



Mae Brechu yn achub bywydau
Vaccination saves lives



GIG
CYMRU
NHS
WALES

Iechyd Cyhoeddus
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Wales

Vaccines for people who are pregnant



Protecting you and your baby



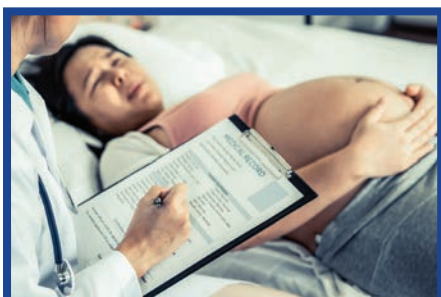
When you are pregnant, your body has to work harder to protect you and your baby.



You have more chance of being very poorly if you catch a disease.



Flu, whooping cough and COVID-19 are diseases. They can spread easily to other people.



Flu, whooping cough and COVID-19 can be very serious when you are pregnant. They can make some people very poorly and need to go to hospital.



These diseases could also harm your baby before it is born.

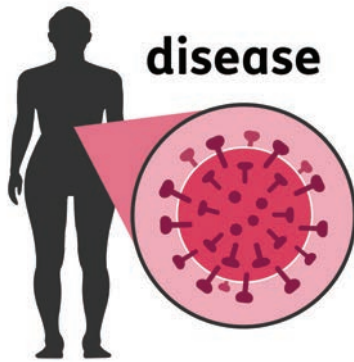


Some babies might be born early or not weigh very much. Some babies might sadly die.

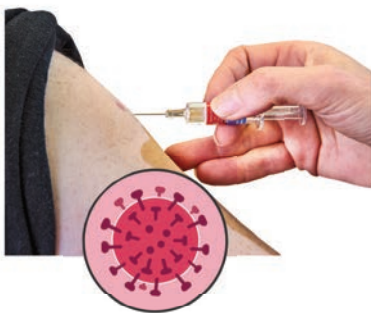


It is really important to try to protect you and your baby from these diseases.

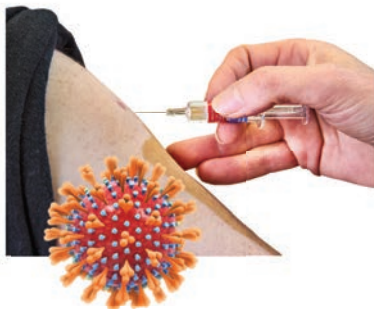
What is a vaccine



A **vaccine** is a way of protecting people. It can help stop you from catching a disease.



For the flu and whooping cough vaccine a small part of the disease is put into your body. Your body learns how to fight this little bit of disease.



For the COVID-19 vaccine some medicine is put into your body. The medicine teaches your body how to fight the disease.

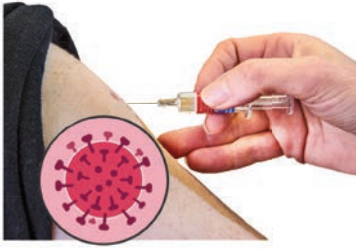


Your body then knows how to fight the disease if you catch it in the future.

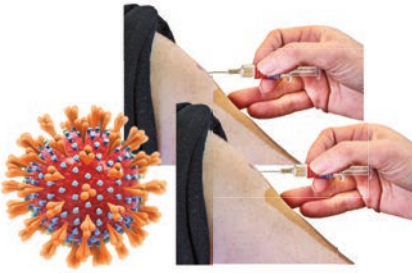


Getting a vaccine is usually done by giving you an injection.

About the vaccines



You will need 1 injection each for flu and whooping cough.



Most people need 2 injections for COVID-19. You might also need an extra injection called a **booster**.



You can check with your midwife how many injections you need.



The vaccines will protect your baby before it is born and for a few weeks after it is born.

Getting the flu, whooping cough and COVID-19 vaccines



The vaccines are all safe to have when you are pregnant. You will not catch flu, whooping cough or COVID-19 from the vaccines.



