



Brechiad COVID-19

Canllaw i bob menyw sy'n cynllunio beichiogrwydd, neu sy'n feichiog neu'n bwydo ar y fron

Hyd yn oed ar ôl cael eich brechu gydag un neu ddau ddos, rhaid i chi barhau i ddilyn canllawiau amddiffynnol eraill yn ôl yr angen.

Dangoswyd bod y brechlynnau COVID-19 sydd ar gael yn y DU ar hyn o bryd yn effeithiol ac mae ganddynt record ddiogelwch dda.

Beth yw'r cyngor ar frechlynnau COVID-19 yn ystod beichiogrwydd?

Mae'r Cyd-bwyllgor ar Imiwneiddio a Brechu (JCVI), grŵp arbenigol annibynnol, wedi cyngori y dylid cynnig brechlynnau COVID-19 i fenywod beichiog ar yr un pryd â phobl o'r un grŵp oedran neu risg clinigol.

Nid yw'r brechlynnau hyd yma wedi'u profi mewn treialon clinigol ar fenywod beichiog neu fenywod sy'n bwydo ar y fron. Fodd bynnag, mae dros 110,000 o fenywod beichiog wedi'u brechu â brechlynnau Pfizer neu Moderna yn UDA ac nid oes unrhyw faterion diogelwch wedi'u nodi, felly mae'r ddau frechlyn hyn yn well yn ystod beichiogrwydd. Mae brechu yn effeithiol iawn o ran atal haint COVID-19.

Dylai unrhyw un sydd eisoes wedi dechrau brechu ac sy'n cael cynnig ail ddos tra'n feichiog gael ail ddos gyda'r un brechlyn oni bai eu bod wedi cael sgileffaith ddifrifol ar ôl y dos cyntaf.

Mae brechlynnau eraill, er enghraifft brechlynnau ar gyfer y pas a'r ffliw, wedi'u rhoi i filiynau o fenywod beichiog a chanfuwyd eu bod yn ddiogel iddyn nhw a'u babanod.

Eich dewis chi yw penderfynu a ydych am gael y brechlyn. I rai menywod beichiog, mae manteision brechu COVID-19 yn arbennig o bwysig.

Beth yw risgiau haint COVID-19 yn ystod beichiogrwydd?

- Mae menywod beichiog yn fwy tebygol o gael eu derbyn i'r ysbyty neu gael salwch difrifol (o gymharu â'r rhai nad ydynt yn feichiog), yn enwedig yng nghamau diweddarach beichiogrwydd.
- Mae menywod beichiog â chyflyrau iechyd sylfaenol yn wynebu risg uwch o salwch difrifol.
- Mae tua dwy ran o dair o fenywod sy'n profi'n bositif ar gyfer COVID-19 yn ystod beichiogrwydd heb unrhyw symptomau o gwbl. Fodd bynnag, mae rhai menywod beichiog yn mynd yn ddifrifol wael ac yn cael eu derbyn i'r ysbyty gyda COVID-19, yn enwedig os oes ganddynt gyflyrau meddygol sylfaenol.
- Yng nghamau diweddarach beichiogrwydd, mae menywod yn wynebu risg uwch o fynd yn ddifrifol wael gyda COVID-19. Os yw hyn yn digwydd, mae tua thair gwaith yn fwy tebygol y bydd eich babi'n cael ei eni'n gynamserol, sy'n gallu effeithio ar ei iechyd hirdymor.

Beth mae hynny'n ei olygu i mi?

Os ydych yn feichiog, dylech ystyried cael eich brechu. Fe'ch anogir i ddarllen cymorth penderfynu Coleg Brenhinol yr Obstetryddion a'r Gynaecolegwyr yn y ddolen hon: icc.gig.cymru/rcog-brechlyn-covid-19 cyn mynd i'ch apwyntiad brechu. Gall y wybodaeth yn y cymorth hwn eich helpu i wneud penderfyniad gwybodus. Os oes gennych unrhyw gwestiynau pellach siaradwch â'ch bydwaig neu'ch meddyg teulu.

Nid yw'r brechlynnau'n cynnwys organebau sy'n gallu lluosu yn y corff, felly ni allant heintio babi heb ei eni yn y groth. Ni allwch ddal COVID-19 o'r brechlynnau.

