



Flu and COVID-19 vaccinations

A guide for adults autumn/winter 2022-23

August 2022

Flu and COVID-19 are caused by viruses that spread very easily and can cause some people to become seriously ill and die. Older people and those with certain health conditions are more at risk. This winter we expect to see COVID-19 and flu circulating at the same time, so it's very important to get protected to reduce the risk of being admitted to hospital due to these infections.

Make sure you don't delay getting your flu or COVID-19 vaccine if you're advised to.

Will these vaccines protect me?

Having a yearly flu vaccine is one of the best ways to protect against catching and spreading flu. A COVID-19 vaccine reduces the chance of you suffering from severe illness or dying from COVID-19.

Protection from both vaccines generally starts around two weeks after having them. Like all medicines, no vaccine is completely effective. You might still get flu or COVID-19, but your symptoms are likely to be milder.

It is important to be up to date with your COVID-19 vaccines. If you have missed a previous booster dose and are eligible this autumn, you will only need to have the autumn booster dose.

Who needs these vaccines?

Flu and COVID-19 are both more likely to be serious if you have a long-term health condition, are pregnant, or are older. You are more likely to get complications from these infections if you catch them.

Table 1 Who is eligible for these vaccines in Wales?

	Flu vaccine	COVID-19 vaccine
Pregnant women	√	√
People aged 50 or over	√	√
People with a long-term health condition that increases the risk	From 6 months of age √	From 5 years of age √
People who live in a care home	√	√
People with a learning disability	√	√
People with severe mental illness	√	√



The following groups are also advised to have flu and COVID-19 vaccines to help protect themselves and the people around them.

	Flu vaccine	COVID-19 vaccine
People who live with someone who has a weakened immune system	From 6 months of age √	From 5 years of age √
Carers aged 16 and over	√	√
Frontline health and social care workers	√	√
All staff working in care homes for older adults	√	√

For the latest information, including who is eligible for the flu and COVID-19 vaccines, visit phw.nhs.wales/vaccines

If you have not had the COVID-19 or flu vaccination previously

All adults in Wales have been offered a primary course of COVID-19 vaccine.

If you have not yet had either of your first two doses of the vaccine you should check with your health board for further information: www.gov.wales/get-your-covid-19-vaccination

You do not have to have had a flu vaccine previously to be eligible.

NHS Wales strongly recommends you get the vaccine as soon as it is offered to you.

Is there anyone who should not have a flu or COVID-19 vaccine?

There are very few people who cannot have these vaccines. The vaccines should not be given to anyone who has had:

- a confirmed serious allergic reaction (anaphylaxis) to any of the ingredients of the vaccines, or
- a confirmed serious allergic reaction (anaphylaxis) to a previous dose of the same flu or COVID-19 vaccine.

Let the person giving you the vaccines know if you have a serious egg allergy. You can still have a flu vaccine, but special arrangements might be needed.

If I am unwell, should I have the vaccine(s)?

If you are unwell, it is better to wait until you have recovered to have a vaccine, but you should try to have it as soon as possible. If you are unable to attend your vaccination appointment, please cancel and rearrange the appointment.

A cold or other minor illness is not a reason to delay your vaccine. However, if you have recently had COVID-19, before you have your COVID-19 vaccine you will need to wait:



- at least four weeks if you are over 18 or in a group that is at greater risk of serious illness from COVID-19, or
- at least 12 weeks if you are under 18 and not in a group at greater risk of serious illness from COVID-19.

If in doubt, discuss this with the person giving you your vaccination.

How to get your flu vaccine

If you are an adult in a risk group, are pregnant or are aged 50 or over, you can get your flu vaccine at your GP surgery or at some community pharmacies. If you work in health or social care, ask your employer where to get your vaccine.

Care home staff and domiciliary carers should talk to their community pharmacy about getting their flu vaccine.

If you think you might have missed the invitation for a flu vaccine, contact your GP or your community pharmacy.

How to get your COVID-19 vaccine

The NHS will let you know when and where to have the vaccine. It's important to attend your appointment when you are invited. If you have not attended or have missed your appointment, contact your local health board. Contact details will be on your appointment letter. You can find more information on how to get your vaccination at: www.gov.wales/get-your-covid-19-vaccination

Pregnant women

If you are pregnant, having your flu and COVID-19 vaccines will help protect you and your unborn baby from the known risks of flu and COVID-19 infection. The flu vaccine also helps protect your baby in the first four to six months of life, when flu can be very serious.

