



Mae Brechu yn achub bywydau
Vaccination saves lives



GIG
CYMRU
NHS
WALES

Iechyd Cyhoeddus
Cymru
Public Health
Wales

Mpox vaccine

This vaccine is for people who have more chance of catching an illness called mpox



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

What is in this booklet



Page 1 About mpox



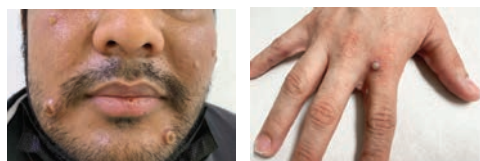
Page 7 About the vaccine



Page 15 Side effects



Page 18 More information



We have used these 2 pictures in this booklet.



We have to tell you that they are from this website:

www.nhs.uk/conditions/mpox/



What is mpox

Mpox used to be called monkeypox.



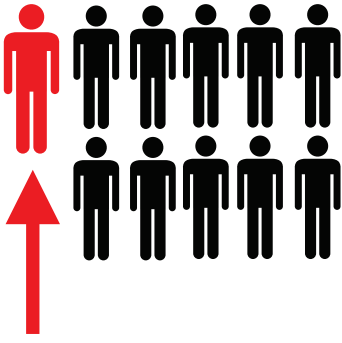
It is an illness that can make you feel very ill.



Most people who catch mpox do not get very poorly. They get better on their own.



But it can be very serious for some people. It can make them very poorly and have to go into hospital.



Mpox is rare in the UK. This means that not a lot of people get it.



You have more chance of catching it if you are a man who has sex with a lot of other men.

Or you have sex in a group.



Or if you spend a lot of time close to someone who has got mpox.

How mpox spreads



You need to be really close to someone to catch mpox.

You can catch it by:



- Holding hands, cuddling and kissing. Or by having sex with someone who has mpox.



- Touching things like spit or snot that has come from someone who has mpox.



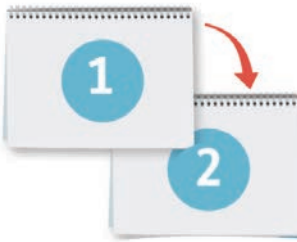
- Touching bedding, clothes or towels that have been used by someone with mpox.

Symptoms of mpox



Symptoms are the things you might feel when you have mpox.

Not everyone has all of the symptoms.



The symptoms happen in 2 stages.

Stage 1 symptoms



- Feeling hot, cold or shivery.



- Having a headache.



- Having aches in your body.



- Having a lump in your neck, armpit or between your legs.

Stage 2 symptoms



You get a rash. It usually starts 1 to 5 days after you start to feel hot, cold and shivery.



The rash starts off as spots.

It usually starts on your face or **genital area**. **Genital areas** are places like your penis, vagina or anus.



It might then spread to other parts of your body.



If you think you have mpox, you should phone your local doctor straight away.

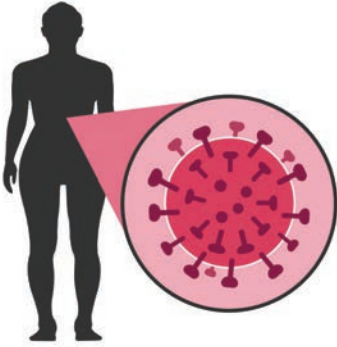


You could also phone NHS 111 Wales.
Or contact your local **sexual health clinic**.



The **sexual health clinic** helps to keep people safe and healthy before and when they have sex.

What is a vaccine



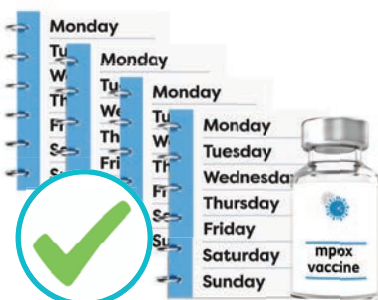
A **vaccine** is a medicine that helps to keep you safe from catching an illness.



Getting a vaccine is usually done by giving you an injection at the top of your arm.



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



It takes about 4 weeks for the mpox vaccine to work properly.



The vaccine will not give you mpox.