Mae brechlynnau COVID-19 wedi eu rhoi i nifer fawr o bobl i sicrhau eu bod yn cyrraedd safonau llym o ran effeithiolrwydd a diogelwch. Bydd astudiaethau yn y dyfodol yn darparu rhagor o wybodaeth.

Nid oes angen i chi osgoi beichiogi ar ôl cael y brechiad COVID-19.

Nid yw cael y brechiad COVID-19 yn cymryd lle'r asesiad risg yn y gweithle, y dylai staff beichiog sy'n gweithio ei gael.

A allaf gael y brechlyn os ydw i'n bwydo ar y fron?

Mae manteision bwydo ar y fron yn hysbys iawn, ac nid yw'n hysbys bod brechlynnau COVID-19 yn risg wrth fwydo ar y fron. Y cyngor arbenigol gan Sefydliad Iechyd y Byd yw y gellir rhoi'r brechlyn i fenywod sy'n bwydo ar y fron. Fodd bynnag, nid oes gennym lawer o wybodaeth am ddiogelwch eto ar y defnydd o frechlynnau COVID-19 wrth fwydo ar y fron. Os ydych yn bwydo ar y fron, neu'n bwriadu bwydo ar y fron, gallwch barhau i fwydo ar y fron ar ôl cael eich brechu.

Y brechlyn a ffrwythlondeb

Nid oes tystiolaeth y bydd y brechlynnau COVID-19 yn effeithio ar eich ffrwythlondeb na'ch siawns o feichiogi.

A oes gan y brechlyn sgileffeithiau?

Fel pob meddyginiaeth, gall brechiadau achosi sgileffeithiau. Mae hyn oherwydd bod brechlynnau'n gweithio drwy ysgogi ymateb yn eich system imiwnedd. Mae'r rhan fwyaf o'r rhain yn ysgafn ac yn para ychydig ddyddiau yn unig, ac nid yw pawb yn eu cael.

Hyd yn oed os cewch symptomau ar ôl y dos cyntaf, dylech barhau i gael yr ail ddos.

Mae sgil-ffeithiau cyffredin iawn yn cynnwys:

- teimlad poenus, trwm a thynerwch yn y fraich y cawsoch y pigiad ynddi;
- teimlo'n flinedig;
- pen tost/cur pen;
- poenau cyffredinol, neu symptomau ysgafn tebyg i ffliw.

Efallai y cewch dwymyn ysgafn am ddau i dri diwrnod ar ôl y brechiad, ond mae tymheredd uchel yn anarferol a gall olygu bod gennych haint COVID-19 neu haint arall. Gallwch orffwys a chymryd parasetamol i'ch helpu i deimlo'n well. Peidiwch â chymryd mwy na'r dos a argymhellir o barasetamol (dilynwch y cyngor ar y pecyn). Un sgil-ffaith 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.

Cafwyd adroddiadau am gyflwr eithriadol o brin sy'n achosi clotiau gwaed a gwaedu anarferol yn dilyn brechlyn COVID-19 AstraZeneca. Mae hyn yn cael ei adolygu'n ofalus. Oherwydd y risg uchel o gymhlethdodau a marwolaeth o COVID-19, mae'r Asiantaeth Rheoleiddio Meddyginiaethau a Chynhyrchion Gofal Iechyd a Sefydliad Iechyd y Byd yn dweud bod y cydbwysedd o blaid brechu. Os byddwch yn cael brechlyn AstraZeneca dylech ddarllen y wybodaeth am frechu COVID-19 a chlotiau gwaed yma: icc.gig.cymru/gwybodaethigleifion

Beth ddylwn i ei wneud os ydw i'n pryderu am fy sgil-effeithiau?

Mae sgil-effeithiau cyffredin yn ar ôl y brechiad fel arfer yn para llai nag wythnos. Os yw'n ymddangos bod eich symptomau'n gwaethygu neu os ydych yn pryderu, ewch i 111.wales.nhs.uk ar-lein, ac os oes angen, ffoniwch GIG 111 Cymru drwy ddeialu 111 neu eich meddygfa. Os nad yw 111 ar gael yn eich ardal chi, ffoniwch **0845 46 47**. Mae galwadau i GIG 111 Cymru 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 profi unrhyw rai o'r canlynol o tua phedwar diwrnod i bedair wythnos ar ôl brechiad, dylech gael cyngor meddygol brys.

