



Mae Brechu yn achub bywydau
Vaccination saves lives



COVID-19 vaccination

A guide to the COVID-19
booster vaccination for adults

December 2021



GIG
CYMRU
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WALES

This leaflet explains the (coronavirus) COVID-19 booster vaccination programme for eligible people.

What is coronavirus or COVID-19?

COVID-19 is a very infectious respiratory disease caused by the SARS-CoV-2 virus and is more serious in older people and those with certain health conditions.

Why do some people need a COVID-19 booster vaccination?

Like some other vaccines, levels of protection may begin to wane over time. This booster dose will help extend the protection you gained from your first two doses and give you longer term protection.

The booster will help to reduce the risk of you needing admission to hospital due to COVID-19 infection this winter.



Who will be offered a COVID-19 booster vaccine?

All adults aged over 18, and those aged over 16 years who are in an increased risk group (including health and social care workers), will be offered a booster dose of COVID-19 vaccine. The booster will first be offered to those at higher risk of catching COVID-19 and likely to suffer serious complications of the infection which includes older adults and those with a health condition or in a group at greater risk from COVID-19.

When will the COVID-19 booster vaccine be given?

The booster can be offered at least three months after your last dose. Like your previous doses, the vaccine will be given in your upper arm.

Protection against severe disease from the first two doses seems to decline very slowly but the booster dose should help to extend your protection into the next year.



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. It's important to attend your appointment when you are invited.

If you can't attend please let the booking team know so your appointment can be given to someone else. Contact details are available on your appointment letter.

Which vaccine will you be offered?

You will be offered the right vaccine for you which may be the same or different from the vaccines that you had before.

These vaccines have been given to millions of people in the UK – they are safe and recommended for use as boosters.



Will I experience any side effects?

As with your previous doses, common side effects are the same for all COVID-19 vaccines used in the UK, and 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.

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.

Serious side effects

Worldwide, there have also been recent, very rare cases of inflammation of the heart called myocarditis or pericarditis reported after Pfizer and Moderna 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, after vaccination, you experience:

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

Who shouldn't have a COVID-19 booster vaccination?

There are very few people who should not have a booster.

If you had serious side effects after any previous dose you may be advised to avoid or delay further vaccination. You should discuss this with your doctor or specialist.

You can report any side effects online at: **coronavirus-yellowcard.mhra.gov.uk** or via the Yellow Card app.

What should I do if I have had COVID-19 already?

You still need to have a booster vaccine even if you've already been infected with COVID-19.

If you've recently tested positive for coronavirus, you should wait until at least 4 weeks after COVID-19 infection before getting your booster, even if you had no symptoms.

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

Can you still catch COVID-19 after having the vaccine?

The COVID-19 vaccination will reduce the chance of you suffering from COVID-19. It may take a few days for your body to build up some protection from the booster.

Like all medicines, no vaccine is completely effective – some people may still get COVID-19 despite having a vaccination, but this should be less severe.

If you have not had the first vaccinations

If you have not yet had either of your first two doses of the vaccine you should have them as soon as possible.

You will still need the booster but the timing of it will depend on when you had your first two doses.

If you are also eligible for a flu vaccine you can receive this at the same time as your booster vaccine or at any time before or after. More information on flu vaccination is available here: phw.nhs.wales/flu vaccine.

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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Mwy o wybodaeth

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

Mae mwy o wybodaeth a thafenni cleffion ar gael yn: ic.gig.cymru/pynciau/imiwneiddio-a-brechlynnau/gwybodaeth-brechlyn-covid-19

Gallwch roi gwybod am amheuaeth o sgliffieithiau ar-lein yn: mhra.gov.uk/coronavirus-yellowcard. Cerdyn Melyn.

I gael gwybod sut mae'r GIG yn defnyddio eich gwybodaeth, ewch i: 11.wales.nhs.uk/about-us/yourinformation/?locale=cy

Ar gyfer fformatau eraill or daflen hon ewch i:

ic.gig.cymru.org/yourinformation ic.gig.cymru.org/yourinformation



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Beth ddylyn i ei wneud os ydych chi weld COVID-19 eisoes?