You might still catch mpox even if you have the vaccine.

But it can help to stop you from getting very poorly if you do catch it.

Who can have the vaccine

Men who have sex with other men and do any of these things:



- Have sex with lots of different people.



- Have sex in a group with other people.



- Go to places where lots of people have sex.

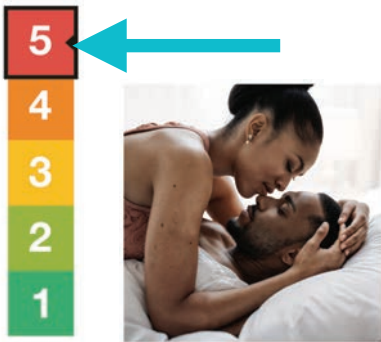


- Have had a **sexually transmitted infection** in the last 12 months.

This is an illness that can be passed on through having sexual contact with someone. An illness like chlamydia or gonorrhoea.



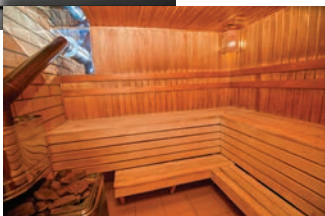
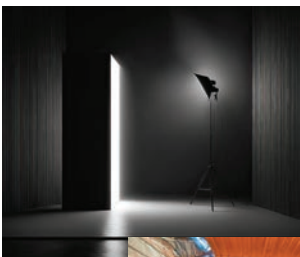
You can also have the vaccine if you spend a lot of time with someone who has mpox.



Or, if you are having sex with someone who has a higher chance of catching it.



You might also be able to get the vaccine if you work in a place where mpox could spread easily.



Places like a sex club, a sauna or a backroom. These are places you can go to and have sex with other people.

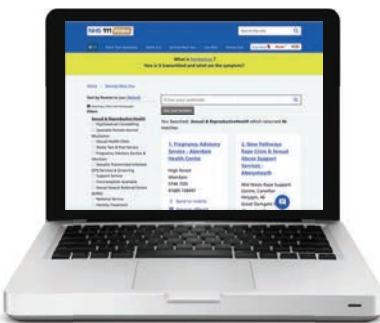
How to get the vaccine

You can get the vaccine for free at a sexual health clinic.



You can find your closest sexual health clinic online here:

111.wales.nhs.uk/localservices



You might not be sure if you can have the vaccine.



Speak to your local sexual health clinic. They will tell you if you can have it.

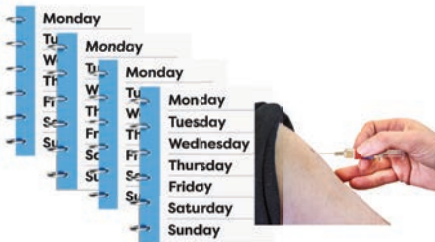
Having the vaccine



The mpox vaccine is very safe.



Most people need to have 2 injections. You do not have them at the same time.



You should have the 2nd injection 4 weeks after your 1st injection.



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



You should still have the vaccine if you have had mpox before.



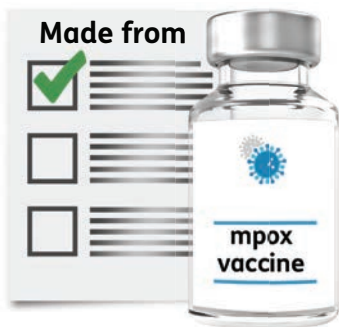
If you are worried about needles, tell the person who is giving you the vaccine. They will support you.

Who should not have the vaccine



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

You should not have the vaccine if:



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

or

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





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.



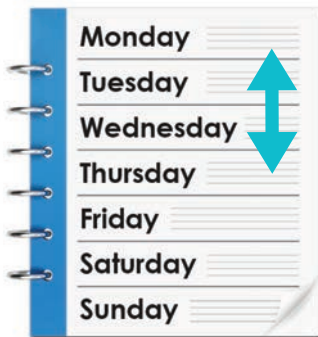
Tell the person giving you the vaccine if you have had a serious reaction to the vaccine before.

