



Mae Brechu yn achub bywydau  
Vaccination saves lives



GIG  
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NHS  
WALES

Iechyd Cyhoeddus  
Cymru  
Public Health  
Wales

# Vaccine for pneumococcal disease

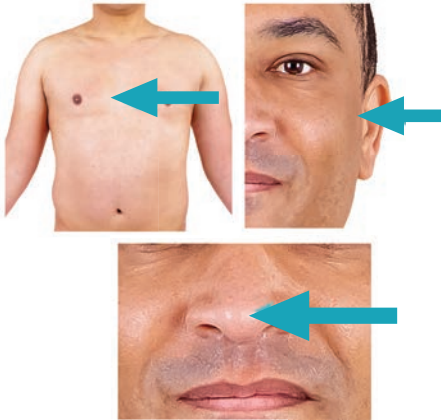
We say it like this: **New mow cock al**

This vaccine is for older people and other people who could get very poorly if they catch this disease



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

## What is pneumococcal disease



Pneumococcal disease is an illness. It can give you problems with your ears, nose and chest.



It can make you feel poorly. You might feel like you have a bad cold or cough.



Sometimes it can be very serious. It can cause other problems in your body.



Some people might have to go to hospital.



And some people might die from it.

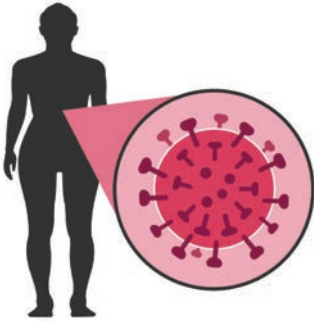


Some people have more chance of being very poorly.



These people can have a vaccine for it.

# 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.



Babies under 1 year old usually have the injection in the top of their leg.



The vaccine for pneumococcal disease is very safe. You will not catch the disease from it.



The vaccine may not stop you from catching the disease. But it can help to make you less poorly if you do catch it.

## Who should have the vaccine



Some people have more chance of being very poorly with pneumococcal disease.

You should have the vaccine if you:

- Are aged 65 or older.



- Are aged 2 years to 64 years old with a **long term health condition**.



A **health condition** is a problem that affects your body. Things like having problems with your heart or with your breathing.





**Long term** means it lasts for 12 months or more.



- Have a job where you have to heat up metal. This can give you more chance of getting an infection in your lungs.



- Some babies under 2 years old might need it too. Your doctor or nurse will tell you if your baby needs it.

## How to get the vaccine



Your doctor will let you know if you should have the vaccine.



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



If you do not get an invite, contact your doctor. They will tell you if you can have the vaccine.



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



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

## Getting the vaccine



Most people aged 2 years and older only need to have 1 injection.



Some people might need to have extra injections to protect them fully.



Your doctor will tell you if you need to have another injection.



If you do not like needles, tell the person who is giving you the injection. They will support you.

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



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



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

## Who should not have the vaccine



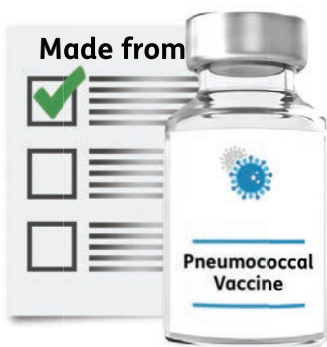
Most people who are allergic to something can have the vaccine with no problems.

You should not have the vaccine if you:



- Have had a **serious reaction** to the vaccine before

or



- Are allergic to something that 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.



Tell the person giving you the vaccine if you have had a serious reaction to the vaccine before.

## Side effects



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



Not everyone gets side effects.



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

Things you might feel after the vaccine are:



- Having a sore arm where you had the injection.



- Feeling warm, cold or shivery.



- A headache.



- Aches in your body.



- Feeling very tired.

Babies who are younger than 2 years old might:



- Cry a lot.



- Be more sleepy than normal.



- Not be very hungry.

## More information



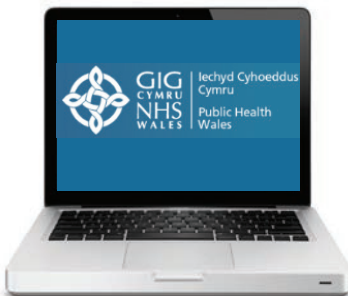
If you want more information about the vaccine, you can speak to your doctor.