As soon as you know you are pregnant make sure you are fully up to date with your COVID-19 and flu vaccinations (if the flu vaccine is available). You can have most of them at the same time as the whooping cough vaccine which is given to pregnant women from 16 weeks of pregnancy. However, don't delay your vaccines simply so you can have them at the same time.

You can find more details about vaccinations for pregnant women at:

phw.nhs.wales/vaccines

Fertility and COVID-19 vaccines

There is no evidence to suggest that the COVID-19 vaccine will affect fertility in women or men. You do not need to avoid getting pregnant after receiving the COVID-19 vaccine.



When should I get these vaccines?

Flu vaccines usually become available from September each year. Ideally, you should have your flu vaccine before flu starts to circulate. You can have it later but having it before flu circulates is best.

In 2022, COVID-19 autumn boosters will be offered from September, at least three months after your last dose.

Can these vaccines be given at the same time as other vaccines?

Flu and COVID-19 vaccines can be given at the same time as most other vaccinations. Your healthcare professional will discuss this with you at your appointment.

Some people may be able to get their flu and COVID-19 vaccines at the same time if both are due, available and can be given together. However, don't delay your vaccinations simply so you can have them at the same time.

Will I get any side effects from these vaccines?

Like all medicines, vaccines can cause side effects. This is because vaccines work by prompting a response in your immune system. Most side effects are mild and short term, and not everyone gets them.

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

- a heavy feeling or soreness where you had the injection
- general aches or flu-like symptoms
- feeling tired
- having a headache, and
- a mild fever.

You may have a mild fever for two to three days after having a vaccine. However, a high temperature is unusual and may be because you have another infection or illness. If you are worried speak to your doctor or nurse. You can take paracetamol (follow the advice in the packet and do not take more than the recommended dose), and rest to help you feel better.

There have been reports of an extremely rare condition involving blood clots and unusual bleeding after vaccination with the AstraZeneca vaccine. This is being carefully monitored, but the risk factors for this condition are not yet clear.

The Joint Committee on Vaccination and Immunisation (JCVI) advises there is a much lower rate of blood clots and unusual bleeding with second and booster doses. Because of the high risk of complications and death from COVID-19, the Medicines and Healthcare products Regulatory Agency (MHRA), the World Health Organization



(WHO) and the European Medicines Agency (EMA) 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 four days to four weeks after your vaccination, you should get 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, or
 - weakness, drowsiness or seizures.
- New, unexplained pinprick bruising or bleeding.
- Shortness of breath, chest pain, swelling in your legs or persistent abdominal pain.

An uncommon side effect after the COVID-19 vaccine 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 contact your GP surgery for advice. If you are due for breast screening (a mammogram) in the few weeks after the vaccine, mention you've had the COVID-19 vaccine when you attend.

Rare cases of inflammation of the heart (called myocarditis or pericarditis) have been reported after some 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 treatment.

You should get medical advice urgently if you have:

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

Other side effects are uncommon or very rare.

If your symptoms seem to get worse or if you are concerned, call NHS 111 or your GP surgery. If you do get advice from a doctor or nurse, make sure you tell them what vaccines you have had so they can assess you fully.

Reporting side effects

You can also report suspected side effects of vaccines and medicines through the Yellow Card scheme. You can do this online by searching Yellow Card scheme, by downloading the Yellow Card app, or by calling 0800 731 6789 (Monday to Friday, 9am to 5pm).

To help stop viruses spreading, remember to:

CATCH IT - Use a tissue when you sneeze or cough



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BIN IT - put the tissue in the bin as soon as possible

KILL IT - by washing your hands or use hand sanitizer

Key points

- Flu and COVID-19 can both be very serious.
- Vaccination is one of the best ways to protect against these viruses.
- In 2022, flu vaccines and COVID-19 booster vaccines are available from September.
- If you are eligible, get your vaccines. Don't miss out!