Side effects

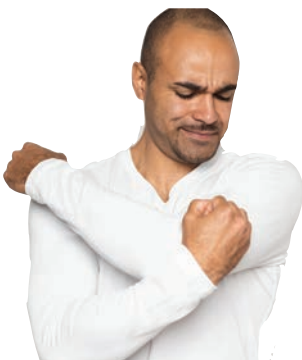


Side effects are things that might happen to you after you have had the vaccine.

Not everyone has side effects.



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



Things you might feel after the vaccine are:

- Having a sore arm where you had the injection.



- A headache.



- Aches in your body.



- Feeling sick.



- Feeling very tired.



- Feeling hot, cold or shivery.



- Not being very hungry.



You can have paracetamol to help with these things.

Remember to read the instructions on the packet.



You should not drive or use machines if you feel unwell.



If you have a skin condition like eczema, the vaccine may make your skin condition worse.



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

More information



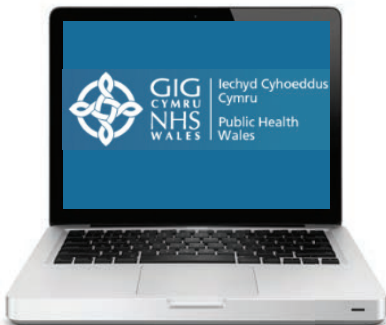
If you want more information about the vaccine, you can speak to the sexual health clinic.



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

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
Cymlun hwyd.
Ffonio 111

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



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



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

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





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



Os oes gennyh gyflwr croen fel
ecsema, gall y brechlyn wneud
cyflwr eich croen yn waeth.



Peidiwch â gyrru na defnyddio
peiriau os ydych yn teimlo'n sâl.



Rydych chi'n gallu cymryd
parasetamol i helpu gyda'r pethau
hyn.
Cofiwch ddarllen y cyfarwyddiadau
ar y pecyn.



- Dim eisiau llawer o fwyd.



- Teimlo'n boeth, yn oer neu'n rhylllyd.



- Teimlo'n finedig iawn.



- Teimlo'n sâl.

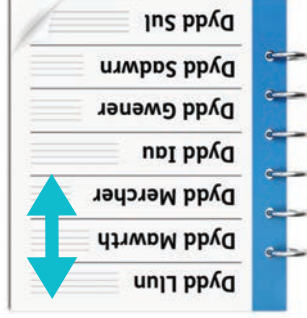


- Poenau yn eich corff.

Sgîl-effeithiau

Sgîl-effeithiau yw'r pethau sy'n gallu digwydd i chi ar ôl i chi gael y brechlyn.

Dydy pawb ddim yn cael sgîl-effeithiau.



Mae sgîl-effeithiau fel arfer yn gwella ar ôl 1 neu 2 ddiwrnod.

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

- Braich boenus lle cawsoch chi'r pigiad.

- Cur pen/pen tost.



Mae adwaith difrifol yn golygu:

- Eich bod chi'n cael trafferth anadlu.



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



- Bydd eich wyneb, gwddf neu dafof 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.





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.

Pwy na ddylai gael y brechlyn

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



Ddylech chi ddim cael y brechlyn os oes gennyf chi:

- Alergedd i rywbeth sydd yn y brechlyn ac mae'n achosi i chi gael **adwaith difrifol**
- neu



- Os ydych chi wedi cael **adwaith difrifol** i'r brechlyn brech M o'r blaen.



Cael y brechlyn

Mae'r brechlyn brech M yn ddiogel iawn.

Mae angen i'r rhan fwyaf o bobl gael 2 bigiad. Fyddwch chi ddim yn cael y ddau bigiad ar yr un pryd.



Dylech chi gael yr ail bigiad 4 wythnos ar ôl eich pigiad cyntaf..



Gallwch chi gael y brechlyn ar yr un pryd â brechlynnau ar gyfer clefydau eraill.



Dylech chi gael y brechlyn os ydych chi wedi cael brech M o'r blaen.



Sut i gael y brechlyn

Rydych chi'n gallu cael y brechlyn am ddim mewn clinig iechyd rhywiol.