- Pen tost/cur pen newydd, difrifol nad yw'n cael ei helpu gan boenladdwyr arferol neu sy'n gwaethygu
- Pen tost/cur pen anarferol sy'n ymddangos ei fod yn gwaethygu wrth orwedd i lawr neu blygu drosodd. Gyda'r pen tost/cur pen hwn efallai y byddwch yn profi'r canlynol hefyd:
 - golwg aneglur, cyfog a chwydu
 - anhawster gyda'ch lleferydd
 - gwendid, teimlo'n gysglyd neu ffitiau
- Cleisio neu waedu pigiad pin newydd, heb esboniad
- Diffyg anadl, poen yn y frest, chwyddo yn eich coes, neu boen cyson yn y stumog

Os oedd gennych unrhyw un o'r symptomau uchod ar ôl eich brechiad cyntaf, dylech siarad â'ch meddyg neu arbenigwr cyn cael yr ail ddos. Os byddwch yn cael cyngor gan feddyg neu nyrs, sicrhewch eich bod yn dweud wrthynt am eich brechiad (dangoswch eich cerdyn brechu iddynt os oes modd) er mwyn iddynt allu eich asesu'n iawn. Gallwch hefyd roi gwybod am unrhyw sgil-ffeithiau drwy'r cynllun Cerdyn Melyn (gweler '**Rhagor o wybodaeth**' isod).

Beth sydd angen i mi ei wneud?

Byddwch yn cael gwybod pryd a ble i gael eich brechu. Ar ddiwrnod yr apwyntiad, gwisgwch ddillad ymarferol fel ei bod yn hawdd cyrraedd rhan uchaf eich braich. Os oes gennych ofn nodwyddau neu os ydych yn teimlo'n bryderus, rhowch wybod i'r person sy'n rhoi'r brechiad i chi. Bydd yn deall ac yn eich cefnogi.

Mae'n bwysig cael y ddau ddos o'r brechlyn i roi'r amddiffyniad tymor hwy gorau i chi. Cadwch eich cerdyn yn ddiogel a sicrhewch eich bod yn cael eich ail ddos.

Beth ddylwn i ei wneud os byddaf yn sâl ar ddiwrnod fy apwyntiad?

Os ydych chi'n sâl gyda thwymyn, ffoiwch i ganslo'r apwyntiad ac aros nes eich bod wedi gwella cyn cael y brechiad. Ni ddylech fynd i apwyntiad brechlyn os ydych yn hunanynysu neu'n aros am brawf neu ganlyniad COVID-19.

A allaf roi COVID-19 i unrhyw un pan fyddaf wedi fy amddiffyn gan y brechlyn?

Bydd dau ddos yn lleihau'n sylweddol y siawns y byddwch yn mynd yn ddifrifol wael ond ni fyddant yn eich amddiffyn yn llwyr rhag dal COVID-19. Mae'r brechlynnau'n lleihau'r risg o drosglwyddo'r feirws, ond nid ydynt yn ei atal yn llwyr. Felly, mae'n dal yn bwysig eich bod yn parhau i ddilyn canllawiau COVID-19 i amddiffyn y rhai o'ch cwmpas.

Er mwyn diogelu eich hun a'ch teulu, eich ffrindiau a chydweithwyr mae angen i chi wneud y canlynol o hyd:

- cadw pellter cymdeithasol;
- gwisgo masg wyneb;
- golchi eich dwylo'n ofalus ac yn aml; a
- dilyn y canllawiau presennol yn **llyw.cymru/coronafeirws**.

Cofiwch: 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. Gellir ei ddal hefyd drwy gyffwrdd â'ch llygaid, eich trwyn a'ch ceg ar ôl cyffwrdd â gwrthrychau ac arwynebau wedi'u llygru.

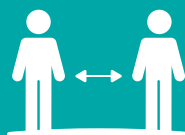
Rheolau er mwyn DIOGELU CYMRU



Golchi
dwylo



Gwisgwch
orchudd wyneb



Cadwch
ar wahân



Awyr
iach

Rhagor o Wybodaeth

Gallwch ddod o hyd i ragor o wybodaeth am frechlynnau COVID-19, gan gynnwys eu cynnwys a sgîl-ffeithiau posibl yn **coronavirus-yellowcard.mhra.gov.uk/productinformation**

Gallwch roi gwybod am sgîl-ffeithiau a amheuir ar-lein yn **coronavirus-yellowcard.mhra.gov.uk** neu drwy lawrlwytho'r ap Cerdyn Melyn.

