Mae Brechu yn achub bywydau
Vaccination saves lives

DIOGELU CYMRU
KEEP WALES SAFE

GIG CYMRU NHS WALES

Brechiad COVID-19

Beth i'w ddisgwyl ar ôl eich brechiad COVID-19

Mae'r brechlyn COVID-19 a gawsoch wedi'i gymeradwyo fel un sy'n ddiogel ac yn effeithiol gan yr Asiantaeth Rheoleiddio Meddyginiaethau a Chynhyrchion Gofal Iechyd (MHRA). Yn dilyn adolygiad manwl o astudiaethau mawr o ddiogelwch ac effeithiolrwydd, mae'r MHRA wedi cymeradwyo sawl math gwahanol o frechlyn COVID-19 i'w defnyddio yn y DU.

Mae pob brechlyn wedi'i brofi mewn degau ar filoedd o bobl mewn sawl gwlad wahanol a dangoswyd eu bod yn ddiogel ac yn effeithiol. Mae'r MHRA yn adolygu diogelwch y brechlynnau sy'n cael eu defnyddio yn barhaus yn seiliedig ar yr holl sgil-effeithiau a nodir gan weithwyr gofal iechyd proffesiynol a'r cyhoedd.

A fydd y brechlyn yn achosi sgil-effeithiau?

Fel pob meddyginiaeth, gall brechlynnau achosi sgil-effeithiau. Mae hyn oherwydd bod brechlynnau'n gweithio drwy ysgogi ymateb yn eich system imiwnedd. Mae'r rhain fel arfer yn ysgafn ac yn para ychydig ddyddiau yn unig, ac nid yw pawb yn eu cael.

Mae rhai brechlynnau COVID-19 yn tueddu i achosi mwy o sgil-effeithiau ar ôl y dos cyntaf ac mae eraill yn achosi mwy o sgil-effeithiau ar ôl yr ail ddos.

Hyd yn oed os cewch rai sgil-effeithiau ar ôl y dos cyntaf, mae'n dal yn bwysig cael yr ail ddos.

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

- cael teimlad trwm, poenus ac anesmwyth yn y fraich lle cawsoch eich pigiad am sawl diwrnod ar ôl y brechiad;
- teimlo'n flinedig;
- pen tost / cur pen;
- poenau cyffredinol, neu symptomau ysgafn tebyg i ffliw.

Os yw eich braich yn arbennig o boenus, efallai y bydd yn anodd i chi godi eitemau trwm. Os byddwch yn teimlo'n sâl neu'n flinedig iawn, dylech orffwys ac osgoi gweithredu peiriannau neu yrru.

Un sgil-effaith anghyffredin yw chwarennau chwyddedig yn y gesail neu'r gwddf ar yr un ochr ag y cawsoch eich brechiad. Gall hyn bara am tua 10 diwrnod, ond os yw'n para'n hirach siaradwch â'ch meddyg. Os ydych i fod i gael mamogram yn yr ychydig wythnosau ar ôl y brechlyn, yna dylech sôn am hynny pan fyddwch yn mynychu.

Efallai y cewch dwymyn ysgafn am ddau neu dri diwrnod ar ôl y brechiad, ond mae tymheredd uchel yn anarferol a gall awgrymu bod gennych haint COVID-19 neu haint arall.

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

Os oes gennych unrhyw rai o'r symptomau uchod, arhoswch gartref a threfnu i gael prawf. Mae rhai byrddau iechyd yn cynnig profion ar gyfer amrywiaeth ehangach o symptomau, felly edrychwch ar wefan eich bwrdd iechyd lleol. Os oes angen rhagor o wybodaeth arnoch am symptomau COVID-19 ewch i **111.wales.nhs.uk**.

Os byddwch yn cael unrhyw sgil-effeithiau 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. Peidiwch â chymryd mwy na'r dos arferol. I gael gwybodaeth am bob brechlyn COVID-19 gan gynnwys y cynnwys ewch i: **coronavirus-yellowcard.mhra.gov.uk/productinformation**

Yn anaml iawn, caiff rhai pobl adwaith alergaidd yn fuan ar ôl cael brechiad. Gall fod yn frech neu'n gosi sy'n effeithio ar ran o'r corff neu'r corff cyfan. Yn fwy anaml fyth, gall rhai pobl gael adwaith difrifol yn fuan ar ôl cael eu brechu, sy'n achosi anawsterau anadlu ac a all achosi iddynt gwympo a mynd yn anymwybodol. Gelwir hyn yn anaffylacsis a gall ddigwydd gyda meddyginiaethau eraill a bwyd. Mae'r adweithiau hyn yn brin ac mae gweithwyr gofal iechyd proffesiynol wedi'u hyfforddi i'w rheoli. Gellir trin pobl sy'n cael adwaith anaffylactig yn llwyddiannus ac fel rheol maent yn gwella o fewn ychydig oriau.