Rydych chi'n gallu dod o hyd i'ch clinig iechyd rhywiol agosaf ar-lein yma: **111.wales.nhs.uk/localservices**



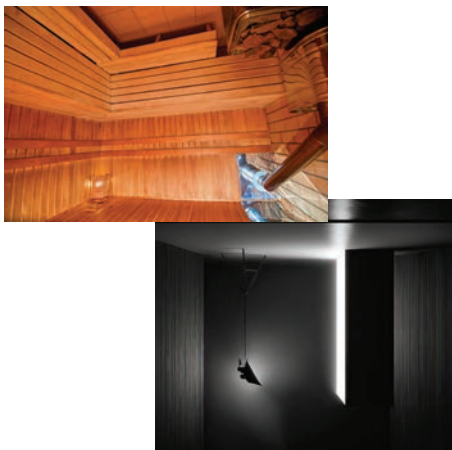
Efallai bod chi ddim yn siŵr os ydych chi'n gallu cael y brechlyn.



Siaradwch â'ch clinig iechyd rhywiol lleol. Bydd y clinig yn dweud wrthoch chi os ydych chi'n gallu cael y brechlyn.



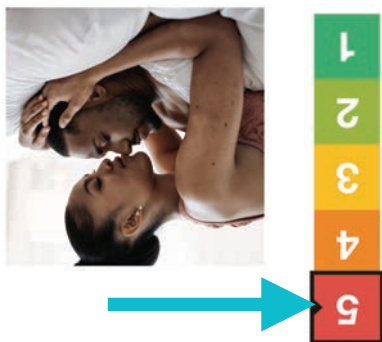
Lleoedd fel clwb rhyw, sawna neu ystafell gefn. Mae'r rhain yn lleoedd rydych chi'n gallu mynd i ddyn nhw i gael rhyw gyda phobl eraill.



Efallai byddwch chi hefyd yn gallu cael y brechlyn os ydych chi'n gweithio yn rhywle lle gallai brech M ledu'n hawdd.



Neu os ydych chi'n cael rhyw gyda rhywun sydd â siawns uwch o'i ddal.



Rydych chi hefyd yn gallu cael y brechlyn os ydych chi'n treulio llawer o amser gyda rhywun sydd â brech M.



Pwy all gael y brechlyn

Dynion sy'n cael rhyw gyda dynion eraill ac sydd yn gwneud unrhyw un o'r pethau hyn:

- Cael rhyw gyda llawer o bobl wahanol.

- Cael rhyw mewn grŵp gyda phobl eraill.

- Mynd i leodd lle mae llawer o bobl yn cael rhyw.

- Wedi cael haint a drosglwyddir yn rhywiol yn ystod y 12 mis diwethaf.

Mae hwn yn salwch sy'n gallu cael ei basio ymlaen trwy gael cyswllt rhywiol â rhywun. Salwch fel clamydia neu gonorea.



Efallia! byddwch chi'n dal i ddal brech
 M hyd yn oed os ydych chi wedi cael
 y brechlyn.
 Ond mae'r brechlyn yn gallu helpu
 i'ch atal rhag mynd yn sal iawn
 os byddwch chi'n ei ddal.



Fydd y brechlyn ddim yn rhoi
 brech M i chi.



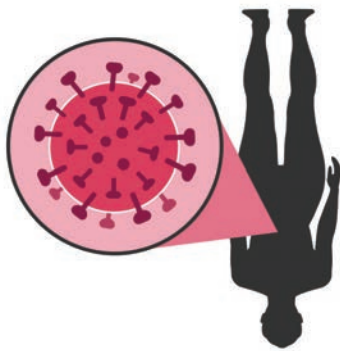
Beth yw brechlyn

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.

Yna bydd eich corff yn gwybod sut y dylai frwydro yn erbyn y salwch os byddwch chi'n ei ddal yn y dyfodol.

Mae'n cymryd tua 4 wythnos i'r brechlyn brech M weithio'n iawn.



Mae'r **clinig iechyd rhywiol** yn helpu i gadw pobl yn ddiogel ac yn iach cyn i ddyn nhw gael rhyw a phan fyddan nhw'n cael rhyw.



Rydych chi hefyd yn gallu ffonio GIG 111 Cymru. Neu gysylltu â'ch **clinig iechyd rhywiol** lleol.