Os oes gennych unrhyw gwestiynau neu os ydych am gael rhagor o wybodaeth, ewch i **111.wales.nhs.uk**, siaradwch â'ch meddyg neu fydwraig neu ffoniwch **GIG 111 Cymru**.

Os nad yw 111 ar gael yn eich ardal chi, ffoniwch **0845 46 47**. Mae galwadau o linellau tir a ffonau symudol yn costio 2c y funud (ynghyd â thâl arferol eich darparwr ffôn).

I gael gwybod sut y mae'r GIG yn defnyddio'ch gwybodaeth, ewch i **111.wales.nhs.uk/lifestylewellbeing/yourinfoyourrights?locale=cy**

Ar gyfer fformatau eraill o'r daflen hon gan gynnwys Hawdd ei Deall, fideo laith Arwyddion Prydain, meddalwedd hygyrchedd Recite Me ac ieithoedd eraill ewch i: **icc.gig.cymru/brechlyn-covid-19**

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COVID-19 vaccination

A guide for all women who are planning a pregnancy, or who are pregnant or breastfeeding

Even once vaccinated with one or two doses, you must continue to follow other protective guidance as required.

The COVID-19 vaccines currently available in the UK have been shown to be effective and have a good safety record.

What is the advice about COVID-19 vaccines in pregnancy?

The Joint Committee on Vaccination and Immunisation (JCVI), an independent expert group, has advised that pregnant women should be offered COVID-19 vaccines at the same time as people of the same age or clinical risk group.

The vaccines have not yet been tested in clinical trials on pregnant or breastfeeding women. However, more than 110,000 pregnant women have been vaccinated with Pfizer or Moderna vaccines in the USA and no safety issues have been identified, so these two vaccines are preferred in pregnancy. Vaccination is very effective in preventing COVID-19 infection.

Anyone who has already started vaccination and is offered a second dose whilst pregnant should have a second dose with the same vaccine unless they had a serious side effect after the first dose.

Other vaccines, for example whooping cough and flu vaccines, have been given to millions of pregnant women and found to be safe for them and their babies.

It is your choice whether to have the vaccine. For some pregnant women, the benefits of COVID-19 vaccination are particularly important.

What are the risks of COVID-19 infection in pregnancy?

- Pregnant women are more likely to be admitted to hospital or have a severe illness (compared with those who are not pregnant), especially in the later stages of pregnancy.
- Pregnant women with underlying medical conditions are at a higher risk of severe illness.
- About two-thirds of women who test positive for COVID-19 in pregnancy have no symptoms at all. However, some pregnant women become seriously ill and are admitted to hospital with COVID-19, particularly if they have underlying medical conditions.
- In the later stages of pregnancy, women are at increased risk of becoming seriously unwell with COVID-19. If this happens, it is about three times more likely that your baby will be born prematurely, which can affect their long-term health.

What does that mean for me?

If you are pregnant, you should consider getting vaccinated. You are encouraged to read the Royal College of Obstetricians & Gynaecologists' decision aid at this link: www.rcog.org.uk/covid-vaccine before attending your vaccination appointment. The information in this aid can help you make an informed decision. If you have any further questions speak to your midwife or GP.

The vaccines do not contain organisms that can multiply in the body so cannot infect an unborn baby in the womb. You cannot catch COVID-19 from the vaccines. COVID-19 vaccines have been given to large numbers of people to make sure they meet strict standards of effectiveness and safety. Future studies will provide more information.

You do not need to avoid becoming pregnant after receiving the COVID-19 vaccination.

Having the COVID-19 vaccination does not replace the workplace risk assessment, which pregnant staff who are working should have.

Can I have the vaccine if I am breastfeeding?

The benefits of breastfeeding are well known, and the COVID-19 vaccines are not known to be a risk when breastfeeding. The expert advice from the World Health Organization (WHO) is that the vaccine can be given to women who are breastfeeding. However, we do not yet have much safety information on the use of COVID-19 vaccines while breastfeeding. If you are breastfeeding, or planning to breastfeed, you can continue breastfeeding after you have been vaccinated.

The vaccine and fertility

There is no evidence that the COVID-19 vaccines will affect your fertility or your chance of becoming pregnant.

