



Mae Brechu yn achub bywydau  
Vaccination saves lives

# Brechu COVID-19

## Canllaw i blant a phobl ifanc

Mae'r daflen hon yn egluro rhaglen frechu'r coronafeirws (COVID-19) i blant a phobl ifanc.

### Beth yw COVID-19 neu'r Coronafeirws?

Mae COVID-19 yn glefyd anadlol heintus iawn a achosir gan feirws SARS-CoV-2. Prin iawn yw'r plant a'r bobl ifanc sydd â haint COVID-19 sy'n mynd ymlaen i gael clefyd difrifol. Nid oes gwellhad i COVID-19 er bod rhai triniaethau sydd wedi'u profi o'r newydd yn helpu i leihau'r risg o gymhlethdodau.

### A allaf gael y brechlyn COVID-19?

Mae'r GIG yn cynnig brechlyn COVID-19 i blant a phobl ifanc. Mae hyn yn cynnwys y rhai 12-17 oed sy'n wynebu risg uwch o haint y bydd angen iddynt gael 2 ddos o'r brechlyn 8 wythnos ar wahân. Bydd pob plentyn a pherson ifanc arall 12-17 oed yn cael cynnig dos cyntaf o'r brechlyn. Bydd amseriad ail ddos yn cael ei gadarnhau'n ddiweddarach.

### A ydych yn wynebu risg o haint COVID-19?

Gall y coronafeirws effeithio ar unrhyw un. Mae rhai plant a phobl ifanc yn wynebu risg uwch gan gynnwys y rhai sy'n byw gyda chyflyrau difrifol fel:

- canserau (fel lewchemia neu lymffoma)
- diabetes
- problemau difrifol gyda'r galon
- cwyn gyda'r frest neu anawsterau anadlu, gan gynnwys asthma a reolir yn wael
- clefyd yr arenau, yr afu/iau neu'r perfedd
- imiwnedd is oherwydd afiechyd neu driniaeth (meddyginiaeth steroid, cemotherapi neu radiotherapi)
- trawsblaniad organ

- niwroanabledd neu gyflwr niwrogyhyrol
- anabledd dysgu difrifol neu ddwys
- Syndrom Down
- problem gyda'ch dueg, e.e. afiechyd y crymangelloedd, neu mae eich dueg wedi cael ei thynnu
- epilepsi
- problemau genetig difrifol
- cyflyrau meddygol difrifol eraill fel y cynghorir gan eich meddyg neu arbenigwr.

Ar gyfer y rhan fwyaf o blant a phobl ifanc mae COVID-19 fel arfer yn salwch ysgafnach ac yn anaml y mae'n arwain at gymhlethdodau. I ychydig iawn gall y symptomau bara am fwy o amser na'r 2 i 3 wythnos arferol.

Bydd y brechiad yn helpu i'ch amddiffyn rhag COVID-19 ac yn helpu i leihau lledaeniad COVID-19. Ar hyn o bryd y brechlyn sydd wedi'i drwyddedu i blant a phobl ifanc yw brechlyn Pfizer. Dyma fydd yn cael ei gynnig i chi.

## A fydd y brechlyn yn fy amddiffyn?

Bydd brechiad COVID-19 yn lleihau'r siawns y byddwch yn dioddef o glefyd COVID-19. Mae hefyd yn debygol y bydd y brechiad yn helpu i leihau lledaeniad COVID-19 mewn ysgolion ac yn lleihau ond nid yn atal tarfu ar addysg. Gall gymryd ychydig wythnosau i'ch corff ddatblygu rhywfaint o amddiffyniad o'r brechlyn. Dylech gael amddiffyniad da o'r dos cyntaf, dylai cael yr ail ddos roi amddiffyniad sy'n para'n hirach i chi rhag y feirws. Fel pob meddyginiaeth, nid oes unrhyw frechlyn yn gwbl effeithiol – efallai y bydd rhai pobl yn dal i gael COVID-19 er iddynt gael brechiad, ond dylai hyn fod yn llai difrifol.