More information

You can find more information on vaccines offered in Wales at:

phw.nhs.wales/vaccines

You can find out more information about vaccines, including their contents and possible side effects at: medicines.org.uk/emc. You will need to enter the name of the vaccine in the search box.

You can report suspected side effects online at www.mhra.gov.uk/yellowcard or by downloading the Yellow Card app or calling 0800 731 6789 (Monday to Friday, 9am to 5pm).

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

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/vaccines/accessible-information

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Brechiadau fflw a COVID-19

Canllaw l oedolion hydref/gaeaf 2022-23

Awst 2022

Mae fflw a COVID-19 yn cael eu hachosi gan feirysau sy'n lledaenu'n hawdd iawn a gallant achosi i rai pobl fynd yn ddifrifol wael a marw.

Mae pobl hŷn a'r rhai sydd â chyflyrau iechyd penodol yn wynebu risg uwch. Y gaeaf hwn rydym yn disgwyl gweld COVID-19 a fflw yn mynd ar led ar yr un pryd, felly mae'n bwysig iawn cael eich amddiffyn i leihau'r risg o gael eich derbyn i'r ysbyty oherwydd yr heintiau hyn.

Sicrhewch nad ydych yn oedi cael eich brechlyn fflw neu COVID-19 os cewch eich cyngori i wneud hynny.

A fydd y brechlynnau hyn yn fy amddiffyn?

Cael brechlyn fflw blynyddol yw un o'r ffyrdd gorau o amddiffyn yn erbyn dal a lledaenu'r fflw. Mae brechlyn COVID-19 yn lleihau'r siawns y byddwch yn dioddef o salwch difrifol neu'n marw o COVID-19.

Mae amddiffyniad o'r ddau frechlyn fel arfer yn dechrau tua phythefnos ar ôl eu cael. Fel pob meddyginiaeth, nid oes unrhyw frechlyn yn gwbl effeithiol. Efallai y byddwch yn dal i gael fflw neu COVID-19, ond mae'n debygol y bydd eich symptomau'n fwy ysgafn.

Mae'n bwysig cael eich brechlynnau COVID-19 diweddaraf. Os ydych wedi colli dos atgyfnerthu blaenorol ac yn gymwys yr hydref hwn, dim ond dos atgyfnerthu'r hydref y bydd angen i chi ei gael.

Ar bwy y mae angen y brechlynnau hyn?

Mae fflw a COVID-19 yn fwy tebygol o fod yn ddifrifol os oes gennych gyflwr iechyd hirdymor, yn feichiog, neu'n hŷn. Rydych yn fwy tebygol o gael cymhlethdodau o'r heintiau hyn os byddwch yn eu dal.

Tabl 1 Pwy sy'n gymwys i gael y brechlynnau hyn yng Nghymru?

	Brechlyn fflw	Brechlyn COVID-19
Menywod beichiog	√	√
Pobl 50 oed neu drosodd	√	√
Pobl â chyflwr iechyd hirdymor sy'n cynyddu'r risg	○ 6 mis oed √	○ 5 oed √
Pobl sy'n byw mewn cartref gofal	√	√
Pobl ag anabledd dysgu	√	√



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Pobl â salwch meddwl difrifol	√	√
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Mae'r grwpiau canlynol hefyd yn cael eu cynghori i gael brechlynnau fflw a COVID-19 i helpu i amddiffyn eu hunain a'r bobl o'u hamgylch.

	Brechlyn fflw	Brechlyn COVID-19
Pobl sy'n byw gyda rhywun â system imiwneidd wannach	○ 6 mis oed √	○ 5 oed √
Gofalwyr 16 oed a throsodd	√	√
Gweithwyr iechyd a gofal cymdeithasol rheng flaen	√	√
Yr holl sy'n gweithio mewn cartrefi gofal i oedolion hŷn	√	√

I gael y wybodaeth ddiweddaraf, gan gynnwys pwy sy'n gymwys i gael brechlynnau fflw a COVID-19, ewch i icc.gig.cymru/pynciau/imiwneiddio-a-brechlynnau

Os nad ydych wedi cael y brechiad COVID-19 neu fflw yn flaenorol

Mae pob oedolyn yng Nghymru wedi cael cynnig prif gwrs o frechlyn COVID-19. Os nad ydych wedi cael un o'ch dau ddos cyntaf o'r brechlyn dylech wirio gyda'ch bwrdd iechyd i gael rhagor o wybodaeth: llyw.cymru/cael-eich-brechlyn-covid-19

Nid oes rhaid i chi fod wedi cael brechlyn fflw yn flaenorol i fod yn gymwys.

