



Mae Brechu yn achub bywydau
Vaccination saves lives



COVID-19 **vaccination**

**A guide for people with
a severely weakened
immune system**

December 2021



GIG
CYMRU
NHS
WALES

This leaflet explains why the third primary and a booster dose of COVID-19 vaccination is needed for some people who have a severely weakened immune system.

Why do some people with a severely weakened immune system need a third primary and a booster dose of the COVID-19 vaccine?

COVID-19 is a very infectious respiratory disease which can cause serious illness in people who have a severely weakened immune system (severe immunosuppression). If you are an individual who has a severely weakened immune system due to an underlying health condition or medical treatment you may not have made a good immune response to the first two doses of COVID-19 vaccination. You are being offered a third primary dose of the vaccine to improve your levels of immunity to give you better protection. The booster dose being offered to those over the age of 16 years with severe immunosuppression will help to extend their protection.



Who is considered to have a severely weakened immune system?

This third dose of vaccine is being offered to individuals aged 12 years and over who had severe immunosuppression at the time of their first or second dose of COVID-19 vaccination. This includes those who had or have:

- blood cancers (such as leukaemia or lymphoma)
- lowered immunity due to treatment (such as high dose steroid medication, biological therapy, chemotherapy, radiotherapy)
- lowered immunity due to inherited disorders of the immune system
- an organ or bone marrow transplant
- diseases and treatments that affect the immune system (such as poorly controlled HIV)

If you are unsure if you require a third dose of the vaccine, speak to the specialist involved in your care.

When will the third primary dose of the COVID-19 vaccine be given?

The third dose can be given at least eight weeks after the second dose, but timing will depend on any treatment you may be having.

Where possible, the third dose should be delayed until at least two weeks after the period of immunosuppression or if you are receiving a series of treatments at a point between treatments that your immune system is strongest. The timing of your third dose can be discussed with your specialist.

Will I need a booster dose of COVID-19 vaccine?

A booster dose will also be needed for individuals over the age of 16 years who have completed their primary course (three doses) with a minimum of three months between their third primary and booster dose. The timing of this booster dose can be discussed with your specialist.

How will I get my vaccination?

The NHS will be in contact with you to let you know when and where to have the vaccine.

Who shouldn't have the third vaccination?

If you've had a very severe reaction to a previous dose of the vaccine, you should discuss this with your doctor.



Will I experience any side effects?

Very common side effects include:

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

A mild fever may occur for two to three days but a high temperature is unusual and may indicate you have COVID-19 or another infection. You can take the normal dose of paracetamol (follow the advice in the packaging) and rest to help you feel better. Do not exceed the normal dose. A less common side effect is swelling of the local glands in the neck and armpit; this starts a few days after the vaccine and may last for up to two weeks.

These symptoms normally last less than a week. If your symptoms seem to get worse or if you are concerned, call NHS 111 Wales on 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 access charge.

You can report any side effects online at:

coronavirus-yellowcard.mhra.gov.uk

or via the Yellow Card app.



What if I miss a vaccination?

If you have not received a COVID-19 vaccine yet or have missed your second dose you should have them as soon as possible.

You will still need the third and booster doses but the timing of these will depend on any treatment you may be having. You can discuss this with your specialist.

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**

Further information and patient leaflets can be found at: **phw.nhs.wales/covid-19-vaccination**

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

For other formats of this leaflet visit: **publichealthwales.org/HealthInformationResources**



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Mwy o wybodaeth

Gallwch gael mwy o wybodaeth am frechlynnau COVID-19, gan gynnwys eu cynnwys a'u sgliffieithiau posibl, yn: [coronavirus-yellowcard.mhra.gov.uk/productinformation](https://www.coronavirus-yellowcard.mhra.gov.uk/productinformation)

Mae mwy o wybodaeth a thafenni cleffion ar gael yn: [icc.gig.cymru/pynciau/imiwneiddio-a-brechlynnau/gwybodaeth-brechlyn-covid-19](https://www.icc.gig.cymru/pynciau/imiwneiddio-a-brechlynnau/gwybodaeth-brechlyn-covid-19)

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

Ar gyfer fformatau eraill
o'r daflen hon ewch i:

[111.wales.nhs.uk/AboutUs/Yourinformation?locale=cy](https://www.111.wales.nhs.uk/AboutUs/Yourinformation?locale=cy)
[gig.cymru.org/](https://www.gig.cymru.org/)
[adnoddau-gwybodaeth-iechyd.org](https://www.adnoddau-gwybodaeth-iechyd.org/)



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Beth os byddaf yn methu'r brechlyn?

Os nad ydych wedi cael brechlyn COVID-19 eto neu wedi methu'ch ail ddos, dylech eu cael cyn gynted â phosibl.

Bydd arnoch angen y trydydd dos a'r dos atgyfnerthu o hyd ond bydd amseriad y rhain yn dibynnu ar unrhyw driniaeth y gallech fod yn ei chael. Gallwch drafod hyn gyda'ch arbenigwr.



A fyddaf yn profi unrhyw sgiil-effeithiau?