Os oes angen rhagor o wybodaeth arnoch am symptomau ewch i:

**111.wales.nhs.uk**

Nid yw'r brechlynnau'n cynnwys organebau sy'n tyfu yn y corff, ac felly maent yn ddiogel i blant a phobl ifanc ag anhwylderau'r system imiwnedd. Efallai na fydd y bobl hyn yn ymateb cystal i'r brechlyn ond dylai gynnig amddiffyniad iddynt rhag clefyd difrifol.

## Beth sydd angen i mi ei wneud?

**Byddwch yn derbyn gwybodaeth ynghylch pryd a ble i gael eich brechu.**

**Siaradwch â'ch rhiant neu ofalwr am yr hyn sy'n dda ac yn ddrwg am y brechiad a phenderfynu beth sydd orau i chi.**

**Ar ddiwrnod yr apwyntiad, gwisgwch ddillad llac fel ei bod yn hawdd cyrraedd rhan uchaf eich braich.**

**Cyn i chi gael y brechiad, peidiwch â bod ofn gofyn unrhyw gwestiynau sydd gennych.**

**Os oes ofn nodwyddau arnoch neu os ydych yn teimlo'n bryderus, rhowch wybod i'r sawl sy'n rhoi eich brechlyn. Bydd yn deall ac yn eich cefnogi.**

## Beth am roi caniatâd?

Mae'n well cynnwys eich rhiant neu ofalwr yn eich penderfyniad ynghylch cael y brechlyn, ond mewn rhai amgylchiadau gallwch roi caniatâd eich hun os ydych yn deall yn llawn beth sy'n cael ei gynnig. Sicrhewch eich bod yn darllen y wybodaeth am frechiad COVID-19 ac yn deall y risgiau a'r manteision i chi. Bydd y nyrs neu'r brechwyr yn trafod y brechlyn COVID-19 gyda chi yn eich apwyntiad ac yn gallu ateb unrhyw gwestiynau sydd gennych.

## A oes unrhyw resymau pam na ddylech gael y brechlyn?

Prin iawn yw'r bobl na allant gael y brechlyn COVID-19.

Ni ddylid rhoi'r brechlyn i'r canlynol:

- pobl sydd wedi cael adwaith anaffylactig wedi'i gadarnhau i unrhyw un o gynhwysion y brechlyn
- y rhai sydd wedi cael adwaith anaffylactig wedi'i gadarnhau i ddos blaenorol o'r un brechlyn COVID-19.

Gall pobl sydd â hanes o adwaith alergaidd difrifol i fwyd, cyffur neu frechlyn a nodwyd, neu bigiad pryfed gael brechlyn COVID-19, ar yr amod nad yw'n hysbys bod ganddynt alergedd i unrhyw ran o'r brechlyn. Mae'n bwysig eich bod yn dweud wrth y person sy'n rhoi eich brechlyn i chi os ydych erioed wedi cael adwaith alergaidd difrifol (anaffylacsis).

## A ellir rhoi brechlynnau COVID-19 ar yr un pryd â brechlynnau eraill?

Gellir, mae modd rhoi brechlynnau COVID-19 ar yr un pryd â'r rhan fwyaf o frechlynnau eraill. I gael y cyngor diweddaraf ar frechlynnau COVID-19 a'u rhoi gyda brechlynnau eraill ewch i: [icc.gig.cymru/pynciau/imiwneiddio-a-brechlynnau/gwybodaeth-brechlyn-covid-19](https://icc.gig.cymru/pynciau/imiwneiddio-a-brechlynnau/gwybodaeth-brechlyn-covid-19)

## Sgil-effeithiau cyffredin

Fel pob meddyginiaeth, gall brechiadau achosi sgileffeithiau. Mae'r rhain fel rheol yn ysgafn ac yn para ychydig ddyddiau yn unig, ac nid yw pawb yn eu cael. Gyda'r brechlyn a ddefnyddiwn yn y rhai dan 18 oed, mae sgil-effeithiau yn fwy cyffredin gyda'r ail ddos.