Mae GIG Cymru yn argymhell yn gryf eich bod yn cael y brechlyn cyn gynted ag y caiff ei gynnig i chi.

A oes unrhyw un na ddylai gael brechlyn fflw neu COVID-19?

Prin iawn yw'r bobl na allant gael y brechlynnau hyn. Ni ddylid rhoi'r brechlynnau i unrhyw un sydd wedi cael:

- adwaith alergaidd difrifol wedi'i gadarnhau (anaffylacsis) i unrhyw un o gynhwysion y brechlynnau, neu
- adwaith alergaidd difrifol wedi'i gadarnhau (anaffylacsis) i ddos blaenorol o'r un brechlyn fflw neu COVID-19.

Rhowch wybod i'r person sy'n rhoi'r brechlynnau i chi os oes gennych alergedd difrifol i wyau. Gallwch gael brechlyn fflw o hyd ond efallai y bydd angen trefniadau arbennig.

Os ydw i'n sâl, a ddylwn gael y brechlyn/brechlynnau?

Os ydych yn sâl, mae'n well aros nes y byddwch wedi gwella cyn cael brechlyn, ond dylech geisio ei gael cyn gynted â phosibl. Os nad ydych yn gallu mynd i'ch apwyntiad brechu, dylech ganslo ac aildrefnu'r apwyntiad.



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Nid yw annwyd neu fân salwch arall yn rheswm dros ohirio eich brechlyn. Fodd bynnag, os ydych wedi cael COVID-19 yn ddiweddar, cyn cael eich brechlyn bydd angen i chi aros:

- am bedair wythnos o leiaf os ydych dros 18 oed neu mewn grŵp sy'n wynebu risg uwch o salwch difrifol o COVID-19, neu
- am 12 wythnos o leiaf os ydych o dan 18 oed ac nad ydych mewn grŵp sy'n wynebu risg uwch o salwch difrifol o COVID-19.

Os oes amheuan gennych, trafodwch hyn gyda'r person sy'n rhoi'r brechiad i chi.

Sut i gael eich brechlyn fflw

Os ydych yn oedolyn mewn grŵp risg, yn feichiog, neu'n 50 oed neu drosodd, gallwch gael eich brechlyn fflw yn eich meddygfa neu mewn rhai fferyllfeydd cymunedol. Os ydych yn gweithio ym maes iechyd neu ofal cymdeithasol, gofynnwch i'ch cyflogwr ble i gael eich brechlyn.

Dylai staff cartref gofal a gofalwyr cartref siarad â'u fferyllfa gymunedol ynghylch cael eu brechlyn fflw.

Os ydych yn credu y gallech fod wedi colli'r gwahoddiad am frechlyn fflw, cysylltwch â'ch meddyg teulu neu'ch fferyllfa gymunedol.

Sut i gael eich brechlyn COVID-19

Bydd y GIG yn rhoi gwybod i chi pryd a ble i gael y brechlyn. Mae'n bwysig mynd i'ch apwyntiad pan fyddwch yn cael eich gwahodd. Os nad ydych wedi mynd i'ch apwyntiad neu wedi colli eich apwyntiad, cysylltwch â'ch bwrdd iechyd lleol. Bydd manylion cyswllt ar eich llythyr apwyntiad. Gallwch ddod o hyd i ragor o wybodaeth am sut i gael eich brechiad yn: llyw.cymru/cael-eich-brechlyn-covid-19

Menywod beichiog

Os ydych yn feichiog, bydd cael eich brechlynnau fflw a COVID-19 yn helpu i'ch amddiffyn chi a'ch babi yn y groth yn erbyn risgiau hysbys haint fflw a COVID-19. Mae'r brechlyn fflw hefyd yn helpu i amddiffyn eich babi yn ystod y pedwar i chwe mis cyntaf o fywyd, pan all y fflw fod yn ddifrifol iawn.

