Mae Brechu yn achub bywydau
Vaccination saves lives

GIG CYMRU NHS WALES | Iechyd Cyhoeddus Cymru Public Health Wales

Meningococcal Group B (MenB) vaccination for young people

Protection against meningitis and sepsis

Mae'r wybodaeth hon ar gael yn Gymraeg. This information is available in Welsh.

This leaflet is for all young people born between 01/09/2007 and 31/08/2008 (17/18 years old) **and** anyone born on or after 21/07/2001 (turning 25 after 21/07/2026) who will be starting university or some residential further education settings **for the first time** in Autumn 2026.

This is a time limited vaccination programme to help protect you against meningococcal group B (MenB) infection. **MenB infection can cause life-threatening meningococcal disease.**

Scan me for more information on MenB

What is meningococcal disease?

Meningococcal disease can cause meningitis (inflammation of the brain and spinal cord) and sepsis (a life-threatening reaction to an infection that can harm your whole body).

Meningitis and sepsis are rare but fatal in around 10% of cases They can leave people with ongoing health issues and life changing disabilities. For example, amputations, hearing loss, brain damage, and skin scarring.

Anyone who has meningococcal disease needs to go to hospital urgently and have immediate treatment with antibiotics. If treatment is started quickly, disability or death are more likely to be avoided.

What causes meningococcal disease?

Meningococcal disease is caused by several groups of meningococcal bacteria. The most common in the UK is group B, with C, W and Y also seen. There are 12 known groups of meningococcal bacteria.

How does meningococcal bacteria spread?

MenB bacteria can live in the throats of about 1 in 10 of people without causing any problems at all. The bacteria can spread to other people through coughing, sneezing or kissing.

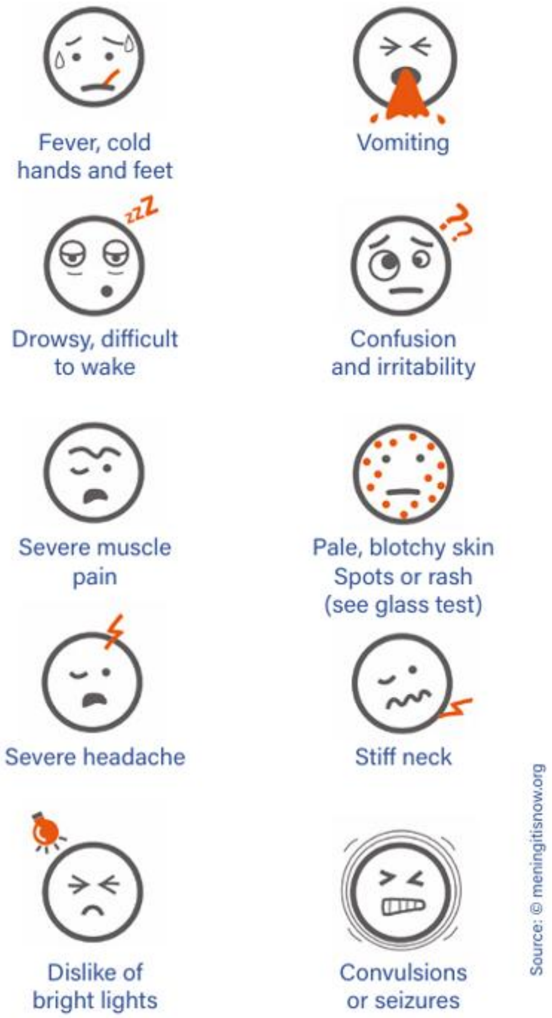
Who is at risk from meningococcal disease?

Everybody is at risk from meningococcal disease, but:

- those aged under 5 are most at risk; and
- teenagers and young adults age 15-19 are the second most at risk group.

What are the signs and symptoms of meningococcal disease?

Look out for any of these symptoms



What should I do if I suspect meningitis?

The Meningitis Glass Test

- Press the side of a clear glass firmly against the skin.
- Spots or a rash (or both) may fade at first.
- Keep checking.
- Fever with spots or a rash (or both) that do not fade under pressure is a medical emergency.
- If you are ill and getting worse, get medical help immediately.
- On dark skin, the spots or rash can be more difficult to see.

Do not wait for a rash. Trust your instincts – get medical help immediately.

Scan me to go to the Meningitis Now website

For more information, see www.meningitisnow.org (external site) or call the Meningitis Now helpline on **0808 80 10 388**.

Source: A guide to the Meningococcal B vaccines that help to protect against meningitis and septicaemia - GOV.UK (external site)

What is the MenB vaccine?