You can have the vaccines at the same time.



As soon as you find out you are pregnant, you should make sure you are up to date with your vaccines.

When you can have the vaccines



The flu vaccine

You can have the flu vaccine at any time when you are pregnant.



The flu vaccine will help to protect your baby up to 6 months after it is born.



You should get the vaccine every time you are pregnant.



The whooping cough vaccine

You should have the whooping cough vaccine every time you are pregnant.

You can have the vaccine when you are between 16 to 32 weeks pregnant.



Your baby will be offered a vaccine for whooping cough after it is 8 weeks old.

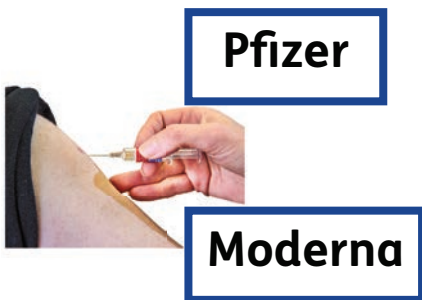


Having the vaccine when you are pregnant will protect your baby until then.



The COVID-19 vaccine

You can have the COVID-19 vaccine at any time when you are pregnant.



The best COVID-19 vaccines to have when you are pregnant are made by companies called **Pfizer** or **Moderna**.



What you need to do

The NHS will contact you about how to get your vaccines.



If you have any worries or questions, speak to your midwife.

If you are breastfeeding



These vaccines are safe to use if you are breastfeeding.

You do not need to stop breastfeeding before or after you have the vaccines.

What happens if I am ill when it is time to have the vaccine



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

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



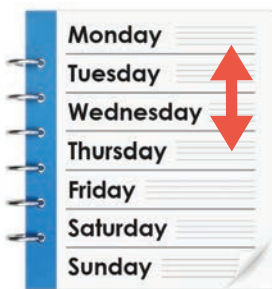
If you test positive for COVID-19, you should wait 4 weeks before getting the COVID-19 vaccine.

Side effects



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

Not everyone has side effects.



Side effects usually only last 1 or 2 days.



Things you might feel are:

- having a sore or swollen arm where you had the injection



- having a high temperature



- feeling very tired



- having aches in your body



- having a headache

- not feeling very hungry



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



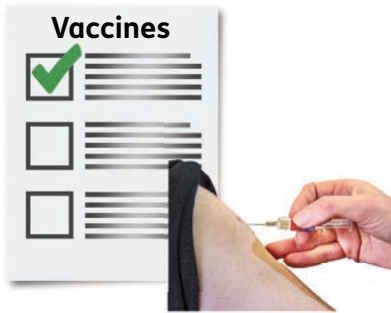
If you are worried or your side effects get worse, speak to your doctor or nurse

or



call **NHS 111**

Other vaccines



There are other vaccines you might want to have. Vaccines for diseases like mumps or measles.



Your baby will also be offered vaccines after it is born.



Your midwife or health visitor will give you more information about these vaccines.



More information

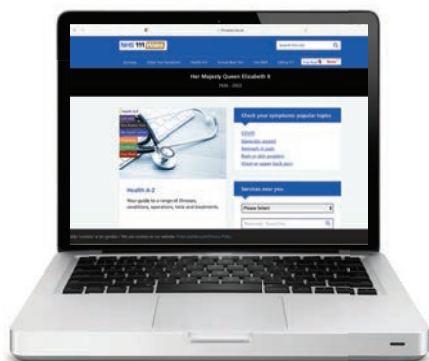
If you want more information about the vaccines, you can speak to your midwife or local doctor.



