



Mae Brechu yn achub bywydau
Vaccination saves lives

Waiting after COVID-19 vaccination

What is changing

Up until now, people receiving the Spikevax® (Moderna) or Comirnaty® (Pfizer- BioNTech) vaccines have been asked to wait for 15 minutes before leaving the vaccine centre. This was because the rate of serious allergic reactions (anaphylaxis) reported after these 2 vaccines is slightly higher (around 5 to 10 per million doses) than after other vaccines (normally 1 per million). From now on not everyone will have to wait.

Why is this changing

Due to the Omicron variant, the booster programme for adults is being accelerated. As part of this, and given the very low rate of anaphylaxis, the 15 minute wait has been suspended for some people, as we now have much more experience with giving these vaccines to millions of people. People are not normally observed for 15 minutes after other vaccinations.

Who is advising this change

The change has been advised by the Chief Medical Officer, and has the support of the Medicines Healthcare products Regulatory Agency (MHRA) and the Joint Committee on Vaccination and Immunisation (JCVI).

What should I do when I attend for vaccination

If you have a history of allergies, particularly to other vaccines, or if you had an immediate reaction after your previous doses, you will be advised to stay for the 15 minutes. Please make sure you tell the vaccine centre. Please also tell them if you have previously fainted following vaccination. (A family history of allergies (or even anaphylaxis) is **not** a risk factor).

If you are over 16 and have not received Spikevax® (Moderna) or Comirnaty® (Pfizer-BioNTech) before you will be asked to stay for 5 minutes after your vaccination. Those under 16s, and adults with learning disabilities and reduced capacity may be asked to wait for 15 minutes after vaccination.

Otherwise you will be able to leave the centre straight after your vaccine as long as you feel ok. You must not drive for 15 minutes after the vaccine – this is because of the risk of fainting.

What happens if I do experience allergic symptoms

Keep this flyer handy. You should look out for the following symptoms:

Airway:

- Persistent cough
- Vocal changes (hoarse voice)
- Swollen tongue causing difficulty swallowing



Breathing:

- Difficult or noisy breathing
- Wheezing (like an asthma attack)



Consciousness:

- Feeling lightheaded or faint
- Clammy skin
- Confusion
- Unresponsive/unconscious



The following symptoms are **NOT Anaphylaxis**, but imply a more mild reaction:

- Swollen lips, face or eyes
- Itchy skin rash e.g. "hives"; urticaria

If any of these symptoms occur and you need advice contact your health professional. Call NHS 111 Wales on **111**. 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.

Simple faints are much more common after vaccination.

If you do faint, stay flat on your back with your legs raised. If this doesn't make you feel better, then call for help.


Further information

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

You can find out more information about COVID-19 vaccines, including their contents and possible side effects at: **coronavirus-yellowcard.mhra.gov.uk/productinformation**

Beth fydd yn digwydd os byddaf yn profi symptomau alergedd

Cadwch y darllen hon wrth law. Dylech gadw llygad am y symptomau canlynol:



Y llwybr anadliol

- Peswch parhaus
- Newidiadau i'r llais (llais cryg)
- Tafod wedi chwyddo sy'n achosi anhawster llyncu



Anadliu:

- Anhawster anadliu neu anadliu swllyd
- Brest dynn (fel pwl o asthma)



Ymwybyddiaeth:

- Teimlo'n bensesgafn neu'n llesg
- Croen oer a llaith
- Dryswch
- Dimmateb/anymwbydol

NID yw'r symptomau canlynol yn Anaflyacsis, ond maent yn arwydd o adwath mwy ysgafn:

- Gwefusau, wyneb neu lygaid wedi chwyddo
- Brech ar y croen sy'n costi e.e. "llosg danadl", danadtrech

Os bydd unrhyw un o'r symptomau hyn yn digwydd a bod angen cyngor arnoch, cysylltwch â'ch gweithiwr iechyd profesiynol. Ffoniwch GIG 111 Cymru ar 111. Os nad yw 111 ar gael yn eich ardal chi, ffoniwch **0845 46 47**. Mae galwadau i GIG 111 Cymru yn rhad ac am ddim o linellau tîr a ffonau symudol. Mae galwadau i 0845 46 47 yn costio 2c y funud ynghyd â thâl mynediad arferol eich darparwr ffôn.