The MenB vaccine offers protection against meningococcal disease caused by some MenB types. It is given as an injection in the upper arm.

You will need to have two doses of the vaccine, at least 28 days apart for the best protection.

Why should I have the vaccine?

The risk of infection is greater in young people, particularly those who are starting university for the first time. Most young people at this age will not have been offered the MenB vaccine before. This means that you may have little or no protection against infection caused by MenB bacteria.

How long does the vaccine take to work?

After receiving **both doses** of the vaccine, it may take two weeks for your body to build up protection against MenB infection.

Ideally the full two dose course should be given at least two weeks before starting university or residential further education. This allows your body time to build protection.

You should have the vaccine as soon as you are offered it, don't delay.

What difference has the vaccine made so far?

The MenB vaccine has been offered to babies as part of the routine childhood vaccination schedule in the UK since 2015. It has so far led to a 75% reduction in MenB disease in vaccinated groups.

How does the vaccine work?

Vaccines work by telling your immune system how to fight a disease. Your immune system recognises the vaccine and makes antibodies. Antibodies fight an illness when you catch it. Your immune system will remember how to make these antibodies if you come in to contact with the disease.

Why am I being offered this vaccine?

You are being offered the vaccine as part of a time limited vaccination programme. This is to improve your protection at a time when you are likely to be more at risk.

People who are eligible for this MenB vaccination programme include:

- All individuals born between 01/09/2007 and 31/08/2008 (17 to 18 years old)
- Anyone born on or after 21/07/2001 (turning 25 after 21/07/2026) who is starting university or residential further education for the **first time** from Autumn 2026

When and how will I be offered the vaccine?

If you are born between 01/09/2007 and 31/08/2008, you will receive an invite to have the vaccine. This will be at a location near you, such as a clinic in your local health board.

If you were born on or after 21/7/2001 and are due to attend university or residential further education for the **first time** this autumn, you will not get a letter. You will need to book an appointment and verify your eligibility for vaccination. Evidence of this could be an official email, letter, or screenshot. It should confirm your offer to attend university or a residential further education setting for the first time.

The contact details for your local health board vaccination team can be found at phw.nhs.wales/vaccine-contacts

You will be given information on where and when to attend.

This MenB vaccination programme is time limited. Young people are required to have had the first vaccine by 31st December 2026, and the second vaccine has to be completed by 31st March 2027.

What about people who are not eligible as part of this MenB vaccination programme?

In Wales there is a routine schedule for vaccination which offers MenB vaccination to babies under 2. This vaccination programme started in 2015. MenB vaccination is not routinely offered to people over the age of 2. Some people who are identified as being at increased risk may also be offered MenB vaccination through the NHS.

For those who are not eligible to receive as part of the NHS programmes, the vaccine may be available privately through some pharmacies and GP surgeries.

Do I need the vaccine if I've had the MenB vaccine before?

If you have had a **full course** (two or more doses) of MenB vaccines within the last 5 years, then further doses are not needed.

Is the vaccine safe?

Yes, the MenB vaccine is safe. It meets all safety standards. Once a vaccine is in use, its safety is closely monitored.

The MenB vaccine cannot cause or spread meningococcal disease.

Fact! During the last five years, MenB infection caused nearly 90% of meningococcal disease cases in Wales.

Are there any reasons why I shouldn't be vaccinated?

Most people with allergies can have the vaccine with no problems.

The vaccine should not be given to anyone who has had a serious (life-threatening) reaction to:

- a previous dose of the vaccine or
- any ingredient in the vaccine.

Tell the person giving you the vaccine if you have had a serious allergic reaction to the vaccine or its ingredients in the past.

I am not going to university or college, why am I being offered the vaccine?

The risk is greatest for those attending university or residential further education for the first time. This is usually for those who are 17/18 years old. The vaccine is therefore being offered to all young people of this age, whatever your career plans.

What about consent?

Consent means that you give permission for something to happen. You will be asked to give consent before you have your vaccine. You may need to fill in a paper or digital consent form. The person giving you the vaccine will always check you have given the necessary consent first.

You'll have time to consider information sent to you about the vaccine.

The person giving you the vaccination will be able to answer any questions you may have.

What if I am ill on the day of the appointment?

A cold or other minor illness is not a reason to delay your vaccine.

If you are unwell with a high temperature (fever) above 38.5C, it is better to wait until you have recovered to have the vaccine. However, you should try to have it as soon as possible. If you

cannot attend your vaccination appointment, please cancel and rearrange the appointment.

If in doubt, discuss this with the person giving you your vaccination.

What if I miss the appointment?

If you miss the appointment, you should rearrange it for as soon as possible.

