Mae Brechu yn achub bywydau
Vaccination saves lives

COVID-19 vaccination

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

January 2022

GIG CYMRU NHS WALES

COVID-19 vaccination is strongly recommended for pregnant and breastfeeding women.

The COVID-19 vaccines currently available in the UK have been shown to be effective and have a good safety record. It is important that pregnant women are fully vaccinated as soon as possible to protect themselves and their babies.

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 are more at risk of serious consequences from COVID-19 disease. It is important that pregnant women are fully vaccinated as soon as possible. They should not delay vaccination until after they have given birth. This is to protect them and their babies.

Hundreds of thousands of pregnant women have been vaccinated with Pfizer or Moderna vaccines in the UK and no safety issues have been identified. Vaccination is very effective in preventing severe COVID-19 disease. These vaccines do not contain live coronavirus and cannot infect a pregnant woman or her unborn baby in the womb.

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.

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

If you have COVID-19 disease in the later stages of pregnancy both you and your baby are more likely to have severe illness and need hospital treatment and intensive care support. UK data has shown that almost every pregnant woman with COVID-19 disease who needed hospital treatment or intensive care, had not been vaccinated.

Pregnant women with the following underlying medical conditions are at a higher risk of suffering serious complications from COVID-19 disease:

- immune problems
- diabetes
- high blood pressure
- heart disease
- severe asthma

Or if you are:

- overweight
- over the age 35
- in your third trimester or pregnancy (over 28 weeks)
- of Black or Asian minority ethnic background
- unvaccinated or partially vaccinated

The overall risk from COVID-19 disease for you and your new baby is low but has increased since the first waves of COVID-19.

What does that mean for me?

If you are pregnant, get vaccinated as soon as possible. You need two doses given at least 8 weeks apart. If you have already had the first two doses you need to have a booster dose at least 3 months after the second dose.

COVID-19 vaccines in pregnancy give you high levels of protection against severe disease.

You are encouraged to read the Royal College of Obstetricians & Gynaecologists' decision aid at this link: **rcog.org.uk/covid-vaccine**. The information in this aid can help you make an informed decision. If you have any further questions speak to your midwife or GP.

Can I have the vaccine if I am breastfeeding?

The benefits of breastfeeding are well known. The expert advice from the JCVI and World Health Organization (WHO) is that the vaccine can be given to women who are breastfeeding. If you are breastfeeding, or planning to breastfeed, you can continue breastfeeding after you have been vaccinated.

The vaccine and fertility

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

There is no evidence that the COVID-19 vaccines have any effect 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.

Please read the 'What to expect after your COVID-19 vaccination leaflet' available here: **phw.nhs.wales/covid-vaccine-what-to-expect**

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 all doses of the vaccine to give you the best longer-term protection. Keep your card safe and make sure you get your second dose and then booster.

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

If you are unwell, it is better to wait until you have recovered to have your vaccine, but you should try to have it as soon as possible.

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

Do I still need to follow the guidance if I have had a vaccine?

No vaccines are 100% effective so you MUST still follow any national or local restrictions and:

- when advised wear a face mask
- wash your hands carefully and regularly
- open windows to let fresh air in
- 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.

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).

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**.

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: **publichealthwales.org/HealthInformationResources**.

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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**.

Ceir rhagor o wybodaeth a thaflenni i gleifion yn: **icc.gig.cymru/pynciau/imiwneiddio-a-brechlynnau/gwybodaeth-brechlyn-covid-19**.

Gallwch roi gwybod am sgil-effeithiau a amheuir 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: **iechydcyhoedduscymru.org/adnoddau-gwybodaeth-iechyd**.

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A oes angen i mi ddilyn y canllawiau o hyd os ydw i wedi cael brechlyn?

Nid oes unrhyw frechlynnau yn gwbl effeithiol felly RHAID i chi barhau i ddilyn unrhyw gyfyngiadau cenedlaethol neu leol a:

- gwisgo masg wyneb pan gewch eich cynghori i wneud hynny
- golchi eich dwylo'n ofalus ac yn rheolaidd
- agor ffenestri i adael awyr iach i mewn
- 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.

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).

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 pob dos 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 ac yna'r pigiad atgyfnerthu.

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

Os ydych yn sâl, mae'n well aros nes y byddwch wedi gwella cyn cael eich brechlyn, ond dylech geisio ei gael cyn gynted â phosibl.

Ni ddylech fynd i apwyntiad brechu os ydych yn hunanynysu neu'n aros am brawf COVID-19 neu o fewn pedair wythnos i gael prawf COVID-19 positif.