Does the vaccine have side effects?

Like all medicines, vaccines can cause side effects. This is because vaccines work by triggering a response in your immune system. Most of these are mild and only last a few days, and not everyone gets them.

Even if you do have symptoms after the first dose, you should still have the second dose.

Very common side effects include:

- having a painful, heavy feeling and tenderness in the arm where you had the injection;
- feeling tired;
- a headache;
- general aches, chills, or flu like symptoms.

You may have a mild fever for two to three days after the vaccination but a high temperature is unusual and may mean you have COVID-19 or another infection. You can rest and take paracetamol to help you feel better. Do not take more than the recommended dose of paracetamol (follow the advice on the packet). 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.

There have been reports of an extremely rare condition causing blood clots and unusual bleeding following the AstraZeneca COVID-19 vaccine. This is being carefully reviewed. Because of the high risk of complications and death from COVID-19, the Medicines and Healthcare products Regulatory Agency and the World Health Organization say the balance is very much in favour of vaccination. If you receive the AstraZeneca vaccine you should read the information about COVID-19 vaccination and blood clotting here:

phw.nhs.wales/patientinfo

What should I do if I am concerned about my side effects?

Common side effects after the vaccination normally last less than a week. If your symptoms seem to get worse or if you are concerned, go to 111.wales.nhs.uk online, and if necessary call NHS 111 Wales by dialling **111** or your GP surgery. If 111 is not available in your area, call **0845 46 47**. Calls to NHS 111 Wales are free from landlines and mobiles. Calls to 0845 46 47 cost 2p per minute plus your telephone provider's usual charge.



If you experience any of the following from around four days to four weeks after your vaccination, you should get urgent medical advice.

- A new, severe headache which is not helped by usual painkillers or is getting worse
- An unusual headache which seems to get worse when lying down or bending over. With this headache you may also have:
 - Blurred vision, nausea and vomiting
 - Difficulty with your speech
 - Weakness, drowsiness or seizures
- New, unexplained pinprick bruising or bleeding
- Shortness of breath, chest pain, a swelling in your leg, or persistent abdominal pain

If you had any of the above symptoms after your first vaccination, you should speak to your doctor or specialist before having the second dose. If you do get advice from a doctor or nurse, make sure you tell them about your vaccination (show them your vaccination card if possible) so that they can assess you properly. You can also report any side effects through the Yellow Card scheme (see '**More information**').

What do I need to do?

You will be told about when and where to get vaccinated. On the day of the appointment, wear practical clothing so it's easy to reach the top of your arm. If you have a fear of needles or feel anxious, let the person giving you the vaccine know. They will be understanding and support you.

It is important to have both doses of the vaccine to give you the best longer-term protection. Keep your card safe and make sure you get your second dose.

What should I do if I am unwell on the day of my appointment?

If you are unwell with a fever, call to cancel the appointment and wait until you have recovered before having the vaccine. You should not attend a vaccine appointment if you are self-isolating or waiting for a COVID-19 test or result.

Can I give COVID-19 to anyone when I am protected by the vaccine?

Two doses will greatly reduce your chance of becoming seriously ill but will not completely protect you from catching COVID-19. The vaccines reduce the risk of passing on the virus, but do not completely prevent it. So, it is still important you continue to follow the COVID-19 guidance to protect those around you.

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

- practice social distancing;
- wear a face mask;
- wash your hands carefully and often; and
- follow the current guidance at: gov.wales/coronavirus.

Remember: 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 touching contaminated objects and surfaces.

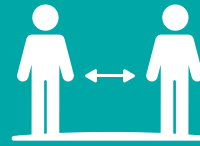
Rules to KEEP WALES SAFE



Wash your
hands



Wear a
face covering



Keep
apart



Fresh
air

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.

If you have any questions or want more information, you can visit 111.wales.nhs.uk, talk to your doctor or midwife or call **NHS 111 Wales**.

If 111 is not available in your area, please call **0845 46 47**. Calls from landlines and mobiles cost 2p per minute (plus your telephone provider's usual charge).

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

111.wales.nhs.uk/lifestylewellbeing/yourinfoyourrights

For other formats of this leaflet including Easy Read, British Sign Language video, Recite Me accessibility software and other languages visit:

phw.nhs.wales/covid-19-vaccination

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