



**Mae Brechu yn achub bywydau**  
**Vaccination saves lives**



# COVID-19 vaccination

**What to expect after – advice  
for children and young people**

**December 2021**



**GIG**  
**CYMRU**  
**NHS**  
**WALES**



**The NHS is offering  
the COVID-19 vaccine  
to all eligible children  
and young people.**

**This leaflet tells you what  
to expect after you have had  
your vaccination.**

# Side effects

Like all medicines, vaccines can cause side effects. Most of these are mild and short-term and not everyone gets them. The very common side effects should only last a day or two. The Pfizer vaccine tends to cause more side effects after the second dose.

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

A heavy feeling or soreness where you had the injection



Feeling achy or like you've got the flu



Feeling tired

ZZZ



Having a headache



A mild fever may occur shortly after vaccination and last for a day or two, however a high temperature could also indicate that you have COVID-19 or another infection.

An uncommon side effect 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 see your doctor.

If you have any side effects after your vaccine, you can take the normal dose of paracetamol (follow the advice in the packaging) and rest to help you feel better.



## What to do if you are concerned about your symptoms

These symptoms normally last less than a week. If your symptoms seem to get worse or if you are concerned, you or your parents or carer can look at: **111.wales.nhs.uk** online, and if necessary call NHS 111 Wales on **111** or your GP surgery. If 111 is not available in your area, call **0845 46 47**. Calls to 111 are free from landlines and mobiles. Calls to 0845 46 47 cost 2p per minute plus your telephone provider's usual access charge.

If you do seek advice from a doctor or nurse, make sure you tell them about your vaccination (show them the vaccination card) so that they can assess you properly.

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

## Are there other more serious side effects?

Recently, cases of inflammation of the heart (called myocarditis or pericarditis) have been reported very rarely after COVID-19 vaccines.

These cases have been seen mainly in younger men within a few days after vaccination and are more common after the second vaccination. Most of these people recovered quickly and felt better following rest and simple treatments.

### You should seek medical advice urgently if you experience:

Chest pain



Shortness of breath



Feelings of having a fast-beating, fluttering, or pounding heart



## How COVID-19 is spread

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 contact with contaminated objects and surfaces.

# Can you catch COVID-19 from the vaccine?

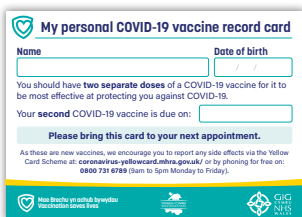
You cannot catch COVID-19 from the vaccine but it is possible to have caught COVID-19 and not realise you have the symptoms until after your vaccination appointment. The most important symptoms of COVID-19 are recent onset of any of the following:

- a new continuous cough
- a high temperature
- a loss of, or change in, your normal sense of taste or smell (anosmia)

Although a mild fever can occur within a day or two of vaccination, if you have any other COVID-19 symptoms or your fever lasts longer, stay at home and arrange to have a test by phoning **119** (calls are free) or online at: [gov.wales/get-tested-coronavirus-covid-19](https://gov.wales/get-tested-coronavirus-covid-19).

## What to do next

After your vaccine, you should be given a record card. If you need a second dose your next appointment will be in about 8 to 12 weeks time. The second dose will give you longer lasting protection.



The image shows a sample of a 'My personal COVID-19 vaccine record card'. It has a white background with a teal header and footer. The header contains the title 'My personal COVID-19 vaccine record card' and a teal shield icon. Below the title are two input fields: 'Name' and 'Date of birth'. The 'Date of birth' field has a format of ' / / '. Below these fields is a paragraph of text: 'You should have two separate doses of a COVID-19 vaccine for it to be most effective at protecting you against COVID-19.' This is followed by another input field: 'Your second COVID-19 vaccine is due on:'. Below that is a bold instruction: 'Please bring this card to your next appointment.' At the bottom of the card, there is a small paragraph: 'As these are new vaccines, we encourage you to report any side effects via the Yellow Card Scheme at: [coronavirus-yellowcard.mhra.gov.uk/](https://coronavirus-yellowcard.mhra.gov.uk/) or by phoning for free on: 0800 731 6789 (9am to 5pm Monday to Friday).' The footer contains three logos: the Welsh Government logo, the NHS logo, and the GIG logo.