Y brechlyn a ffrwythlondeb

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

Nid oes tystiolaeth bod y brechlynnau COVID-19 yn cael unrhyw effaith ar eich ffrwythlondeb na'ch siawns o feichiogi.

A oes gan y brechlyn sgil-effeithiau?

Fel pob meddyginiaeth, gall brechiadau achosi sgil-effeithiau. 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.

Darllenwch y daflen 'Beth i'w ddisgwyl ar ôl eich brechiad COVID-19' sydd ar gael yma: **icc.gig.cymru/brechlyn-covid-beth-i-ddisgwyl**

Beth mae hynny'n ei olygu i mi?

Os ydych yn feichiog, dylech gael eich brechu cyn gynted â phosibl. Mae angen dau ddos arnoch a roddir o leiaf 8 wythnos ar wahân. Os ydych eisoes wedi cael y ddau ddos cyntaf mae angen i chi gael dos atgyfnerthu o leiaf 3 mis ar ôl yr ail ddos.

Mae brechlynnau COVID-19 yn ystod beichiogrwydd yn rhoi lefelau uchel o amddiffyniad i chi yn erbyn clefyd difrifol.

Fe'ch anogir i ddarllen cymorth penderfynu Coleg Brenhinol yr Obstetryddion a'r Gynaecolegwyr yn y ddolen hon: **rcog.org.uk/covid-vaccine**. Gall y wybodaeth yn y cymorth hwn eich helpu i wneud penderfyniad gwybodus. Os oes gennych unrhyw gwestiynau pellach siaradwch â'ch bydwraig neu'ch meddyg teulu.

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

Mae manteision bwydo ar y fron yn hysbys iawn. Y cyngor arbenigol gan y JCVI a Sefydliad Iechyd y Byd yw y gellir rhoi'r brechlyn i fenywod sy'n bwydo 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.

Beth yw risgiau clefyd COVID-19 yn ystod beichiogrwydd?

Os oes gennych glefyd COVID-19 yng nghamau diweddarach beichiogrwydd, rydych chi a'ch babi yn fwy tebygol o gael salwch difrifol ac angen triniaeth ysbyty a chymorth gofal dwys. Mae data'r DU wedi dangos nad oedd bron pob menyw feichiog â chlefyd COVID-19 yr oedd angen triniaeth ysbyty neu ofal dwys arni, wedi cael ei brechu.

Mae menywod beichiog sydd â'r cyflyrau meddygol sylfaenol canlynol yn wynebu risg uwch o ddioddef cymhlethdodau difrifol o glefyd COVID-19:

- problemau imiwnedd
- diabetes
- pwysedd gwaed uchel
- clefyd y galon
- asthma difrifol

Neu os ydych:

- dros bwysau
- dros 35 oed
- yn nhri mis olaf beichiogrwydd (dros 28 wythnos)
- cefndir ethnig leiafrifol Du neu Asiaidd
- heb eich brechu neu wedi'ch brechu'n rhannol

Mae'r risg gyffredinol o glefyd COVID-19 i chi a'ch babi newydd yn isel ond mae wedi cynyddu ers tonnau cyntaf COVID-19.

Mae brechu COVID-19 yn cael ei argymell yn gryf ar gyfer menywod beichiog a menywod sy'n bwydo ar y fron.

Dangoswyd bod y brechlynnau COVID-19 sydd ar gael yn y DU ar hyn o bryd yn effeithiol ac mae ganddynt record ddiogelwch dda. Mae'n bwysig bod menywod beichiog yn cael eu brechu'n llawn cyn gynted â phosibl i amddiffyn eu hunain a'u babanod.

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

Mae'r Cyd-bwyllgor ar Imiwneiddio a Brechu (JCVI), grŵp arbenigol annibynnol, wedi cynghori bod menywod beichiog yn wynebu risg uwch o ganlyniadau difrifol o glefyd COVID-19. Mae'n bwysig bod menywod beichiog yn cael eu brechu'n llawn cyn gynted â phosibl. Ni ddylent oedi brechu tan ar ôl iddynt roi genedigaeth. Mae hyn er mwyn eu hamddiffyn nhw a'u babanod.

Mae cannoedd ar filoedd o fenywod beichiog wedi'u brechu â brechlynnau Pfizer neu Moderna yn y DU ac nid oes unrhyw faterion diogelwch wedi'u nodi. Mae brechu yn effeithiol iawn o ran atal clefyd COVID-19 difrifol. Nid yw'r brechlynnau hyn yn cynnwys coronafeirws byw ac ni allant heintio menyw feichiog na'i babi yn y groth.

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 sgil-effaith ddifrifol ar ôl y dos cyntaf.

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Brechu COVID-19

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

Ionawr 2022

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