You can also contact NHS 111 Wales:

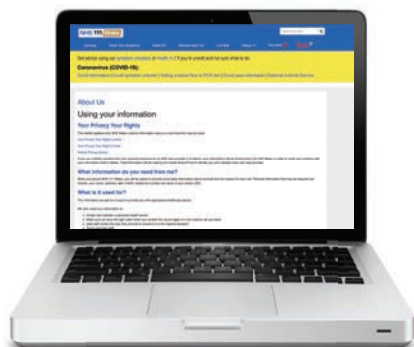
By phone:

111. It is free to call this number.



There is more information on the
NHS 111 Wales website:

111.wales.nhs.uk



To find out how the NHS uses your information, visit:

**111.wales.nhs.uk/AboutUs/
Yourinformation**

Mwy o wybodaeth

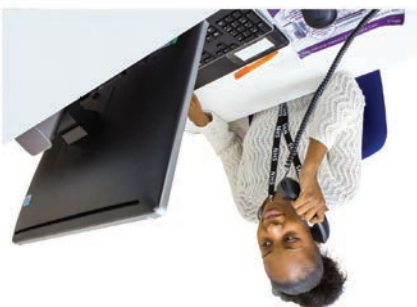
Os ydych chi eisiau mwy o wybodaeth am y brechlynnau, gallwch chi siarad gyda'ch bydwraig neu'ch meddyg lleol.

Mae'n bosib cysylltu â GIG 111 Cymru hefyd:

Dros y ffôn:
111. Mae'n bosib ffonio'r rhif yma. Mae am ddim.

Mae mwy o wybodaeth ar gael ar **wefan GIG 111 Cymru:**
111.wales.nhs.uk

I gael gwybod sut mae'r GIG yn defnyddio eich gwybodaeth, ewch i:
111.wales.nhs.uk/AboutUs/
Your information



Brechlynnau eraill

Efallai y byddwch chi eisiau cael brechlynnau eraill. Brechiadau ar gyfer clefydau fel clwy'r penau neu'r frech goch.



Bydd eich babi hefyd yn cael cynnig brechlynnau ar ôl iddo gael ei eni.



Bydd eich bydwaig neu'ch ymwelydd iechyd yn rhoi mwy o wybodaeth i chi am y brechlynnau.





● poen yn eich corff

● cur pen

● ddim eisiau bydd

Mae sgil-effeithiau difrifol yn anghyffredin iawn. Dydy llawer o bobl ddim yn cael y rhain.

Os ydych chi'n poeni, neu os bydd eich sgil-effeithiau yn gwaethgu, siaradwch â'ch meddyg neu nys

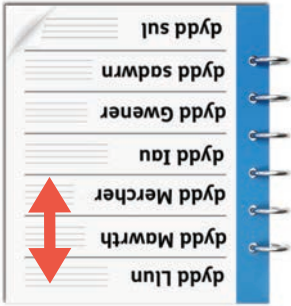
neu

ffoniwch **GIG 111**

Sgil-ffeithiau

Sgil-ffeithiau ydy pethau sy'n gallu digwydd i chi ar ôl i chi gael y brechlyn.

Dydy pawb ddim yn cael sgil-ffeithiau.



Mae sgil-ffeithiau'n para 1 neu 2 ddiwrnod yn unig fel arfer.

Dyma rai pethau y gallech chi eu teimlo:

- braich boenus neu chwyddedig lle cawsoch chi'r pigiad



- tymheredd uchel

- teimlo'n flinedig iawn



Os ydych chi'n bwydo ar y fron

Mae'r brechlynnau hyn yn ddiogel i'w defnyddio os ydych chi'n bwydo ar y fron.

Does dim angen i chi roi'r gorau i fwydo ar y fron cyn neu ar ôl i chi gael y brechlynnau.

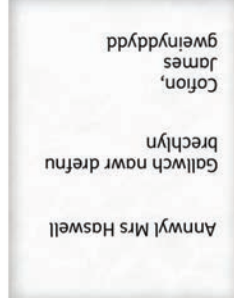
Beth sy'n digwydd os ydw i'n sâl pan fydd hi'n amser cael y brechlyn

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

Ond dylech chi geisio cael y brechlyn cyn gynted â phosib.