Mae'r sgiil-effeithiau cyffredin iawn yn cynnwys y canlynol:

- teimlad poenus, trwm ac anghysurus yn y fraich lle cawsoch eich pigiad am sawl diwrnod ar ôl y brechlyn

- teimlo'n flinedig

- cur pen

- poenau cyffredinol neu symptomau tebyg i ffliw ysgafn

Gallwch gael tymheredd fyryn yn uchel am ddau i dri diwrnod ond mae tymheredd uchel iawn yn anafrol a gall ddynodi bod gennyfch COVID-19 neu haint arall. Gallwch gymryd y dos arferol o barasetamol (dilynwch y cynngor ar y pecyn) a goftwys i'ch helpu i deimlo'n well. Peidiwch â chymryd mwy na'r dos arferol. Un sgiil-effaith lai cyffredin yw'r chwarentau yn chwyddo yn y gwddw ac o dan y breichiau; mae hyn yn dechrau ychydig ddyddiau ar ôl y brechlyn a gall bara am hyd at bythefnos.

Mae'r symptomau hyn yn para llai nag wythnos fel rheol. Os yw'n ymddangos bod eich symptomau'n gwaethygu neu os ydych chi'n pryderu, 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 GIG 111 Cymru am ddim o linellau tir a ffonau symudol. Mae galwadau i 0845 46 47 yn costio 2c y funud ynghyd â ffi fynediad arferol eich darparwr ffôn..

Gallwch roi gwybod am unrhyw sgiil-effeithiau ar-lein yn: [coronavirus-yellowcard.mhra.gov.uk](https://www.coronavirus-yellowcard.mhra.gov.uk) neu drwy ap y Cerdyn Melyn.



Pryd fydd y trydydd dos syftaen o frechlyn COVID-19 yn cael ei roi?

Gellir rhoi'r trydydd dos o leiaf wyth wythnos ar ôl yr ail dos, ond bydd yr amseru'n dibynnu ar unrhyw driniaeth y gallech fod yn ei chael.

Os yw'n bosibl, dylid gohrioi'r trydydd dos tan o leiaf bythefnos ar ôl y cyfnod imiwnoddifferiant neu os ydych chi'n derbyn cyfres o driniaethau, ar bwynt rhwng triniaethau pryd mae eich system imiwnedd ar ei chryfaf. Gallwch drafod amseriad eich trydydd dos gyda'ch arbenigwr.

A fydd arnaf angen brechlyn atgyfnerthu COVID-19?

Bydd angen dos atgyfnerthu hefyd ar gyfer unigolion dros 16 oed sydd wedi cwblhau eu cwrs syftaen (tri dos) gydag isafswm o dri mis rhwng eu trydydd dos syftaen a'r dos atgyfnerthu. Gallwch drafod amseriad y dos atgyfnerthu hwn gyda'ch arbenigwr.

Sut byddaf yn cael fy mrechlyn?

Bydd y GIG yn cysylltu â chi i roi gwybod i chi pryd a ble i gael y brechlyn

Pwy na ddylai gael y trydydd brechlyn?

Os ydych chi wedi cael adwath difrifol iawn i ddos blaenoriol o'r brechlyn, dylech drafod hyn gyda'ch meddyg.



Pwy sy'n cael eu hystyried fel pobl â system imiwneidd ddifrifol wan?

Mae'r trydydd dos hwn o'r brechlyn yn cael ei gynig i unigolion 12 oed a hyn a oedd ag imiwnoddiffygiant difrifol ar adeg eu dos cyntaf neu eu hail dos o frechlyn COVID-19. Mae hyn yn cynnwys y rhai gyda neu wedi bod â:

- canserau gwaged (fel lewcmia neu lymffoma)
- imiwneidd is oherwydd triniaeth (fel meddyginaeth steroid dos uchel, therapi biolegol, cemotherapi, radiotherapi)
- imiwneidd is oherwydd anhwylderau etifeddol y system imiwneidd
- trawsblaniad organ neu fêr esgyrn
- afiechydon a thriniaethau sy'n effeithio ar y system imiwneidd (fel HIV a reolir yn wael)

Os ydych chi'n ansicr ynghylch a oes angen trydydd dos o'r brechlyn arnoch chi, siaradwch â'r arbenigwr sy'n ymwneud â'ch gofal.

Pam mae angen trydydd dos syftaen a dos atgyfnerthu o frechlyn COVID-19 ar rai pobl sydd â system imiwneidd ddirifol wan?

Mae'r daflen hon yn esbonio pam mae angen y trydydd dos syftaen a dos atgyfnerthu o frechlyn COVID-19 ar rai pobl sydd â system imiwneidd ddirifol wan.

Mae COVID-19 yn glefyd resbiradol heintus iawn a all achosi salwch ddirifol mewn pobl sydd â system imiwneidd ddirifol wan (imiwnoddiffygiant ddirifol). Os ydych chi'n unigolyn sydd â system imiwneidd ddirifol wan oherwydd cyflwr iechyd syftaenol neu driniaeth feddygol, efallai na fyddwch wedi ymateb yn dda o ran imiwneidd i'r ddau dos cyntaf o frechlyn COVID-19. Rydych chi'n cael cynnig trydydd dos syftaen o'r brechlyn i wella eich lfeilau imiwneidd er mwyn rhoi gwell amddiffyniad i chi. Bydd y dos atgyfnerthu sy'n cael ei gynnig i bawb dros 16 oed sydd ag imiwnoddiffygiant ddirifol yn helpu i ymestyn eu gwarchoddaeth.



Rhagfyr 2021

Canllaw i bobl a
system imiwedd
ddifrifol wan

COVID-19 Brechu



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