What if I am worried about needles?

Some people have worries about needles which can make having an injection feel overwhelming. Many young people say they don't feel the needle at all, and it's over very quickly. If you are worried, there are several things you can do to feel less anxious.

1. Talk about your fears
   Tell the person giving you the vaccine that you are nervous. They will support you and help you feel more comfortable.
2. Relax
   Take some deep breaths to help you feel calm and relax your body. Injections only take a few seconds and it will be over before you know it.
3. Distract yourself
   Don't look at or focus on what's happening. Listen to music, watch a video, or chat to someone nearby to take your attention away.

Give yourself credit for being brave and overcoming your worries! While you may find it difficult in the moment, vaccines are one of the best ways you can protect yourself from meningococcal disease.

Are there any side effects?

Like all medicines, vaccines can cause side effects, but not everyone gets them. Most side effects are mild and may last a day or two. It is still important to have both doses. The most common side effects include:

- Some swelling, redness or tenderness where you have had the injection
- mild fever
- nausea
- headache
- muscle and joint aches

If you have a fever and feel unwell after the vaccination, you can take over the counter medicines such as paracetamol. Read the instructions on the bottle or packet carefully and take the correct dose for your age.

It is not recommended that you take these medicines before or after the vaccination just because you think you might get a fever.

If you have any questions about side effects, you can ask the person giving you the vaccine.

Please read the product information leaflet for more details on your vaccine, including possible side effects.

See the end of this leaflet for further details on:

- the vaccine, including all possible side effects, and
- reporting suspected side effects through the Yellow Card scheme.

What should I do if I feel unwell after the vaccination?

If you are unwell and are worried after the vaccination, you should speak to the person who gave you the vaccine or your GP surgery.

Rarely, people can have a severe reaction soon after the vaccination. This can cause breathing difficulties and they may collapse. This is called an anaphylactic reaction, and it can also happen with other medicines and food. These reactions are extremely rare, affecting less than one in a million people. Staff who give vaccinations are trained to manage these reactions.

People who have an anaphylactic reaction can be successfully treated. They usually recover within a few hours.

Can I still get meningococcal disease even if I am vaccinated?

Vaccination is one of the most effective ways to prevent meningococcal disease from meningococcal bacteria. No vaccine is 100% effective, and the MenB vaccine does not protect you against all meningococcal groups. It is still important to know the signs and symptoms of meningococcal disease, even if you are vaccinated. For more information about meningococcal disease, visit:

- www.meningitisnow.org (external site)
- www.meningitis.org (external site)

Are there any other vaccinations I need to have now?

You should already have received the MenACWY vaccine (usually at age 13-14) which offers some protection against other types of meningococcal disease. Being up to date with all vaccinations is important for all of us, especially for students starting university and college who will be meeting, mixing and living with lots of new people.

Universities and colleges can be the perfect opportunity for infections such as measles, mumps, meningitis, as well as respiratory illnesses such as flu to spread.

At your MenB vaccine appointment, you may be offered vaccines that you have previously missed. The MenB vaccine can be given at the same time as other vaccines, like MenACWY, HPV and MMR.

If you aren't sure if you have missed any vaccines, you can contact your GP surgery to check your vaccination status and catch up on any other missed vaccines. Alternatively, you can contact your local immunisation team to find out how to catch up on any missed vaccines.

The contact details can be found at **phw.nhs.wales/vaccine-contacts**

To see the routine immunisation schedules for Wales, visit: **phw.nhs.wales/CompleteSchedule**

You will be given a record card to record when you have the first dose and when you need to have the second dose. Or you can use the table below to record your MenB vaccines.

MenB Vaccine	**Date given**

The information in this leaflet is correct at the time of publication.

For the most up-to-date information, please visit **phw.nhs.wales/vaccines**

Further information

If you have any questions or want more information, you can go to **111.wales.nhs.uk** (external site). You can also talk to your doctor or nurse or contact NHS **111** Wales by calling **111**.

You can find out more information on vaccines offered in Wales at **phw.nhs.wales/vaccines**

To find out more about the vaccine, including its contents and possible side effects, go to **medicines.org.uk/emc** (external site). Enter the name of the vaccine in the search box. You can also see the patient leaflet online.

You should report suspected side effects online at **www.mhra.gov.uk/yellowcard** (external site). You can also download the Yellow Card app, or call **0800 731 6789** (Monday to Friday, 9am to 5pm).

To find out how the NHS uses your information, go to **111.wales.nhs.uk/AboutUs/Yourinformation** (external site).

Scan me to go to the Public Health Wales website

Version 1 | June 2026

Public Health Wales is the national public health agency in Wales. We work to protect and improve health and well-being and reduce health inequalities for the people of Wales.