### Mae sgil-effeithiau cyffredin iawn yn y diwrnod cyntaf neu ddau yn cynnwys:

- teimlad trwm neu ddolur lle cawsoch y pigiad;
- teimlo poenau neu fel bod gennych chi'r ffliw;
- teimlo'n flinedig;
- pen tost/cur pen.

Gallwch orffwys a chymryd parasetamol (dilynwch y cyngor yn y pecyn a chymryd y dos cywir ar gyfer eich oedran) i helpu i wneud i chi deimlo'n well. Er nad yw'n anghyffredin teimlo twymyn am 2 neu 3 diwrnod, mae tymheredd uchel yn anarferol a gall fod yn arwydd bod gennych COVID-19 neu haint arall. Mae'r symptomau yma'n para llai nag wythnos fel rheol.

Os yw'n ymddangos bod eich symptomau'n gwaethygu neu os ydych yn pryderu, gallwch chi neu eich rhieni neu ofalwr edrych ar: [111.wales.nhs.uk](https://111.wales.nhs.uk) ar-lein, ac os oes angen ffoniwch GIG 111 Cymru ar **111** neu eich meddygfa. Os nad yw 111 ar gael yn eich ardal chi, ffoniwch **0845 46 47**. Mae galwadau i 111 am ddim o linellau tir a ffonau symudol. Mae galwadau i 0845 46 47 yn costio 2c y funud ynghyd â thâl arferol eich darparwr ffôn.

## Sgil-efeithiau llai cyffredin

Yn ddiweddar, mae achosion o lid y galon (o'r enw myocarditis neu bericarditis) wedi'u nodi'n anaml iawn ar ôl brechlynnau COVID-19. Mae'r rhan fwyaf o'r achosion hyn wedi bod mewn dynion iau ac fel arfer ychydig ddyddiau ar ôl yr ail frechiad. Roedd y rhan fwyaf o bobl wedi gwella ac yn teimlo'n well ar ôl gorffwys a thriniaethau syml.

### **Dylech geisio cyngor meddygol ar unwaith os byddwch yn profi:**

- poen yn y frest;
- prinder anadl;
- teimlo'r galon yn curo'n gyflym, yn dirgrynu neu'n curo fel gordd.

Os byddwch chi neu'ch rhieni neu ofalwyr yn ceisio cyngor gan feddyg neu nyrs, sicrhewch eich bod yn dweud wrthynt am eich brechiad (dangoswch eich cerdyn cofnod brechlyn iddynt, os oes modd) er mwyn iddynt allu eich asesu'n iawn.

### **Gwnewch yn siŵr eich bod yn cadw'ch cerdyn cofnod brechlyn yn ddiogel.**

Gallwch chi neu'ch rhieni a gofalwyr hefyd roi gwybod am unrhyw sgil-efeithiau tybiedig i frechlynnau a meddyginiaethau ar-lein drwy'r cynllun Cerdyn Melyn. Mae system Cerdyn Melyn Coronafeirws yn wefan lle gallwch roi gwybod am unrhyw sgil-efeithiau o'r brechlyn. Efallai y bydd angen cymorth arnoch i gael mynediad at y wefan hon: **coronavirus-yellowcard.mhra.gov.uk**

## A allwch ddal COVID-19 o'r brechlyn?

Ni allwch ddal COVID-19 o'r brechlyn ond mae'n bosibl eich bod wedi dal COVID-19 a heb gael y symptomau tan ar ôl eich apwyntiad brechu. Symptomau pwysicaf COVID-19 yw ymddangosiad diweddar unrhyw rai o'r canlynol:

- peswch cyson newydd
- tymheredd uchel
- colli, neu newid, yn eich synnwyr blasu neu arogl arferol

Os oes gennych y symptomau uchod, arhoswch gartref a threfnu i gael prawf drwy ffonio 119 (mae'r galwadau am ddim) neu ar-lein yn: **llyw.cymru/cael-prawf-coronafeirws-covid-19**

