who are pregnant will also be offered the vaccine.



If you are not sure if you should have the vaccine, speak to your doctor or nurse.

How to get your vaccine



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.



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



You can have the vaccine at the same time as some other vaccines.

The doctor or nurse will talk to you about this at your appointment.

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



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



You should cancel your appointment and make a new one.

But you should try to have the vaccine as soon as possible.

What to do if you are scared of needles



Some people are scared of needles.



If you are worried, tell the person who is going to give you the vaccine. They will support you.

Allergies



Most people who are allergic to something can have the RSV vaccine with no problems.



You should **not** have the vaccine if:



- You have had a **serious reaction** to a vaccine before

or



- You are allergic to something the vaccine is made from and it gives you a **serious reaction**.



A **serious reaction** is when:

- 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.

Side effects



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

Not everyone has side effects.



If you do get them, they should only last for 1 to 2 days.



Things you might feel after having the RSV vaccine are:

- A sore arm where you had the injection.



- A headache.



- Feeling very tired.



- Aches in your body.



Serious side effects are very rare.
This means that not a lot of people have them.

Serious side effects are things like:

- Feeling tingly, having sharp pains or feeling weak in your hands, feet, arms and legs.

You should get a doctor's appointment straight away or call **NHS 111**.





- Having a serious reaction to the RSV vaccine.
You must call **999** straight away.



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



Or you can call **NHS 111**.

More information



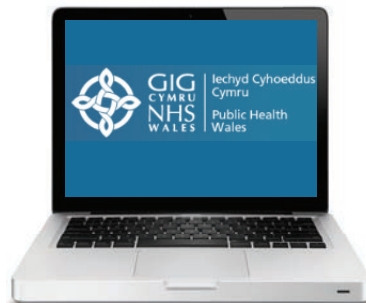
If you want more information about the vaccine, you can speak to your doctor.



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