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ISBN 978-1-83766-892-2

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GIG CYMRU NHS WALES | Iechyd Cyhoeddus Cymru Public Health Wales

Brechiad Meningococol Grŵp B (MenB) i bobl ifanc

Amddiffyniad rhag llid yr ymennydd a sepsis

Mae'r daflen hon ar gyfer pob person ifanc a anwyd rhwng 01/09/2007 a 31/08/2008 (17/18 oed) **ac** unrhyw un a anwyd ar neu ar ôl 21/07/2001 (syn troi'n 25 ar ôl 21/07/2026) a fydd yn dechrau mewn prifysgol neu rai lleoliadau addysg bellach preswyl **am y tro cyntaf** yn nhymor yr hydref 2026.

Rhaglen frechu dros gyfnod cyfyngedig yw hon i'ch helpu i'ch amddiffyn rhag haint meningococol grŵp B (MenB). **Gall haint MenB achosi clefyd meningococol sy'n peryglu bywyd.**

Sgania fi am ragor o wybodaeth ar MenB

Beth yw clefyd meningococol?

Gall clefyd meningococol achosi llid yr ymennydd (chwydd yn yr ymennydd a llinyn asgwrn y cefn) a sepsis (sef adwaith sy'n peryglu bywyd i haint a all niweidio eich corff cyfan).

Mae llid yr ymennydd a sepsis yn anghyffredin ond yn angheuol mewn tua 10% o achosion. Gallant adael pobl â phroblemau iechyd parhaus ac anableddau sy'n newid bywydau. Er enghraifft, torri braich neu goes i ffwrdd, colli clyw, niwed i'r ymennydd, a chreithiau ar y croen.

Mae angen i unrhyw un sydd â clefyd meningococol fynd i'r ysbyty ar frys a chael triniaeth â gwrthfiotigau ar unwaith. Os rhoddir triniaeth yn fuan, mae'n fwy tebygol y gellir osgoi anabledd neu farwolaeth.

Beth sy'n achosi clefyd meningococol?

Mae clefyd meningococol yn cael ei achosi gan sawl grŵp o facteria meningococol. Y grŵp mwyaf cyffredin yn y DU yw grŵp B, gyda C, W ac Y i'w gweld hefyd. Mae 12 grŵp hysbys o facteria meningococol.

Sut mae bacteria meningococol yn lledaenu?

Gall bacteria MenB fyw yng ngyddfau tua 1 o bob 10 o bobl heb achosi unrhyw broblemau o gwbl. Gall y bacteria ledaenu i bobl eraill trwy beswch, tisian neu gusanu.

Pwy sydd mewn perygl o ddal clefyd meningococol?

Mae pawb mewn perygl o ddal clefyd meningococol, ond:

- y rhai dan 5 oed sy'n wynebu'r risg fwyaf; a
- phobl ifanc yn eu harddegau ac oedolion ifanc 15-19 oed yw'r ail grŵp sydd mewn mwyaf o berygl.

Beth yw arwyddion a symptomau clefyd meningococol?

Gwyliwch am unrhyw un o'r symptomau hyn

Beth ddylwn i ei wneud os byddaf yn amau meningitis?

Prawf gwydr meningitis

- Gwasgwch ochr gwydr clir yn gadarn yn erbyn y croen.
- Gall smotiau neu frech (neu’r ddau) bylu ar y dechrau.
- Daliwch ati i wirio.
- Mae twymyn gyda smotiau neu frech (neu’r ddau symptom) nad ydynt yn pylu dan bwysau yn argyfwng meddygol.
- Os ydych chi'n sâl ac yn gwaethygu, ewch ati i geisio cymorth meddygol ar unwaith.
- Gall y smotiau neu’r frech fod yn anoddach eu gweld ar groen tywyll.

Peidiwch ag aros am frech. Credwch yn eich greddf – mynnwch gymorth meddygol ar unwaith.

Sganiwch fi i fynd i wefan Meningitis Now

I gael rhagor o wybodaeth, ewch i www.meningitisnow.org (safle allanol, Saesneg yn unig) neu ffoniwch llinell gymorth Meningitis Now ar **0808 80 10 388**

Ffynhonnell: A guide to the Meningococcal B vaccines that help to protect against meningitis and septicaemia - GOV.UK (safle allanol, Saesneg yn unig)

Beth yw brechlyn MenB?

Mae brechlyn MenB yn cynnig amddiffyniad rhag clefyd meningococol a achosir gan rai mathau o MenB. Fe'i rhoddir fel pigiad yn rhan uchaf y fraich.