Mae arnoch angen brechlyn atgyfnerthu hyd yn oed os ydych chi weld eich heintio â COVID-19 eisoes os ydych chi wedi profi'n bositif yn ddiweddar am y coronafeirws, dylech aros tan o leiaf 4 wythnos ar ôl haint COVID-19 cyn cael eich brechlyn atgyfnerthu, hyd yn oed os nad oedd gennych unrhyw symptomau. Gellir dod o hyd i ragor o wybodaeth a thafenni cleftion yn: iccgig.cymru/pynciau/imiwneiddio-a-brechlynnau/gwybodaeth-brechlyn-covid-19.

A allwch chi ddal COVID-19 ar ôl cael y brechlyn?

Bydd brechlyn COVID-19 yn lleihau'r siawns y byddwch chi'n dioddef o COVID-19. Efallai y bydd yn cyrryd ychydig ddyddiau i'ch corff adeiladu rhywfaint o warchodaeth ar ôl cael y brechlyn atgyfnerthu. Fel pob meddyginiaeth, nid oes unrhyw frechlyn yn gyfan gwbl effeithiol - gall rhai pobl gael COVID-19 yr un fath, er eu bod wedi cael brechlyn, ond dylai fod yn llai difrifol.

Os nad ydych chi wedi cael y brechlynnau cyntaf

Os nad ydych chi wedi cael yr un o'ch dau ddos cyntaf o'r brechlyn eto, dylech eu cael cyn gynted â phosibl. Bydd arnoch angen y brechlyn atgyfnerthu yr un fath ond bydd ei amseriad yn dibynnu ar pryd cawsoch eich dau ddos cyntaf.

Hefyd, os ydych chi yn gymwys i gael brechlyn y fflw, gallwch ei dderbyn ar yr un pryd â'ch brechlyn atgyfnerthu neu ar unrhyw adeg cyn neu ar ôl y brechlyn atgyfnerthu. Mae mwy o wybodaeth am frechlyn y fflw ar gael yma: iccgig.cymru/brechlynnflw.

Sgîl-effeithiau difrifol

Lleded y byd, bu achosion diweddar, prin iawn o lid ar y galon hefyd, o'r enw myocarditis neu pericarditis, yn cael eu cofnodi ar ôl brechlynnau COVID-19 Pfizer a Moderna.

Gwelwyd yr achosion hyn yn bennaf ymhlith dyfion iau o fewn sawl diwrnod ar ôl cael eu brechu. Fe wnaeth y rhan fwyaf o'r bobl hyn wella a theimlo'n well ar ôl gorffwys a thriniaethau syml.

Dylech ofyn am gyngor meddygol ar frys os ydych chi, ar ôl cael brechlynnu, yn profi'r canlynol:

- poen yn y frest
- eich anadl yn fyr
- teimlo bod eich calon yn curo'n gyflym, yn atreolaidd neu'n drwm iawn

Pwy ddylai ymatal rhag cael brechlynnu atgyfnerthu COVID-19?

Nid oes llawer o bobl na ddylai gael y brechlynnu atgyfnerthu.

Os cawsoch chi sgîl-effeithiau difrifol ar ôl unrhyw ddos blaenorol, efallai y cewch eich cynghori i osgoi neu ohirio brechu pellach. Dylech drafod hyn gyda'ch meddyg neu arbenigwr.

Gallwch roi gwybod am unrhyw sgîl-effeithiau ar-lein yn: coronavirus-yellowcard.mhra.gov.uk neu drwy ap y Cerdyn Melyn.

A fyddaf yn profi unrhyw sgl-effeithiau?