Os ydych chi'n cael canlyniad positif am COVID-19, dylech chi aros 4 wythnos cyn cael y brechlyn COVID-19.



Os byddwch chi'n cael y brechlyn pan fyddwch chi'n feichio, byddwch chi'n diogelu eich babi tan hynny.

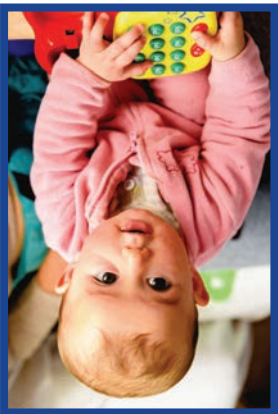
Y brechlyn COVID-19
Gallwch chi gael y brechlyn COVID-19 unrhyw bryd pan fyddwch chi'n feichio.

Y brechlynnau COVID-19 gorau i'w cael pan fyddwch chi'n feichio ydy'r rhai sy'n cael eu gwneud gan gwmnïau **Pfizer** neu **Moderna**.

Beth mae angen i chi ei wneud

Bydd y GIG yn cysylltu â chi ynglŷn â sut i gael eich brechlynnau.

Os oes gennych chi unrhyw bryderon neu gwestiynau, siaradwch â'ch bydwraig.



Bydd y brechlyn fflw yn helpu !
ddiogelu eich babi hyd at 6 mis ar ôl
iddo gael ei eni.



Dylech chi gael y brechlyn bob tro y
byddwch chi'n feichio.

Brechlyn y päs

Dylech chi gael brechlyn y päs bob tro
y byddwch chi'n feichio.
Gallwch chi gael y brechlyn pan
fyddwch rhwng 16 a 32 wythnos yn
feichio.



Bydd eich babi'n cael cynnig brechlyn
y päs ar ôl iddo fod yn 8 wythnos oed.

Cael y brechlyn fflw, y päs a COVID-19

Mae'r brechlynau i gyd yn ddiogel i'w cael pan fyddwch chi'n feichio. Fyddwch chi ddim yn cael y fflw, y päs neu COVID-19 o'r brechlynau.

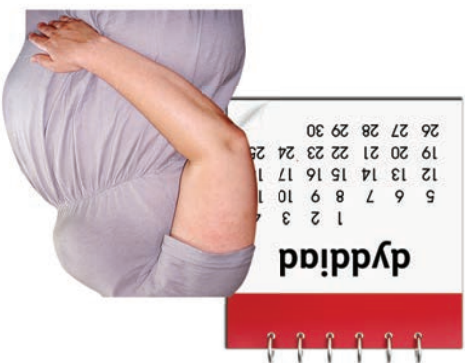
Gallwch chi gael y brechlynau ar yr un pryd.

Pan fyddwch chi'n gwybod eich bod chi'n feichio, dylech chi wneud yn siŵr eich bod chi wedi cael eich brechlynau i gyd.

Pryd ydych chi'n gallu cael y brechlynau

Brechlyn y fflw

Gallwch chi gael y brechlyn fflw unrhyw bryd pan fyddwch chi'n feichio.



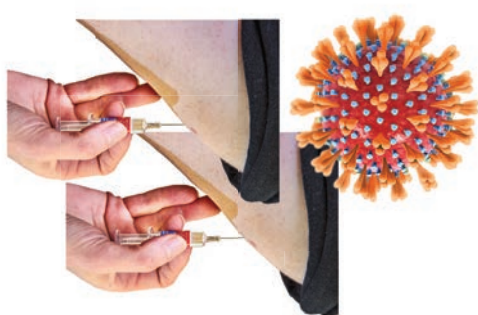
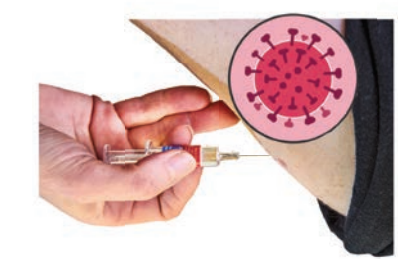
Gwybodaeth am y brechlynnau

Bydd angen i chi gael 1 pigiad ar gyfer y fflw ac 1 pigiad ar gyfer y pas.