## Beth i'w wneud nesaf

Ar ôl i chi gael y dos cyntaf, efallai y cewch ail apwyntiad rywbryd yn ddiweddarach. Bydd eich cerdyn cofnod brechlyn yn dangos manylion y dos cyntaf. Byddwch yn cael cyngor ar yr amseru cywir ar gyfer eich ail ddos i helpu i roi'r amddiffyniad gorau, a'r un sy'n para hiraf i chi. Cadwch eich cerdyn cofnod brechlyn yn ddiogel a sicrhewch eich bod yn cadw'ch apwyntiad nesaf i gael eich ail ddos.

## Os nad ydych yn iach pan fydd angen i chi fynd i'ch ail apwyntiad

Ni ddylech fynd i apwyntiad brechu os ydych yn hunanynysu, yn aros am brawf COVID-19 neu o fewn 4 wythnos i gael prawf COVID-19 positif. Dylech chi neu'ch rhieni neu ofalwyr ffonio i ganslo ac aros nes eich bod wedi gwella cyn cael y brechiad.

## Sut y mae COVID-19 yn lledaenu?

Mae COVID-19 yn cael ei ledaenu drwy ddafnau sy'n cael eu hanadlu allan o'r trwyn neu'r geg, yn enwedig wrth siarad neu besychu. Hefyd gellir ei ddal drwy gyffwrdd eich llygaid, eich trwyn a'ch ceg ar ôl cyswllt â gwrthrychau ac arwynebau wedi'u llygru.

### **RHAID i chi barhau i ddilyn unrhyw gyfyngiadau cenedlaethol neu leol a:**

- gwisgo masg wyneb pan gewch eich cyngori i wneud hynny
- golchi eich dwylo'n rheolaidd
- agor ffenestri i adael awyr iach i mewn
- dilyn y canllawiau presennol yn [llyw.cymru/coronafeirws](https://llyw.cymru/coronafeirws).

## Rhagor o wybodaeth

Gallwch gael rhagor o wybodaeth am frechlynnau COVID-19, gan gynnwys eu cynnwys a sgil-ffeithiau posibl yn: [coronavirus-yellowcard.mhra.gov.uk/productinformation](https://coronavirus-yellowcard.mhra.gov.uk/productinformation)

Gallwch roi gwybod am unrhyw sgil-ffeithiau ar-lein yn: [coronavirus-yellowcard.mhra.gov.uk](https://coronavirus-yellowcard.mhra.gov.uk) neu drwy lawrlwytho'r ap Cerdyn Melyn.

I gael gwybod sut y mae'r GIG yn defnyddio eich gwybodaeth, ewch i: [111.wales.nhs.uk/aboutus/yourinformation/?locale=cy](https://111.wales.nhs.uk/aboutus/yourinformation/?locale=cy)

I gael y daflen hon mewn fformatau eraill ewch i: [icc.gig.cymru/pynciau/imiwneiddio-a-brechlynnau/gwybodaeth-brechlyn-covid-19](https://icc.gig.cymru/pynciau/imiwneiddio-a-brechlynnau/gwybodaeth-brechlyn-covid-19)

© Iechyd Cyhoeddus Cymru, Hydref 2021  
(gyda chydabyddiaeth i Iechyd Cyhoeddus Lloegr)

Fersiwn 2

ISBN 978-1-78986-154-450





Mae Brechu yn achub bywydau  
Vaccination saves lives

# COVID-19 vaccination

## A guide for children and young people

This leaflet explains the coronavirus (COVID-19) vaccination programme for children and young people.

### What is COVID-19 or coronavirus?

COVID-19 is a very infectious respiratory disease caused by the SARS-CoV-2 virus. Very few children and young people with COVID-19 infection go on to have severe disease. There is no cure for COVID-19 although some newly tested treatments do help to reduce the risk of complications.

### Am I able to have the COVID-19 vaccine?

The NHS is offering COVID-19 vaccine to children and young people. This includes those aged 12-17 years at increased risk from infection who will need 2 doses of the vaccine 8 weeks apart. All other children and young people aged 12-17 years will be offered a first dose of vaccine. The timing of a second dose will be confirmed later.