Yn yr un modd â'ch dosau blaenorol, mae'r sgl-effeithiau cyffredin yr un fath ar gyfer pob brechlyn COVID-19 a ddefnyddir yn y DU, ac maent 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 fyrryn yn uchel am ddau i dri diwrnod ond mae tymheredd uchel iawn yn anafrol a gall ddynodi bod gennyhych COVID-19 neu haint arall. Gallwch gymryd y dos arferol o barasetamol (dilynwch y cyngor ar y pecyn) a gortffwys i'ch helpu i deimlo'n well. Peidiwch â chymryd mwy na'r dos arferol.

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 prydaru, 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.

Byddwch yn cael cynnig y brechlyn addas i chi a allai fod yr un fath neu'n wahanol i'r brechlynnau a gawsoch o'r blaen.

Mae'r brechlynnau hyn wedi cael eu rhoi i fillynnau o bobl yn y DU – maen nhw'n ddiogel ac yn cael eu hargymhell i'w defnyddio fel brechlynnau atgyfnerthu.

Pa frechlyn fydd yn cael ei gynnig i chi?

Bydd y GIG yn cysylltu â chi i roi gwybod i chi pryd a ble i gael y brechlyn. Mae'n bwysig mynychu'ch apwyntiad pan gewch eich gwahodd.

Os na allwch ddod, rhoch wbydd i'r tim archebu fel bod posib rhoi eich apwyntiad i rywun arall. Mae manylion cyswllt ar gael ar eich llythyrr apwyntiad.

Sut byddaf yn cael fy mrechlyn?





Pwy fydd yn cael cynnig brechlyn atgyfnerthu COVID-19?

Bydd pob oedolyn dros 18 oed, a'r rhai dros 16 oed sydd mewn grŵp â mwy o risg (gan gynnwys gweithwyr iechyd a gofal cymdeithasol), yn cael cynnig dos atgyfnerthu o'r brechlyn COVID-19. I ddechrau, cynnigir y brechlyn atgyfnerthu i'r rhai sydd â risg uwch o ddal COVID-19 ac sy'n debygol o ddioddef cymhlethdodau difrifol yr haint, sy'n cynnwys oedolion hŷn a'r rhai â chyflwr iechyd neu sydd mewn grŵp â mwy o risg o COVID-19.

Pryd fydd y brechlyn atgyfnerthu COVID-19 yn cael ei roi?

Gellir cynnig y brechlyn atgyfnerthu o leiaf dri mis ar ôl eich dos diwethaf. Fel eich dosau blaenorol, bydd y brechlyn yn cael ei roi yn rhan uchaf eich braich. Mae'n ymddangos bod gwarchodaeth rhag clefyd difrifol o'r ddau dos cyntaf yn dirywio'n araf iawn ond dylai'r dos atgyfnerthu helpu i ymestyn eich gwarchodaeth i'r flwyddyn nesaf.

Mae'r daflen hon yn esbonio'r rhaglen
brechlyn atgyfnerthu COVID-19
(coronafeirws) ar gyfer pobl gymwys.

Beth yw'r coronafeirws neu COVID-19?

Mae COVID-19 yn glefyd resbiradol heintus iawn a
achosir gan feirws SARS-CoV-2 ac mae'n fwy difrifol
ymhlith pobl hŷn a'r rhai â chyflyrau iechyd penodol.

Pam mae rhai pobl angen brechlyn atgyfnerthu COVID-19?

Fel rhai brechlynnau eraill, gall lefelau'r
warchodaeth ddechrau gwanio dros amser. Bydd
y dos atgyfnerthu hwn yn helpu i ymestyn y
warchodaeth a gawsoch o'ch dau ddos cyntaf ac yn
rhoi gwarchodaeth tymor hwy i chi.
Bydd y brechlyn atgyfnerthu yn helpu i leihau'r risg
y bydd angen i chi fynd i'r ysbity oherwydd haint
COVID-19 y gaef hwn.

Rhagfyr 2021

Canllaw i frechïad atgyfnerthu
COVID-19 i oedolion

Brechu COVID-19



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