



COVID-19 vaccination

What to expect after – advice for children and young people

The NHS is offering the COVID-19 vaccine to all eligible children and young people. This leaflet tells you what to expect after you have had your vaccination.

Side effects

Like all medicines, vaccines can cause side effects. Most of these are mild and short-term and not everyone gets them. The very common side effects should only last a day or two. The Pfizer vaccine tends to cause more side effects after the second dose than the first 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.

A mild fever may occur shortly after vaccination and last for a day or two, however a high temperature could also indicate that you have COVID-19 or another infection.

An uncommon side effect is swollen glands in the armpit or neck on the same side as the arm where you had the vaccine. This can last for around 10 days, but if it lasts longer see your doctor.

If you have any side effects after your vaccine, you can take the normal dose of paracetamol (follow the advice in the packaging) and rest to help you feel better.

What to do if you are concerned about your symptoms

These symptoms normally last less than a week. If your symptoms seem to get worse or if you are concerned, you or your parent or carer can look at: 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.

If you do seek advice from a doctor or nurse, make sure you tell them about your vaccination (show them the vaccination card) so that they can assess you properly. You can report any side effects online at: coronavirus-yellowcard.mhra.gov.uk or via the Yellow Card app.

Are there other more serious side effects?

Recently, cases of inflammation of the heart (called myocarditis or pericarditis) have been reported very rarely after COVID-19 vaccines.

These cases have been seen mainly in younger men within a few days after vaccination. Most of these people recovered quickly 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

How COVID-19 is 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.

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 realise you 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 (anosmia)

Although a mild fever can occur within a day or two of vaccination, if you have any other COVID-19 symptoms or your fever lasts longer, 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**.

What to do next

After your vaccine, you should be given a record card. If you need a second dose your next appointment will be in about 8 to 12 weeks time. The second dose will give you longer lasting protection.

Keep your record card safe and remember to take it to your next appointment.

If you are not well for your appointment

If you are unwell, it is better to wait until you have recovered to have your vaccine.

You should not attend a vaccine appointment if you are self-isolating, waiting for a COVID-19 test or result or it is within 4 weeks of having a positive COVID-19 test.

Will the vaccine protect you?

The COVID-19 vaccine that you have had has been shown to reduce the chance of you suffering from COVID-19 disease.

Millions of doses of the vaccine have been given worldwide. The vaccine is highly effective in children and young people.

It may take a few weeks for your body to build up some protection from the vaccine. Like all medicines, no vaccine is completely effective, so you should continue to take recommended precautions to avoid infection.

Some people may still get COVID-19 despite having a vaccination, but this should be less severe.

What you can do after you've had the vaccine

The vaccine cannot give you COVID-19 infection, and it will reduce your chance of becoming ill. It is still important to continue to follow current national guidance. You can continue going to school, college or work after you have had the vaccine.

To protect yourself and your family, friends and colleagues, you should still:

- think about social distancing
- wear a face mask where advised
- wash your hands carefully and frequently
- 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

You can report suspected side effects online at: 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

For other formats of this leaflet visit: phw.nhs.wales/covid-19-vaccination

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(with acknowledgement to Public Health England)

Version 1

ISBN 978-1-78986-154-488



Mae Brechu yn achub bywydau
Vaccination saves lives

Brechlu COVID-19

Beth i'w ddisgwyl ar ôl eich brechiad – cyngor i blant a phobl ifanc

Mae'r GIG yn cynnig y brechlyn COVID-19 i bob plentyn a pherson ifanc cymwys. Mae'r daflen hon yn dweud wrthy ch beth i'w ddisgwyl ar ôl i chi gael eich brechiad.

Sgil-efeithiau

Fel pob meddyginiaeth, gall brechiadau achosi sgil-efeithiau. Mae'r rhain fel rheol yn ysgafn a thymor byr ac nid yw pawb yn eu cael. Dylai'r sgil-efeithiau cyffredin iawn bara diwrnod neu ddau yn unig. Mae'r brechlyn Pfizer yn tueddu i achosi mwy o sgil-efeithiau ar ôl yr ail ddos na'r dos cyntaf.

Mae sgil-efeithiau 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 fflw;
- teimlo'n flinedig;
- Pen tost/cur pen.

Gall twymyn ysgafn ddigwydd yn fuan ar ôl brechu a phara am ddiwrnod neu ddau. Fodd bynnag, gallai tymheredd uchel hefyd fod yn arwydd bod gennych COVID-19 neu haint arall.

Un sgil-effaith anghyffredin yw chwarennau chwyddedig yn y gesail neu'r gwddf ar yr un ochr â'r fraich lle y cawsoch y brechlyn. Gall hyn bara tua 10 diwrnod, ond os yw'n para'n hirach dylech weld eich meddyg.

Os byddwch yn cael unrhyw sgil-efeithiau ar ôl eich brechlyn, gallwch gymryd y dos arferol o barasetamol (dilynwch y cyngor ar y pecyn) a gorffwys i'ch helpu i deimlo'n well.