Mae llewgu yn llawer mwy cyffredin ar ôl cael eich brechu.

Os ydych chi'n llewgu, arhoswch yn wastad ar eich cefn a chodwch eich coesau. Os nad yw hyn yn gwneud i chi deimlo'n well, yna galwch am help.

Gwybodaeth ychwanegol

Gallwch roi gwybod am sgil-ffectïau **coronavirus-**tybiedig ar-lein yn: yellowcard.mhra.gov.uk neu drwy lawrwythor ap 'Yellow Card'.

Gallwch ddod o hyd i ragor o wybodaeth am frechlynnau COVID-19, gan gynnwys eu cynnwys a'u sgil-ffectïau posibl yn: coronavirus-yellowcard.mhra.gov.uk/

production





Aros ar ôl

brechiad COVID-19

Pwy sy'n cynghori'r newid hwn
Rhoddwyd y cynngor ar gyfer y newid hwn gan y Prit Swyddog Meddygol, ac mae ganddo gefnogaeth yr Asiantaeth Rheoleiddio Meddyginiathau a Chyhyrchiion Gofal Iechyd (MHRA) a'r Cydbwyllogor ar Imwneiddio a Brechu (JCVI).

Beth ddylwn i ei wneud pan fyddaf yn mynd i gael brechiad

Os oes gennych hanes o alergeddau, yn enwedig i frechlynnau eraill, neu os cawsoch adwaith ar unwaith ar ôl eich dosau blaenorol, fe'ch cynghorir i aros am y 15 munnud. Gwnewch yn siwr eich bod yn dweud wrth y ganolfan frechu. Dywedwch wrthynt hefyd os ydych wedi llewygu o'r blaen ar ôl cael eich brechu. (Nid yw hanes teuluol o alergeddau (neu hyd yn oed **anaffylacsis**) yn ffactor risg).

Os ydych dros 16 oed ac nad ydych wedi derbyn Spikexax® (Moderna) neu Comirnaty® (Pfizer-BioNTech) o'r blaen, gofynnir i chi aros am 5 munnud ar ôl cael eich brechu. Mae'n bosibl y gofynnir i'r rhai dan 16 oed, ac oedolion ag anablededau dysgu â nam ar eu galluedd aros am 15 munnud ar ôl eu brechu. Fel arall, byddwch yn gallu gadael y ganolfan yn syth ar ôl derbyn eich brechlyn cyn belled â'ch bod yn teimlo'n iawn. Rhaid i chi beidio â gyrru am 15 oherwydd y risg o lewygu.

Beth sy'n newid

Hyd yma, gofynnwyd i bobl sy'n derbyn brechlynnau Spikexax® (Moderna) neu Comirnaty® (Pfizer-BioNTech) aros am 15 munnud cyn gadael y ganolfan frechu. Gwnaed hyn oherwydd bod cyfradd yr adweithiau alergaidd difrifol (anaffylacsis) a adroddwyd ar ôl y 2 frechlyn hyn ychydig yn uwch (rhwng tua 5 a 10 am bob miliwn (1 am bob miliwn fel arfer). O hyn ymlaen, ni fydd yn rhaid i bawb aros.

Pam mae hyn yn newid

Oherwydd yr amrywiolyn Omicron, mae'r rhaglen brechiad atgyfnïerthu ar gyfer oedolion yn cael ei chyflymu. Fel rhan o hyn, ac o ystyried y gyfradd isel iawn o anaffylacsis, mae'r arhosiad o 15 munnud wedi'i atal dros dro i rai pobl, gan fod gennynt lawer mwy o broffiad erbyn hyn o roi'r brechlynnau hyn i filliynau o bobl. Nid yw pobl fel arfer yn cael eu harsylwi am 15 munnud ar ôl brechiadau eraill.