Mae angen i'r rhan fwyaf o bobl gael 2 bigiad ar gyfer COVID-19. Efallai y bydd angen i chi gael pigiad ychwanegol. **Brechlyn atgyfnerthu** ydy enw'r pigiad.

Gallwch chi ofyn i'ch bydwraig faint o bigiadau sydd eu hangen arnoch chi.

Bydd y brechlynnau'n diogelu eich babi cyn iddo gael ei eni ac am ychydig wythnosau ar ôl iddo gael ei eni.



Beth yw brechlyn

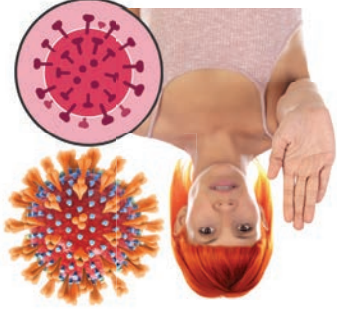
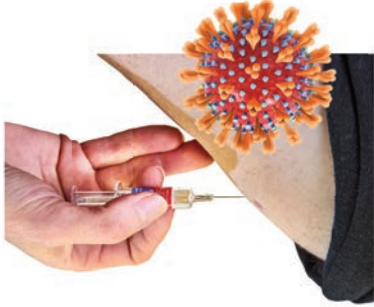
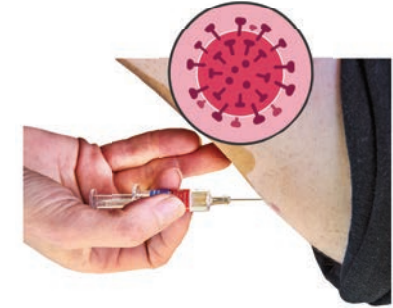
Mae **brechlyn** yn ffordd o ddiogelu pobl. Mae'n gallu helpu i'ch atal rhag dal clefyd.

Mae'r brechlynnau ar gyfer y fflw a'r pŵs yn rhoi rhan bach o'r clefyd yn eich corff. Mae eich corff yn dysgu sut i ymladd y darn bach hwn o'r clefyd.

Mae'r brechlyn COVID-19 yn rhoi ychydig o feddygiaeth yn eich corff. Mae'r feddygiaeth yn dysgu eich corff sut i ymladd y clefyd.

Yna, bydd eich corff yn gwybod sut i ymladd y clefyd os byddwch chi'n ei ddal yn y dyfodol.

Fel arfer, ystyr cael brechlyn ydy cael pigiad.



Mae'r cleyddau hyn yn gallu niweidio eich babi hefyd cyn iddo gael ei eni.



Efallai y bydd rhai babanod yn cael eu geni'n gynnar neu ddim yn pwyso llawer. Yn anffodus, efallai y bydd rhai babanod yn marw.



Mae'n bwysig iawn ceisio eich diogelu chi a'ch babi rhag y cleyddau hyn.



Eich diogelu chi a'ch babi

Pan fyddwch chi'n feichio, mae'n rhaid i'ch corff weithio'n galetach i'ch diogelu chi a'ch babi.



Mae gennych fwy o siawns o fod yn sâl iawn os byddwch yn dal cleftyd.



Mae'r fflw, y päs a COVID-19 yn gleyfdau. Mae'n nhw'n gallu lledaenu'n hawdd i bobl eraill.



Mae'r fflw, y päs a COVID-19 yn gallu bod yn ddifrifol iawn pan fyddwch chi'n feichio. Mae'n nhw'n gallu gwneud rhai pobl yn sâl iawn a bydd angen iddyn nhw fynd i'r ysbyty.



Brechïaddau ar gyfer pobl sy'n feichïog



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