Beth i'w wneud os ydych yn pryderu am eich symptomau

Mae'r symptomau hyn fel arfer yn para llai nag wythnos. Os yw'n ymddangos bod eich symptomau'n gwaethygu neu os ydych yn pryderu, gallwch chi neu eich rhiant neu ofalwr edrych ar: **111.wales.nhs.uk** 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.

Os byddwch yn ceisio cyngor gan feddyg neu nyrs, sicrhewch eich bod yn dweud wrthynt am eich brechiad (dangoswch y cerdyn brechu iddynt) er mwyn iddynt allu eich asesu'n iawn. Gallwch roi gwybod am unrhyw sgil-ffeithiau ar-lein yn: **coronavirus-yellowcard.mhra.gov.uk** neu drwy'r ap Cerdyn Melyn.

A oes sgil-ffeithiau eraill mwy difrifol?

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.

Gwelwyd yr achosion hyn yn bennaf mewn dynion iau o fewn ychydig ddyddiau ar ôl eu brechu. Roedd y rhan fwyaf o'r bobl hyn wedi gwella'n gyflym ac yn teimlo'n well ar ôl gorffwys a thriniaethau syml.

Dylech geisio cyngor meddygol ar frys os byddwch yn profi:

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

Sut caiff COVID-19 ei ledaenu

Mae COVID-19 yn cael ei ledaenu drwy ddefnyddio sy'n cael eu hanadlu allan o'r trwyn neu'r geg, yn enwedig wrth siarad neu besychu. Gellir ei ddal hefyd drwy gyffwrdd â'ch llygaid, eich trwyn a'ch ceg ar ôl dod i gysylltiad â gwrthrychau ac arwynebau halogedig.

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 sylweddoli bod gennych 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 arogli arferol (anosmia)

Er y gall twymyn ysgafn ddigwydd o fewn diwrnod neu ddau ar ôl brechiad, os oes gennych unrhyw symptomau COVID-19 eraill neu os bydd eich twymyn yn para'n hirach, arhoswch gartref a threfnu i gael prawf drwy ffonio **119** (mae galwadau am ddim) neu ar-lein yn: **llyw.cymru/cael-prawf-coronafeirws-covid-19**.

Beth i'w wneud nesaf

Ar ôl eich brechlyn, dylech gael cerdyn cofnod. Os oes angen ail ddos arnoch, bydd eich apwyntiad nesaf ymhen 8 i 12 wythnos. Bydd yr ail ddos yn rhoi amddiffyniad sy'n para'n hirach i chi.

Cadwch eich cerdyn cofnod yn ddiogel a chofiwch fynd ag ef i'ch apwyntiad nesaf.

Os nad ydych yn iach ar gyfer eich apwyntiad

Os ydych yn sâl, mae'n well aros nes eich bod wedi gwella i gael eich brechiad.

Ni ddylech fynd i apwyntiad brechu os ydych yn hunanynysu, yn aros am brawf neu ganlyniad COVID-19 neu os yw o fewn 4 wythnos i gael prawf COVID-19 positif.

A fydd y brechlyn yn eich amddiffyn?

Dangoswyd bod y brechlyn COVID-19 a gawsoch yn lleihau'r siawns y byddwch yn dioddef o glefyd COVID-19.

Mae miliynau o ddosau o'r brechlyn wedi'u rhoi yn fyd-eang. Mae'r brechlyn yn effeithiol iawn mewn plant a phobl ifanc.

Gall gymryd ychydig wythnosau i'ch corff ddatblygu rhywfaint o amddiffyniad o'r brechlyn. Fel pob meddyginiaeth, nid oes unrhyw frechlyn yn gwbl effeithiol, felly dylech barhau i gymryd y rhagofalon a argymhellir er mwyn osgoi haint.

Efallai y bydd rhai pobl yn dal i gael COVID-19 er iddynt cael brechiad, ond dylai hyn fod yn llai difrifol.

Beth y gallwch ei wneud ar ôl i chi gael y brechlyn

Ni all y brechlyn roi haint COVID-19 i chi, a bydd yn lleihau eich siawns o fynd yn sâl. Mae'n dal yn bwysig parhau i ddilyn y canllawiau cenedlaethol presennol. Gallwch barhau i fynd i'r ysgol, i'r coleg neu i'r gwaith ar ôl i chi gael y brechlyn.

Er mwyn diogelu eich hun a'ch teulu, eich ffrindiau a chydweithwyr, dylech wneud y canlynol o hyd:

- meddwl am gadw pellter cymdeithasol
- gwisgo masg wyneb lle cynghorir hynny
- golchi eich dwylo'n ofalus ac yn aml
- agor ffenestri i adael awyr iach i mewn
- dilyn y canllawiau presennol yn 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**

Gallwch roi gwybod am unrhyw sgil-ffeithiau ar-lein yn: **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**

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

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(gyda chydabyddiaeth i Iechyd Cyhoeddus Lloegr)

Fersiwn 1

ISBN 978-1-78986-154-488