### Are you at risk from COVID-19 infection?

Coronavirus can affect anyone. Some children and young people are at greater risk including those living with serious conditions such as:

- cancers (such as leukaemia or lymphoma)
- diabetes
- serious heart problems
- chest complaint or breathing difficulties, including poorly controlled asthma
- kidney, liver or a gut disease
- lowered immunity due to disease or treatment (steroid medication, chemotherapy or radiotherapy)
- an organ transplant



- a neurodisability or neuromuscular condition
- a severe or profound learning disability
- Down's syndrome
- a problem with your spleen, e.g. sickle cell disease, or you have had your spleen removed
- epilepsy
- serious genetic problems
- other serious medical conditions as advised by your doctor or specialist.

For most children and young people COVID-19 is usually a milder illness that rarely leads to complications. For a very few the symptoms may last for longer than the usual 2 to 3 weeks.

The vaccination will help to protect you against COVID-19 and help reduce the spread of COVID-19. Currently the vaccine licensed for children and young people is the Pfizer vaccine. This is what you will be offered.

## **Will the vaccine protect me?**

The COVID-19 vaccination will reduce the chance of you suffering from COVID-19 disease. It is also likely vaccination will help reduce the spread of COVID-19 in schools and reduce, but not stop education disruption. It may take a few weeks for your body to build up some protection from the vaccine. You should get good protection from the first dose, having the second dose should give you longer lasting protection against the virus. Like all medicines, no vaccine is completely effective – some people may still get COVID-19 despite having a vaccination, but this should be less severe.

If you need more information on symptoms visit: **111.wales.nhs.uk**

The vaccines do not contain organisms that grow in the body, and so are safe for children and young people with disorders of the immune system. These people may not respond so well to the vaccine but it should offer them protection against severe disease.

## What do I need to do?

**You will receive information about when and where to get vaccinated.**

**Talk to your parent or carer about what is good and bad about the vaccination and decide what is best for you.**

**On the day of the appointment, wear loose clothing so it's easy to get to the top of your arm.**

**Before you have the vaccination don't be afraid to ask any questions you might have.**

**If you have a fear of needles or feel anxious, let the person giving your vaccine know. They will be understanding and support you.**

## What about giving consent?

It is best to involve your parent or carer in your decision about having the vaccine, but in some circumstances you can give permission yourself if you fully understand what is being offered. Make sure you read the information about the COVID-19 vaccination and understand the risks and benefits to you. The nurse or vaccinator will discuss the COVID-19 vaccine with you at your appointment and will be able to answer any questions you may have.

## Are there any reasons you should not get the vaccine?

There are very few people who cannot get the COVID-19 vaccine.

The vaccine should not be given to:

- people who have had a confirmed anaphylactic reaction to any of the ingredients of the vaccine
- those who have had a confirmed anaphylactic reaction to a previous dose of the same COVID-19 vaccine.

People with a history of serious allergic reaction to food, an identified drug or vaccine, or an insect sting can get the COVID-19 vaccine, as long as they are not known to be allergic to any component of the vaccine. It is important that you tell the person giving you your vaccine if you've ever had a serious allergic reaction (anaphylaxis).

## Can COVID-19 vaccines be given at the same time as other vaccines?

Yes, COVID-19 vaccines can be given at the same time as most other vaccines. For the latest advice on COVID-19 vaccines and co-administration please visit: [phw.nhs.wales/covidvaccine](https://phw.nhs.wales/covidvaccine)

### Common side effects

Like all medicines, vaccines can cause side effects. Most of these are mild and short term, and not everyone gets them. With the vaccine we use in under-18s, side effects are more common with the second dose.

#### **Very common side effects in the first day or two include:**

- a heavy feeling or soreness where you had the injection;
- feeling achy or like you've got the flu;
- feeling tired;
- having a headache.