Symptomau Cam 2

Rydych chi'n cael brech. Mae'n dechrau fel arfer 1 i 5 diwrnod ar ôl i chi ddechrau teimlo'n boeth, yn oer ac yn rhyillyd.

Mae'r frech yn dechrau fel smotiau.

Mae'n dechrau fel arfer ar yr wyneb neu ar **ardal yr organau cenhedu**. **Ardaloedd cenhedu** yw lleoedd fel eich pidyn, eich fagina neu'ch anws.

Yna mae'n gallu lledu i rannau eraill o'ch corff.

Os ydych chi'n meddwl bod gennyh chi frech M, dylech ffonio'ch meddyg lleol yn syth.



Symptomau brech M

Symptomau yw'r pethau y gallech chi deimlo pan fydd gennyh chi frech M. Dydy pawb ddim yn cael yr holl symptomau.

Mae'r symptomau'n digwydd mewn 2 gam.

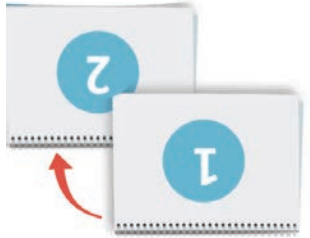
Symptomau Cam 1

- Teimlo'n boeth, yn oer neu'n rhyillyd.

- Cur pen/pen tost.

- Poenau yn eich corff.

- Lwmp yn eich gwddf, eich ceseiliau neu rhwng eich coesau.



Sut mae brech M yn lledaenu

Mae angen i chi fod yn agos iawn at rywun i ddal brech M.

Rydych chi'n gallu ei ddal drwy'r canlynol:

- Dal dwylo, cwtasio a chusanu. Neu drwy gael rhyw gyda rhywun sydd â brech M.



- Cyffwrdd â phethau fel poer neu lysnaffedd trwyn (snot) sydd wedi dod gan rywun sydd â brech M.



- Cyffwrdd â dillad gwely, dillad neu dywelion sydd wedi cael eu defnyddio gan rywun sydd â brech M.

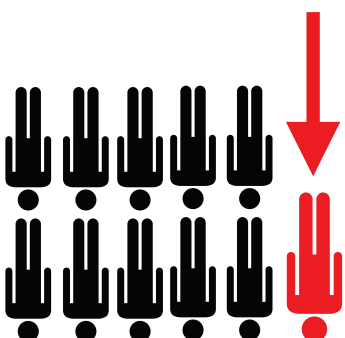




Neu os ydych chi'n treulio llawer o amser yn agos at rywun sydd â brech M.



Mae gennyh fwy o siawns o'i ddal os ydych chi'n ddyn sy'n cael rhyw gyda llawer o ddyinion eraill.
Neu os ydych chi'n cael rhyw mewn grŵp.



Mae brech M yn anghyffredin yn y DU. Mae hyn yn golygu nad yw llawer o bobl yn dal brech M.

Beth yw brech M

Roedd brech M yn arfer cael ei alw'n frech y mwncïod.

Mae'n salwch sy'n gallu gwneud i chi deimlo'n sâl iawn.

Dydys'r rhan fwyaf o bobl sy'n dal brech M ddim yn mynd yn sâl iawn.

Ond mae'n gallu bod yn ddifrifol iawn i rai pobl. Mae'n gallu gwneud nhw'n sâl iawn a byddan nhw'n gorfod mynd i'r ysbyty.



Beth sydd yn y llyfryn hwn



Tudalen 1 Ynglŷn â brech M



Tudalen 7 Y brechlyn



Tudalen 15 Sgîl-effeithiau



Tudalen 18 Mwy o wybodaeth



Rydyn ni wedi defnyddio'r 2 lun yma yn y llyfryn hwn.



Mae'n rhaid i ni ddweud wrthy'ch chi eu bod nhw'n dod o'r wefan hon: www.nhs.uk/conditions/mpox/



Mae'r brechlyn hwn ar gyfer pobl
sydd â mwy o siawns o ddal salwch
o'r enw brech M

Brechlyn Brech M

Mae Brechu yn achub bywydau
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