Cyn gynted ag y byddwch yn gwybod eich bod yn feichiog, gwnewch yn siŵr eich bod wedi cael eich brechiadau COVID-19 a fflw diweddaraf (os yw'r brechlyn fflw ar gael). Gallwch gael y rhan fwyaf ohonynt ar yr un pryd â brechlyn y pas a roddir i fenywod beichiog o 16 wythnos o feichiogrwydd. Fodd bynnag, peidiwch ag oedi eich brechlynnau dim ond er mwyn gallu eu cael ar yr un pryd.

Gallwch ddod o hyd i ragor o wybodaeth am frechiadau i fenywod beichiog yn: icc.gig.cymru/pynciau/imiwneiddio-a-brechlynnau



Ffrwythlondeb a brechlynnau COVID-19

Nid oes tystiolaeth i awgrymu y bydd y brechlyn COVID-19 yn effeithio ar ffrwythlondeb mewn menywod neu ddynion. Nid oes angen i chi osgoi beichiogi ar ôl cael y brechlyn COVID-19.

Pryd y dylwn gael y brechlynnau hyn?

Mae brechlynnau fflw fel arfer ar gael o fis Medi bob blwyddyn. Yn ddelfrydol, dylech gael eich brechlyn fflw cyn i'r fflw ddechrau mynd ar led. Gallwch ei gael yn ddiweddarach, ond mae'n well i chi ei gael cyn i'r fflw fynd ar led.

Yn 2022, bydd pigiadau atgyfnerthu COVID-19 yr hydref yn cael eu cynnig o fis Medi, o leiaf tri mis ar ôl eich dos diwethaf.

A ellir rhoi'r brechlynnau hyn ar yr un pryd â brechlynnau eraill?

Gellir rhoi brechlynnau fflw a COVID-19 ar yr un pryd â'r rhan fwyaf o frechiadau eraill. Bydd eich gweithiwr gofal iechyd proffesiynol yn trafod hyn gyda chi yn eich apwyntiad.

Efallai y bydd rhai pobl yn gallu cael eu brechlynnau fflw a COVID-19 ar yr un pryd os yw'n bryd cael y ddau, os ydynt ar gael ac y gellir eu rhoi gyda'i gilydd. Fodd bynnag, peidiwch ag oedi eich brechiadau dim ond er mwyn gallu eu cael ar yr un pryd.

A fyddaf yn cael unrhyw sgil-ffeithiau o'r brechlynnau hyn?

Fel pob meddyginiaeth, gall brechiadau achosi sgil-ffeithiau. Mae hyn oherwydd bod brechlynnau'n gweithio drwy ysgogi ymateb yn eich system imiwedd. Mae'r rhan fwyaf o sgil-ffeithiau yn ysgafn ac yn rhai tymor byr, ac nid yw pawb yn eu cael.

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

- teimlad trwm neu ddolur lle cawsoch y pigiad
- poenau cyffredinol neu symptomau tebyg i fflw
- teimlo'n flinedig
- cael pen tost/cur pen a
- thwymyn ysgafn.

Efallai y byddwch yn cael twymyn ysgafn am ddau neu dri diwrnod ar ôl cael brechlyn. Fodd bynnag, mae tymheredd uchel yn anarferol ac efallai y bydd oherwydd bod gennych haint neu salwch arall. Os ydych yn poeni, siaradwch â'ch meddyg neu nyrs. Gallwch gymryd parasetamol (dilynwch y cyngor yn y pecyn a pheidiwch â chymryd mwy na'r dos a argymhellir), a gorffwyswch i'ch helpu i deimlo'n well.

Cafwyd adroddiadau am gyflwr eithriadol o brin yn ymwneud â chlotiau gwaed a gwaedu anarferol ar ôl brechu gyda brechlyn AstraZeneca. Mae hyn yn cael ei fonitro'n ofalus ond nid yw'r ffactorau risg ar gyfer y cyflwr hwn yn glir eto.