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



To find out how the NHS uses your information, look on this website:

**[111.wales.nhs.uk/AboutUs/Yourinformation](http://111.wales.nhs.uk/AboutUs/Yourinformation)**

# Rhagor o wybodaeth

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

Rydych chi'n gallu ffonio GIG 111  
**Ffonio 111**  
Cyrru hefyd

Mae'n rhad ac am ddim i ffonio'r  
rhif hwn.

Rydych chi'n gallu edrych ar wefan  
Iechyd Cyhoeddus Cymru:  
**ic.gig.cymru/brechlynnau**

Ewch i'r wefan hon i gael gwybod  
sut mae'r GIG yn defnyddio eich  
gwybodaeth chi:

**111.wales.nhs.uk/amdanomi/  
eichgwybodaeth**



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Easy Read UK



Mae'n bosibl y bydd babanod sy'n iau na 2 oed yn gwneud y canlynol:

- Crio llawer.



- Bod yn fwy cysglyd nag arfer.



- Ddim eisiau llawer o laeth/bwyd.



- Teimlo'n gynnes, yn oer neu'n crynu.



- Cur pen/pen tost.



- Poenau yn eich corff.



- Teimlo'n finedig iawn.

# Sgil-efeithiau

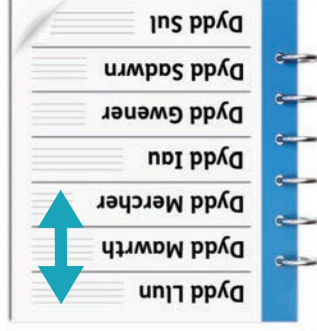
**Sgil-efeithiau** yw'r pethau sy'n gallu digwydd i chi ar ôl i chi gael y brechlyn.



Dydy pawb ddim yn cael sgil-efeithiau.



Os byddwch chi'n cael sgil-efeithiau, dylen nhw wella ar ôl diwrnod neu ddau.



Mae'n bosibl byddwch chi'n teimlo'r pethau hyn ar ôl cael y brechlyn:

- Braich boenus lle cawsoch y pigiad.





- Mae **adwaith difrifol** yn golygu:  
● Eich bod yn cael trafferth anadlu.



- Eich bod yn teimlo'n ddryslyd,  
yn benysgafn a dydy hi ddim  
yn bosibl eich deffro chi.



- Bydd eich wyneb, gwddf neu dafod  
yn dechrau chwyddo.



Dywedwch wrth y person sy'n rhoi'r  
brechlyn i chi os ydych chi wedi cael  
adwaith difrifol i'r brechlyn o'r blaen.

# Pwy na ddylai gael y brechlyn

Mae'r rhan fwyaf o bobl sydd ag alergedd i rywbeth yn gallu cael y brechlyn heb broblem.

Ddylech chi ddim cael y brechlyn os ydych chi:

● Wedi cael **adwaith difrifol** i'r brechlyn o'r blaen



neu os oes gennyh

● alergedd i rywbeth sydd yn **adwaith difrifol**.  
y brechlyn sy'n achosi i chi gael



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



Os ydych chi'n sâl mae'n well i chi!  
aros nes eich bod chi'n teimlo'n well.



**Beth i'w wneud os ydych  
chi'n sâl pan mae'n bryd i  
chi gael y brechlyn**

# Cael y brechlyn

Dim ond un pigiad sydd ei angen ar y rhan fwyaf o bobl 2 oed a hŷn.

Efallai bydd angen pigiadau ychwanegol ar rai pobl i'w diogelu yn llwyr.



Bydd eich meddyg yn rhoi gwybod i chi os oes angen i chi gael pigiad arall.



Dylech chi ddweud wrth y person sy'n rhoi'r pigiad i chi os nad ydych chi'n hoffi nodwyddau. Bydd yn eich cefnogi chi.

# Sut i gael y brechlyn

Bydd eich meddyg yn rhoi gwybod i chi os dylech chi gael y brechlyn.



Annwyl Mr Hoswell  
Gallwch chi gael  
eich brechlyn nawr.  
Pob dynnid da,  
D James  
Meddyg

Dylech chi gael y brechlyn cyn gynted ag y caiff ei gynig i chi.