You can rest and take paracetamol (follow the advice in the packaging and take the correct dose for your age) to help make you feel better. Although feeling feverish is not uncommon for 2 to 3 days, a high temperature is unusual and may indicate you have COVID-19 or another infection. Symptoms following vaccination normally last less than a week. If your symptoms seem to get worse or if you are concerned, you or your parents or carer can look at: [111.wales.nhs.uk](https://111.wales.nhs.uk) online, and if necessary call NHS 111 Wales on **111** or your GP surgery. If 111 is not available in your area, call **0845 46 47**. Calls to 111 are free from landlines and mobiles. Calls to 0845 46 47 cost 2p per minute plus your telephone provider's usual access charge.

## Less common side effects

Recently, cases of inflammation of the heart (called myocarditis or pericarditis) have been reported very rarely after COVID-19 vaccines. Most of these cases have been in younger men and usually a few days after the second vaccination. Most people recovered and felt better following rest and simple treatments.

### **You should seek medical advice urgently if you experience:**

- chest pain;
- shortness of breath;
- feelings of having a fast-beating, fluttering, or pounding heart.

If you or your parents or carers do seek advice from a doctor or nurse, make sure you tell them about your vaccination (show them your vaccine record card, if possible) so that they can assess you properly.

### **Make sure you keep your vaccine record card safe.**

You or your parents and carers can also report suspected side effects to vaccines and medicines online through the Yellow Card scheme. The Coronavirus Yellow Card system is a website where you can report any side effects from the vaccine. You may need support to access this website: [coronavirus-yellowcard.mhra.gov.uk](https://coronavirus-yellowcard.mhra.gov.uk)

## Can you catch COVID-19 from the vaccine?

You cannot catch COVID-19 from the vaccine but it is possible to have caught COVID-19 and not have the symptoms until after your vaccination appointment. The most important symptoms of COVID-19 are recent onset of any of the following:

- a new continuous cough
- a high temperature
- a loss of, or change in, your normal sense of taste or smell

If you have the symptoms above, stay at home and arrange to have a test by phoning 119 (calls are free) or online at: [gov.wales/get-tested-coronavirus-covid-19](https://gov.wales/get-tested-coronavirus-covid-19)

## What to do next

After you have had the first dose you may be given a second appointment sometime later. Your vaccine record card will show the details of the first dose. You will be advised on the right timing for your second dose to help give the best and longest lasting protection for you. Keep your vaccine record card safe and make sure you keep your next appointment to get your second dose.

## If you are not well when your appointment is due

You should not attend a vaccine appointment if you are self-isolating, waiting for a COVID-19 test or within 4 weeks of having a positive COVID-19 test. You or your parents or carers should call to cancel and wait until you have recovered to have the vaccine.

## How is COVID-19 spread?

COVID-19 is spread through droplets breathed out from the nose or mouth, particularly when speaking or coughing. It can also be picked up by touching your eyes, nose and mouth after contact with contaminated objects and surfaces.

### **You MUST still follow any national or local restrictions and:**

- when advised wear a face mask
- wash your hands regularly
- open windows to let fresh air in
- follow the current guidance at [gov.wales/coronavirus](https://www.gov.wales/coronavirus).

## More information

You can find out more information about COVID-19 vaccines, including their contents and possible side effects at: [coronavirus-yellowcard.mhra.gov.uk/productinformation](https://coronavirus-yellowcard.mhra.gov.uk/productinformation)

You can report suspected side effects online at: [coronavirus-yellowcard.mhra.gov.uk](https://coronavirus-yellowcard.mhra.gov.uk) or by downloading the Yellow Card app.

To find out how the NHS uses your information, visit: [111.wales.nhs.uk/AboutUs/Yourinformation](https://111.wales.nhs.uk/AboutUs/Yourinformation)

For other formats of this leaflet visit: [phw.nhs.wales/covid-19-vaccination](https://phw.nhs.wales/covid-19-vaccination)

© Public Health Wales, October 2021  
(with acknowledgement to Public Health England)

Version 2

ISBN 978-1-78986-154-450