Bydd angen i chi gael dau ddos o'r brechlyn, o leiaf 28 diwrnod ar wahân i gael yr amddiffyniad gorau.

Pam ddylwn i gael y brechlyn?

Mae'r risg o haint yn fwy mewn pobl ifanc, yn enwedig y rhai sy'n dechrau mewn prifysgol am y tro cyntaf. Ni fydd y rhan fwyaf o bobl ifanc yr oedran hwn wedi cael cynnig brechlyn MenB o'r blaen. Mae hyn yn golygu bod gennych ychydig iawn o amddiffyniad, neu ddim amddiffyniad o gwbl, rhag haint a achosir gan facteria MenB.

Pa mor hir mae'n ei gymryd i'r brechlyn weithio?

Ar ôl derbyn **dau ddos** o'r brechlyn, gall gymryd pythefnos i'ch corff adeiladu amddiffyniad rhag haint MenB.

Yn ddelfrydol, dylid rhoi'r cwrs dau ddos llawn o leiaf pythefnos cyn dechrau mewn prifysgol neu addysg bellach breswyl. Mae hyn yn rhoi amser i'ch corff adeiladu amddiffyniad.

Dylech chi gael y brechlyn cyn gynted ag y cewch chi ei gynnig, peidiwch ag oedi.

Pa wahaniaeth mae'r brechlyn wedi'i wneud hyd yn hyn?

Mae brechlyn MenB wedi cael ei gynnig i fabanod fel rhan o'r amserlen brechiadau rheolaidd i blant yn y DU ers 2015. Hyd yn hyn, mae wedi arwain at ostyngiad o 75% mewn clefyd MenB ymhlith grwpiau sydd wedi'u brechu.

Sut mae'r brechlyn yn gweithio?

Mae brechlynnau'n gweithio trwy ddweud wrth eich system imiwnedd sut mae brwydro yn erbyn clefyd. Mae eich system imiwnedd yn adnabod y brechlyn ac yn cynhyrchu gwrthgyrff. Mae gwrthgyrff yn ymladd yn erbyn salwch pan fyddwch chi'n ei ddal. Bydd eich system imiwnedd yn cofio sut i wneud y gwrthgyrff hyn os byddwch chi'n dod i gysylltiad â'r clefyd.

Ffaith! Yn ystod y pum mlynedd diwethaf, achosodd haint MenB bron i 90% o’r achosion o glefyd meningococol yng Nghymru.

Pam mae'r brechlyn hwn yn cael ei gynnig i mi?

Rydych chi'n cael cynnig y brechlyn fel rhan o raglen frechu dros gyfnod cyfyngedig. Mae hyn er mwyn gwella eich amddiffyniad ar adeg pan fyddwch chi'n debygol o fod mewn mwy o berygl.

Mae pobl sy'n gymwys ar gyfer y rhaglen frechu MenB hon yn cynnwys:

- Pob unigolyn a anwyd rhwng 01/09/2007 a 31/08/2008 (17 i 18 oed)
- Unrhyw un a anwyd ar neu ar ôl 21/07/2001 (yn troi'n 25 ar ôl 21/07/2026) sy'n dechrau mewn prifysgol neu addysg bellach preswyl am y **tro cyntaf** o dymor yr hydref 2026

Pryd a sut y byddaf yn cael cynnig y brechlyn?

Os cawsoch eich geni rhwng 01/09/2007 a 31/08/2008, byddwch yn derbyn gwahoddiad i gael y brechlyn. Bydd hyn mewn lleoliad yn agos atoch chi, fel clinig yn eich bwrdd iechyd lleol.

Os cawsoch eich geni ar neu ar ôl 21/7/2001 ac rydych i fod i fynd i brifysgol neu addysg bellach breswyl am y tro cyntaf yr hydref hwn, ni chewch lythyr.

Bydd angen i chi drefnu apwyntiad a gwirio eich bod yn gymwys i gael brechiad. Gallai tystiolaeth o hyn fod ar ffurf e-bost swyddogol, llythyr, neu sgrin lun. Dylai gadarnhau eich bod chi wedi cael cynnig i fynd i'r brifysgol neu leoliad addysg bellach preswyl am y tro cyntaf.

Mae manylion cyswllt tîm brechu eich bwrdd iechyd lleol i'w gweld yn **icc.gig.cymru/cysylltiadau-brechu**

Byddwch yn cael gwybodaeth am ble a phryd i fynd.

Mae'r rhaglen frechu MenB hon dros gyfnod cyfyngedig. Mae'n ofynnol i bobl ifanc fod wedi cael y dos cyntaf o'r brechlyn erbyn 31 Rhagfyr 2026, a rhaid cael ail ddos o'r brechlyn erbyn 31 Mawrth 2027.