Os na fyddwch chi'n cael gwahoddiad, cysylltwch â'ch meddyg.  
Bydd y meddyg yn dweud wrthoch chi os ydych chi'n gallu cael y brechlyn.



Mae'n bosibl rhoi'r brechlyn ar yr un pryd â'r rhan fwyaf o frechlynnau eraill.



Bydd y meddyg neu'r nyrs yn trafod hyn â chi yn eich apwyntiad.





Mae **tymor hir** yn golygu ei fod yn para am 12 mis neu fwy.



● Yn gwneud swydd sy'n cynnwys cynhesu metel.  
Gall hyn roi mwy o siawns i chi gael haint yn eich ysgyfaint.



● Efallai y bydd ei angen ar rai babanod dan 2 oed hefyd.  
Bydd eich meddyg neu nyrs yn rhoi gwybod i chi os oes ei angen ar eich babi.



Mae **cyflwr iechyd** yn broblem sy'n effeithio ar eich corff. Pethau fel cael problemau gyda'ch calon neu gyda'ch anadlu.



- Rhwng 2 a 64 oed gyda **chyflwr iechyd tymor hir**.



- Yn 65 oed neu'n hyn. Dylech chi gael y brechlyn os ydych chi:



Mae gan rai pobl fwy o siawns o fod yn sâl iawn gyda chlefyd niwmocol.

## Pwy ddylai gael y brechlyn

# Beth yw brechlyn

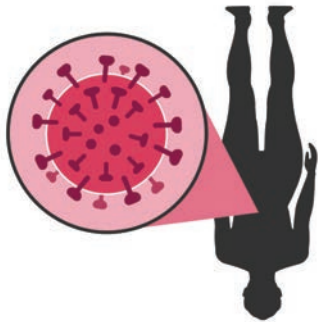
Mae **brechlyn** yn feddygiaeth sy'n helpu i'ch cadw chi'n ddiogel rhag dal salwch.

Mae brechlynnau fel arfer yn cael eu rhoi trwy bigiad yn rhan uchaf eich braich.

Fel arfer, mae babanod o dan flwydd oed yn cael y pigiad ym mhen uchaf eu coes.

Mae'r brechlyn ar gyfer clefyd niwmocol yn ddiogel iawn. Fyddwch chi ddim yn dal y clefyd gan y brechlyn.

Efallai na fydd y brechlyn yn eich atal rhag dal y clefyd. Ond mae'n gallu helpu i'ch gwneud chi'n llai sâl os byddwch chi'n ei ddal.





Mae'r bobl hyn yn gallu cael brechlyn.



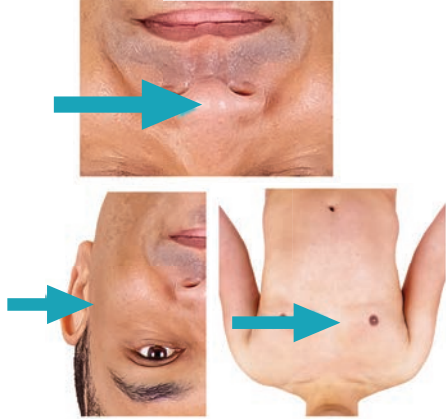
Mae gan rai pobl fwy o siawns o fynd yn sâl iawn.



Mae'n gallu arwain at farwolaeth mewn rhai pobl.

# Beth yw clefyd niwmococol

Mae clefyd niwmococol yn salwch. Mae'n gallu achosi problemau i chi gyda'ch clustiau, eich trwyn a'ch brest.



Mae'n gallu gwneud i chi deimlo'n sâl. Efallai byddwch chi'n teimlo fel bod gennyh chi annwyd neu beswch drwg.



Mae'n gallu bod yn ddifrifol iawn. Mae'n gallu achosi problemau eraill yn eich corff.



Efallai bydd rhaid i rai pobl fynd i'r ysbyty.





Mae'r brechlyn hwn ar gyfer pobl hyn a phobl eraill sy'n gallu mynd yn sâl iawn os ydyn nhw'n dal y cefyd hwn

Rydym yn dweud hynny fel hyn:  
**Niw mo coc ol**

# Brechlyn yn erbyn cefyd niwmocol