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

Mae sgil-effeithiau cyffredin yn dilyn brechu fel arfer yn para llai nag wythnos. Os yw eich symptomau fel pe baent yn gwaethygu neu os ydych chi'n bryderus, edrychwch ar **111.wales.nhs.uk** ar-lein, ac os oes angen ffoniwch GIG **111** Cymru 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 ceisio 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 roi gwybod am unrhyw sgil-effeithiau ar-lein yn: **coronavirus-yellowcard.mhra.gov.uk** neu drwy'r ap Cerdyn Melyn.

A oes sgil-effeithiau eraill mwy difrifol?

Yn ddiweddar, cafwyd adroddiadau am gyflwr eithriadol o brin yn ymwneud â chlotiau gwaed a gwaedu anarferol ar ôl brechu gyda brechlynnau AstraZeneca a Janssen. Oherwydd y risg uchel o gymhlethdodau a marwolaeth o COVID-19, mae'r MHRA, Sefydliad Iechyd y Byd a'r Asiantaeth Feddyginiaethau Ewropeaidd wedi dod i'r casgliad bod y cydbwysedd o blaid brechu ar gyfer y mwyafrif helaeth o oedolion.

Os byddwch yn profi unrhyw rai o'r canlynol o tua 4 diwrnod i bedair wythnos ar ôl brechu, dylech geisio cyngor meddygol ar frys.

- 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 fel pe bai'n gwaethygu wrth orwedd i lawr neu blygu drosodd neu gall ddigwydd ar y cyd â:
  - 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 y coesau neu boen cyson yn y stumog

Yn fyd-eang, cafwyd hefyd achosion diweddar, prin o lid y galon o'r enw myocarditis neu bericarditis a adroddwyd ar ôl brechlynnau COVID-19.

Gwelwyd yr achosion hyn yn bennaf mewn dynion iau o fewn sawl diwrnod ar ôl eu brechu. Roedd y rhan fwyaf o'r bobl hyn 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

Beth ddylwn i ei wneud nesaf?

Os mai hwn oedd eich dos cyntaf, dylech gynllunio i fynd i'ch ail apwyntiad. Dylech gael cerdyn cofnod gyda'ch apwyntiad nesaf wedi'i ysgrifennu arno. **Mae'n bwysig cael y ddau ddos o'r brechlyn i roi'r amddiffyniad gorau i chi.** Cofiwch fynd â'ch cerdyn i'r apwyntiad nesaf.

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

Os ydych yn sâl gyda thwymyn, mae'n well aros nes y byddwch yn well cyn cael eich brechlyn, ffoniwch i'w aildrefnu a cheisio ei gael cyn gynted â phosibl. Ni ddylech ychwaith fynd i apwyntiad brechlyn os ydych yn hunanynysu neu'n aros am brawf neu ganlyniad COVID-19. Ffoniwch i aildrefnu eich apwyntiad.

A fydd y brechlyn yn fy amddiffyn?

Bydd brechiad COVID-19 yn lleihau'r siawns y byddwch yn dioddef o glefyd COVID-19. Bydd yn cymryd ychydig wythnosau i'ch corff ddatblygu amddiffyniad o'r brechlyn.

Fel pob meddyginiaeth, nid oes unrhyw frechlyn yn 100% effeithiol felly dylech barhau i gymryd y rhagofalon a argymhellir fel cadw pellter cymdeithasol, hylendid dwylo a masgiau wyneb er mwyn osgoi haint. Efallai y bydd rhai pobl yn dal i gael COVID-19 ar ôl cael eu brechu, ond dylai hyn fod yn llai difrifol.

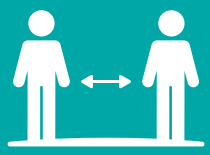
Ydw i'n gallu rhoi COVID-19 i unrhyw un, ar ôl i mi gael y brechiad?

Ni all y brechlyn roi haint COVID-19 i chi. Bydd y brechiad yn lleihau eich siawns o fod yn ddifrifol wael. Mae'r brechlynnau yn lleihau'r risg o drosglwyddo'r firws, ond nid ydynt yn ei atal yn llwyr. Felly, mae dal yn bwysig dilyn y canllawiau yn eich ardal leol i amddiffyn y rhai o'ch amgylch. Ceir gwybodaeth yn: **llyw.cymru/coronafeirws**.

Rheolau er mwyn DIOGELU CYMRU

Golchi **dwylo**

Gwisgwch **orchudd wyneb**



Cadwch **ar wahân**

Awyr **iach**

Rhagor o Wybodaeth

Gallwch gael rhagor o wybodaeth am frechlynnau COVID-19, gan gynnwys eu cynnwys a sgil-effeithiau posibl yn: **coronavirus-yellowcard.mhra.gov.uk/productinformation**

Gallwch roi gwybod am sgil-effeithiau tybiedig ar-lein yn: **coronavirus-yellowcard.mhra.gov.uk** u 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**

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

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Mae Brechu yn achub bywydau
Vaccination saves lives

DIOGELU CYMRU
KEEP WALES SAFE

GIG CYMRU NHS WALES

COVID-19 vaccination

What to expect after your COVID-19 vaccination

The COVID-19 vaccine you have received has been approved as safe and effective by the independent Medicines and Healthcare products Regulatory Agency (MHRA). Following detailed review of large studies of safety and effectiveness, the MHRA has approved several different types of COVID-19 vaccines for use in the UK.