Beth am bobl nad ydynt yn gymwys fel rhan o'r rhaglen frechu MenB hon?

Yng Nghymru, mae amserlen frechu reolaidd sy'n cynnig brechiad MenB i fabanod dan 2 oed. Dechreuodd y rhaglen frechu hon yn 2015. Ni chynigir brechiad MenB fel mater o drefn i bobl dros 2 oed. Efallai y bydd rhai pobl sydd wedi'u nodi fel rhai sydd mewn mwy o berygl hefyd yn cael cynnig brechiad MenB trwy'r GIG.

I'r rhai nad ydynt yn gymwys i'w dderbyn fel rhan o raglenni'r GIG, efallai y bydd y brechlyn ar gael yn breifat trwy rai fferyllfeydd a meddygfeydd teulu.

Oes angen y brechlyn arnaf os ydw i wedi cael brechlyn MenB o'r blaen?

Os ydych chi wedi cael **cwrs llawn** (dau ddos neu fwy) o frechlynnau MenB o fewn y 5 mlynedd diwethaf, yna nid oes angen dosau pellach.

Ydy'r brechlyn yn ddiogel?

Ydy, mae brechlyn MenB yn ddiogel. Mae'n bodloni'r holl safonau diogelwch. Pan fydd brechlyn yn cael ei ddefnyddio, caiff ei ddiogelwch ei fonitro'n agos.

Ni all brechlyn MenB achosi na lledaenu clefyd meningococol.

A oes unrhyw resymau pam na ddylwn i gael fy mrechu?

Mae'r rhan fwyaf o bobl ag alergeddau yn gallu cael y brechlyn heb gael problemau.

Ni ddylid rhoi'r brechlyn i unigolyn sydd wedi cael adwaith difrifol (sy'n peryglu bywyd) i:

- dos blaenorol o'r un brechlyn, neu
- gynhwysyn yn y brechlyn.

Dywedwch wrth yr unigolyn sy'n rhoi'r brechlyn i chi os ydych chi wedi cael adwaith alergaidd difrifol i'r brechlyn neu ei gynhwysion yn y gorffennol.

Dydw i ddim yn mynd i'r brifysgol na'r coleg, pam mae'r brechlyn yn cael ei gynnig i mi?

Y risg fwyaf yw i'r rhai sy'n mynd i brifysgol neu addysg bellach breswyl am y tro cyntaf. Fel arfer mae hyn ar gyfer y rhai sy'n 17/18 oed. Felly mae'r brechlyn yn cael ei gynnig i bob person ifanc o'r oedran hwn, beth bynnag fo'i gynlluniau o ran gyrfa.

Beth am gydsynio?

Mae cydsynio yn golygu eich bod chi'n rhoi caniatâd i rywbeth ddigwydd. Gofynnir i chi roi eich cydsyniad cyn i chi gael eich brechlyn. Efallai y bydd angen i chi lenwi ffurflen gydsyniad bapur neu ddigidol. Bydd yr unigolyn sy'n rhoi'r brechlyn i chi bob amser yn gwirio eich bod wedi rhoi'r cydsyniad sydd ei angen yn gyntaf.

Bydd gennych amser i ystyried yr wybodaeth a anfonwyd atoch ynglŷn â'r brechlyn.

Bydd y person sy'n rhoi'r brechiad i chi yn gallu ateb unrhyw gwestiynau sydd gennych.

Beth os byddaf yn sâl ar ddiwrnod yr apwyntiad?

Nid yw annwyd na mân salwch arall yn rheswm dros ohirio cael eich brechlyn.

Os ydych chi yn sâl gyda thymheredd uchel (twymyn) uwchlaw 38.5C, mae'n well aros nes eich bod chi wedi gwella cyn cael y brechlyn. Fodd bynnag, dylech chi geisio cael y brechlyn cyn gynted â phosibl. Os na allwch chi ddod i'ch apwyntiad brechu, dylech chi ganslo ac aildrefnu'r apwyntiad.

Os oes gennych unrhyw amheuaeth, trafodwch hyn gyda'r unigolyn sy'n rhoi'r brechiad i chi.

Beth os byddaf yn colli'r apwyntiad?

Os byddwch yn colli'r apwyntiad, dylech ei aildrefnu cyn gynted â phosibl.

Beth os ydw i'n poeni am nodwyddau?