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Mae'r Cyd-bwyllgor ar Imiwneiddio a Brechu (JCVI) yn dweud bod cyfradd llawer is o glotiau gwaed a gwaedu anarferol gydag ail ddosau a dosau atgyfnerthu. Oherwydd y risg uchel o gymhlethdodau a marwolaeth o COVID-19, mae'r Asiantaeth Rheoleiddio Meddyginiaethau a Gofal Iechyd (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 phedwar diwrnod i bedair wythnos ar ôl eich brechiad, dylech gael 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, neu
 - wendid, teimlo'n gysglyd neu ffitiau.
- Cleisio neu waedu pigiad pin newydd, heb esboniad.
- Diffyg anadl, poen yn y frest, chwyddo yn eich coesau, neu boen cyson yn y stumog.

Un sgil-ffaith anghyffredin ar ôl y brechlyn COVID-19 yw chwarennau chwyddedig yn y gesail neu'r gwddf ar yr un ochr â'r fraich lle cawsoch y brechlyn. Gall hyn bara tua 10 diwrnod, ond os yw'n para'n hirach cysylltwch â'ch meddygfa i gael cyngor. Os ydych i fod i gael prawf sgrinio'r fron (mamogram) yn yr ychydig wythnosau ar ôl y brechlyn, soniwch eich bod wedi cael y brechlyn COVID-19 pan fyddwch yn mynd i gael y prawf.

Mae achosion o lid y galon (o'r enw myocarditis neu bericarditis) wedi'u nodi ar ôl rhai 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 thriniaeth syml.

Dylech gael cyngor meddygol ar unwaith os oes gennych y canlynol:

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

Mae sgil-ffeithiau eraill yn anghyffredin neu'n brin iawn.

Os yw eich symptomau fel pe baent yn gwaethygu neu os ydych yn bryderus, ffoniwch GIG 111 neu eich meddygfa. Os byddwch yn cael cyngor gan feddyg neu nyrs, sicrhewch eich bod yn dweud wrthynt am ba frechlynnau rydych wedi'u cael er mwyn iddynt allu eich asesu'n llawn.

Rhoi gwybod am sgil-ffeithiau

Gallwch hefyd roi gwybod am unrhyw sgil-ffeithiau brechlynnau a meddyginiaethau drwy'r cynllun Yellow Card. Gallwch wneud hyn ar-lein drwy chwilio am y cynllun



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Yellow Card, drwy lawrlwytho'r ap Yellow Card, neu drwy ffonio 0800 731 6789 (dydd Llun i ddydd Gwener, 9am i 5pm).

Er mwyn helpu i atal feirysau rhag lledaenu, cofiwch:

EI DDAL

Defnyddiwch hances bapur pan fyddwch yn tisian neu'n pesychu

EI DAFLU I'R BIN

Rhowch yr hances bapur yn y bin cyn gynted â phosibl

EI DDIFA

Drwy olchi eich dwylo neu ddefnyddio hylif diheintio dwylo

Pwyntiau allweddol

- Gall fflw a COVID-19 fod yn ddifrifol iawn.
- Brechu yw un o'r ffyrdd gorau o amddiffyn yn erbyn y feirysau hyn.
- Yn 2022, mae brechlynnau fflw a brechlynnau atgyfnerthu COVID-19 ar gael o fis Medi.
- Os ydych yn gymwys, mynnwch eich brechlynnau. Peidiwch â cholli'r cyfle!

Rhagor o wybodaeth

Gallwch gael rhagor o wybodaeth am frechlynnau a gynigir yng Nghymru yn: icc.gig.cymru/brechlyn

Gallwch gael rhagor o wybodaeth am frechlynnau, gan gynnwys eu cynnwys a sgil-ffeithiau posibl yn: medicines.org.uk/emc. Bydd angen i chi roi enw'r brechlyn yn y blwch chwilio.

Gallwch roi gwybod am sgil-ffeithiau a amheuir yn www.mhra.gov.uk/yellowcard neu drwy lawrlwytho'r ap Yellow Card neu drwy ffonio 0800 731 6789 (dydd Llun i ddydd Gwener, 9am i 5pm).

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

I gael gwybod sut y mae'r GIG yn defnyddio eich gwybodaeth, ewch i: 111.wales.nhs.uk/amdanomni/eichgwybodaeth

I gael y daflen hon mewn fformatau eraill, ewch i: icc.gig.cymru/brechlynnau/adnoddau-hygyrch

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Awst 2022 (gyda chydabyddiaeth i Asiantaeth Diogelwch Iechyd y DU)

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