Each vaccine has been tested in tens of thousands of people in several different countries and shown to be safe and effective. The MHRA continuously reviews the safety of vaccines in use based on all side effects reported by healthcare professionals and the public.

Will 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. These are usually mild and only last a few days, and not everyone gets them.

Some COVID-19 vaccines tend to cause more side effects after the first dose and others cause more side effects after the second dose.

Even if you do have some side effects after the first dose, it's still important to have the second dose.

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

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

If your arm is particularly sore, you may find heavy lifting difficult. If you feel unwell or very tired you should rest and avoid operating machinery or driving.

An uncommon side effect is swollen glands in the armpit or neck on the same side as you had your vaccination. This can last for about 10 days, but if it lasts longer speak to your doctor. If you are due to have a mammogram in the few weeks after the vaccine, then you should mention that when you attend.

A mild fever may occur for two or three days after vaccination but a high temperature is unusual and may indicate you have COVID-19 or another infection.

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 any of the symptoms above, stay at home and arrange to have a test. Some health boards are offering tests for a wider range of symptoms, so please check your local health board website. If you need more information on COVID-19 symptoms visit: **111.wales.nhs.uk**.

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. Do not take more than the normal dose. For information on each COVID-19 vaccine including the contents visit:
coronavirus-yellowcard.mhra.gov.uk/productinformation

Rarely, some people have an allergic reaction soon after a vaccination. This may be a rash or itching affecting part or all of the body. Even more rarely, some people can have a severe reaction soon after vaccination, which causes breathing difficulties and may cause them to collapse. This is called anaphylaxis and can happen with other medicines and food. These reactions are rare and healthcare professionals are trained to manage them. People who have an anaphylactic reaction can be successfully treated and usually recover within a few hours.

What should I do if I am concerned about my side effect symptoms?

Any side effects following vaccination normally last less than a week. If your symptoms seem to get worse or if you are concerned, 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 your vaccination card if possible) 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 there have been reports of an extremely rare condition involving blood clots and unusual bleeding after vaccination with the AstraZeneca and Janssen vaccines. This is being carefully reviewed but the risk factors for this condition are not yet clear. The JCVI advises no safety concerns with a second dose. Because of the high risk of complications and death from COVID-19, the MHRA, the World Health Organization and the European Medicines Agency have concluded that the balance is very much in favour of vaccination for the vast majority of adults.

If you experience any of the following from around 4 days to four weeks after vaccination, you should seek medical advice urgently.

- 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 or may be accompanied by:
  - Blurred vision, nausea and vomiting
  - Difficulty with your speech
  - Weakness, drowsiness or seizures
- New, unexplained pinprick bruising or bleeding
- Shortness of breath, chest pain, leg swelling or persistent abdominal pain

Worldwide, there have also been recent, rare cases of inflammation of the heart called myocarditis or pericarditis reported after COVID-19 vaccines.

These cases have been seen mostly in younger men within several days after vaccination. Most of these 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

What do I do next?

If this was your first dose, you should plan to attend your second appointment. You should have a record card with your next appointment written on it. **It is important to have both doses of the vaccine to give you the best protection.** Remember to take your card to the next appointment.

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

If you are unwell with a fever, it is better to wait until you have recovered to have your vaccine, call to re-arrange it and try to have it as soon as possible. You should also not attend a vaccine appointment if you are self-isolating, or waiting for a COVID-19 test or result. Call to rearrange your appointment.

Will the vaccine protect me?

The COVID-19 vaccination will reduce the chance of you suffering from COVID-19 disease. It will take a few weeks for your body to build up protection from the vaccine.

Like all medicines, no vaccine is 100% effective so you should continue to take the recommended precautions such as social distancing, hand hygiene and face masks to avoid infection. Some people may still get COVID-19 after having a vaccination, but this should be less severe.

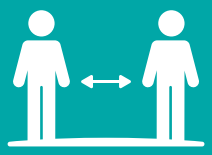
Can I give COVID-19 to anyone, after I have had the vaccine?

The vaccine cannot give you COVID-19 infection. It will reduce your chance of becoming seriously ill. The vaccines reduce the risk of passing on the virus, but do not completely prevent it. So, it is still important to follow the guidance in your local area to protect those around you. Information can be found at: **gov.wales/coronavirus**.

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.

To find out how the NHS uses your information, visit: **111.wales.nhs.uk/AboutUs/Yourinformation**

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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