Mae rhai pobl yn bryderus am nodwyddau a gall cael pigiad wneud iddynt deimlo'u bod yn cael eu llethu. Mae llawer o bobl ifanc yn dweud nad ydynt yn teimlo'r nodwydd o gwbl, a'i fod drosodd yn gyflym iawn. Os ydych chi'n poeni, mae sawl peth y gallwch ei wneud i deimlo'n llai pryderus.

1) Siaradwch am eich ofnau
   Dywedwch wrth y person sy'n rhoi'r brechlyn i chi eich bod yn nerfus. Bydd yn eich cefnogi ac yn eich helpu i deimlo'n fwy cyfforddus.

2) Ymlaciwch
   Anadlwch yn ddwfn i'ch helpu i ymdawelu a bydd eich corff yn ymlacio. Bydd yn cymryd rhai eiliadau'n unig i gael pigiad a bydd drosodd cyn i chi sylweddoli.

3) Meddyliwch am ffordd o dynnu eich sylw oddi wrth y pigiad
   Peidiwch ag edrych ar yr hyn sy'n digwydd na rhoi eich holl sylw iddo. Gwrandewch ar gerddoriaeth, gwyliwch fideo, neu sgwrsiwch â rhywun gerllaw i dynnu eich sylw oddi wrtho.

Canmolwch eich hun am fod yn ddewr ac am oresgyn eich pryderon! Er y gallech ei chael hi'n anodd ar adeg cael y brechiad, brechlynnau yw un o'r ffyrdd gorau y gallwch amddiffyn eich hun rhag clefyd meningococol.

Oes sgil-effeithiau?

Fel yn achos pob meddyginiaeth, gall brechlynnau achosi sgil-effeithiau, ond ni fydd pawb yn eu profi. Mae'r rhan fwyaf o'r sgil-effeithiau yn rhai ysgafn, a byddan nhw'n gwella ar ôl diwrnod neu ddau fel arfer. Mae'n dal yn bwysig cael y ddau ddos. Mae'r sgil-effeithiau mwyaf cyffredin yn cynnwys:

- rhywfaint o chwydd, cochni neu dynerwch lle rydych chi wedi cael y pigiad
- twymyn ysgafn
- cyfog
- pen tost/cur pen
- poenau yn y cyhyrau a'r cymalau

Os oes gennych dwymyn ac rydych yn teimlo'n sâl ar ôl y brechiad, gallwch gymryd meddyginiaethau dros y cownter fel parasetamol. Darllenwch y cyfarwyddiadau ar y botel neu'r pecyn yn ofalus a chymerwch y dos cywir ar gyfer eich oedran.

Ni argymhellir eich bod yn cymryd y meddyginiaethau hyn cyn nac ar ôl y brechiad dim ond oherwydd eich bod yn meddwl y gallech chi gael twymyn.

Os oes gennych gwestiynau am sgil-effeithiau, gallwch chi ofyn i'r unigolyn sy'n rhoi'r brechlyn i chi.

Darllenwch y daflen wybodaeth am y cynnyrch i gael rhagor o fanylion am eich brechlyn, gan gynnwys sgil-effeithiau posibl.

Gweler diwedd y daflen hon am ragor o fanylion am:

- eich brechlyn, gan gynnwys yr holl sgil-effeithiau posibl, a
- rhoi gwybod am sgil-effeithiau a amheuir trwy gynllun y Cerdyn Melyn.

Beth ddylwn i ei wneud os byddaf yn teimlo'n sâl ar ôl y brechiad?

Os ydych chi'n sâl ar ôl y brechiad ac rydych chi'n poeni, dylech chi siarad â'r unigolyn a roddodd y brechlyn i chi neu â'ch practis meddygon teulu.

Yn anaml, gall pobl gael adwaith difrifol yn fuan ar ôl cael y brechiad. Gall hyn achosi anawsterau anadlu a pheri i bobl lewygu. Gelwir hyn yn adwaith anaffylactig. Gall ddigwydd hefyd gyda meddyginiaethau eraill a bwyd. Mae'r adweithiau hyn yn hynod o anghyffredin, ac maen nhw'n effeithio ar lai nag un mewn miliwn o bobl. Mae'r staff sy'n rhoi brechiadau wedi'u hyfforddi i reoli'r adweithiau hyn.

Mae modd trin pobl sy'n cael adwaith anaffylactig yn llwyddiannus. Fel arfer, maen nhw'n gwella cyn pen ychydig oriau.

A allaf i ddal clefyd meningococol hyd yn oed os ydw i wedi cael fy mrechu?

Brechu yw un o'r ffyrdd mwyaf effeithiol o atal clefyd meningococol o facteria meningococol. Nid oes unrhyw frechlyn 100% yn effeithiol, ac nid yw'r brechlyn MenB yn eich amddiffyn rhag pob grŵp meningococol. Mae'n dal yn bwysig gwybod arwyddion a symptomau clefyd meningococol, hyd yn oed os ydych chi wedi cael eich brechu. I gael rhagor o wybodaeth am glefyd meningococol, ewch i:

- **www.meningitisnow.org** (safle allanol, Saesneg yn unig)
- **www.meningitis.org** (safle allanol, Saesneg yn unig)

Oes brechiadau eraill y dylwn eu cael nawr?

Dylech fod eisoes wedi derbyn brechlyn MenACWY (fel arfer yn 13-14 oed) sy'n cynnig rhywfaint o amddiffyniad rhag mathau eraill o glefyd meningococol. Mae cael y brechiadau diweddaraf yn bwysig i bob un ohonom, ond hyd yn oed yn fwy felly i fyfyrwyr sy'n dechrau yn y brifysgol a'r coleg a fydd yn cyfarfod, yn cymysgu ac yn byw gyda llawer o bobl newydd.

Gall prifysgolion a cholegau fod yn gyfle perffaith i heintiau fel y frech goch, clwy'r pennau, llid yr ymennydd, yn ogystal â salwch anadlol fel y ffliw ledaenu.

Yn eich apwyntiad brechu MenB, efallai y cewch gynnig brechlynnau yr ydych wedi'u methu o'r blaen. Gellir rhoi brechlyn MenB ar yr un pryd â brechlynnau eraill, fel MenACWY, HPV ac MMR.

Os nad ydych chi'n siŵr a ydych chi wedi methu unrhyw frechiadau, gallwch gysylltu â'ch practis meddyg teulu i wirio eich statws brechu a dal i fyny ag unrhyw frechiadau eraill a fethwyd. Fel arall, gallwch gysylltu â'ch tîm imiwneiddio lleol i ddarganfod sut i ddal i fyny â brechlynnau a gollwyd.

Mae'r manylion cyswllt i'w cael yn **icc.gig.cymru/cysylltiadau-brechu**

I weld yr amserlenni imiwneiddio arferol ar gyfer Cymru, ewch i: **icc.gig.cymru/AmserlenGyflawn**

Byddwch yn cael cerdyn cofnod i gofnodi pryd y byddwch yn cael y dos cyntaf a phryd y bydd angen i chi gael yr ail ddos. Neu gallwch ddefnyddio'r tabl isod i gofnodi eich brechlynnau MenB.

Brechlyn MenB	Dyddiad a roddwyd

Mae'r wybodaeth yn y daflen hon yn gywir ar adeg ei chyhoeddi.

I gael yr wybodaeth ddiweddaraf, ewch i icc.gig.cymru/brechlynnau

Rhagor o wybodaeth

Os oes gennych gwestiynau, neu os ydych chi eisiau rhagor o wybodaeth, gallwch chi fynd i 111.wales.nhs.uk (safle allanol). Gallwch chi hefyd siarad â'ch meddyg neu nyrs neu gysylltu â GIG 111 Cymru drwy ffonio 111.

Gallwch chi gael rhagor o wybodaeth am y brechlynnau sy'n cael eu cynnig yng Nghymru yn icc.gig.cymru/pynciau/imiwneiddio-a-brechlynnau

I gael rhagor o wybodaeth am y brechlyn, ei gynnwys a'r sgil-effeithiau posibl, ewch i medicines.org.uk/emc (safle allanol, Saesneg yn unig). Bydd angen i chi nodi enw'r brechlyn yn y blwch chwilio. Gallwch chi hefyd weld y daflen i gleifion ar-lein.

Dylech chi roi gwybod am sgil-effeithiau a amheuir ar-lein yn www.mhra.gov.uk/yellowcard (safle allanol, Saesneg yn unig). Gallwch chi hefyd lawrlwytho ap y Cerdyn Melyn, neu ffonio 0800 731 6789 (dydd Llun i ddydd Gwener, yb i 5yh).

I gael gwybod sut mae'r GIG yn defnyddio eich gwybodaeth, ewch i 111.wales.nhs.uk/amdanomni/eichgwybodaeth (safle allanol).

Sganiwch fi i fynd i wefan Iechyd Cyhoeddus Cymru

Fersiwn 1 | Mehefin 2026

Iechyd Cyhoeddus Cymru yw asiantaeth iechyd y cyhoedd cenedlaethol Cymru. Rydym yn gweithio i amddiffyn a gwella iechyd a llesiant a lleihau anghydraddoldebau iechyd ar gyfer pobl Cymru.

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ISBN 978-1-83766-892-2