**Keep your record card safe and remember to take it to your next appointment.**

## If you are not well for your appointment

If you are unwell, it is better to wait until you have recovered to have your vaccine. You should not attend a vaccine appointment if you are self-isolating, or waiting for a COVID-19 test or result.

Ideally you should wait at least 12 weeks following COVID-19 infection before getting your vaccine. During periods of high incidence or where there is concern about vaccine effectiveness (e.g. a new variant) this may be reduced to 8 weeks. You need to wait at least 4 weeks if you are in a group that is at greater risk of serious illness from COVID-19.

## Will the vaccine protect you?

The COVID-19 vaccine that you have had has been shown to reduce the chance of you suffering from COVID-19 disease. Millions of doses of the vaccine have been given worldwide. The vaccine is highly effective in children and young people.

It may take a few weeks for your body to build up some protection from the vaccine. Like all medicines, no vaccine is completely effective, so you should continue to take recommended precautions to avoid infection.

Some people may still get COVID-19 despite having a vaccination, but this should be less severe.

## What you can do after you've had the vaccine

The vaccine cannot give you COVID-19 infection, and it will reduce your chance of becoming ill. It is still important to continue to follow current national guidance. You can continue going to school, college or work after you have had the vaccine.

To protect yourself and your family, friends and colleagues, you should still:

- think about social distancing
- wear a face mask where advised
- wash your hands carefully and frequently
- open windows to let fresh air in
- follow the current guidance at **[gov.wales/coronavirus](https://www.gov.wales/coronavirus)**.

# 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](https://coronavirus-yellowcard.mhra.gov.uk/productinformation)**

You can report suspected side effects online at:

**[coronavirus-yellowcard.mhra.gov.uk](https://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](https://111.wales.nhs.uk/AboutUs/Yourinformation)**

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

For other formats of this leaflet visit:

**[publichealthwales.org/  
HealthInformationResources](https://publichealthwales.org/HealthInformationResources)**



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Version 2

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**GIG**  
CYMRU  
**NHS**  
WALES



# Rhagor o wybodaeth

Gallwch gael rhagor o wybodaeth am frechlynnau COVID-19, gan gynnwys eu cynnwys a sgil-ffethiau posibl yn:

**coronavirus-yellowcard.mhra.gov.uk/production**

Gallwch roi gwybod am unrhyw sgil-ffethiau ar-lein yn: **coronavirus-yellowcard.mhra.gov.uk** neu drwy lawrlwytho'r ap Cerdyn Melyn.

I gael gwybod sut y ma'r GIG yn defnyddio eich gwybodaeth, ewch i: **111.wales.nhs.uk/aboutus/yourinformation/?locale=cy**

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

I gael y datfen hon mewn fformatau eraill ewch i: **icc.gig.cymru/gwasanaethau-a-thimau/adnoddau-gwybodaeth-iechyd**



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Fersiwn 2

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GIG  
CYMRU  
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WALES



Yn ddeffrydol dylech aros o leiaf 12 wythnos yn dilyn haint COVID-19 cyn cael eich brechlyn. Yn ystod cyfnodau o achosion uchel neu lle ceir pryder am effeithiolrwydd brechlyn (e.e. amrywiolyn newydd) gellir gostwng hyn i 8 wythnos. Mae angen i chi aros o leiaf 4 wythnos os ydych mewn grŵp sy'n wynebu risg uwch o salwch difrifol o COVID-19.

## A fydd y brechlyn yn eich amddiffyn?

Dangoswyd bod y brechlyn COVID-19 a gawsoch yn lleihau'r siawns y byddwch yn dioddef o glefyd COVID-19. Mae miliynau o ddosau o'r brechlyn wedi'u rhoi yn fydd-eang. Mae'r brechlyn yn effeithiol iawn mewn plant a phobl ifanc.

Gall gymryd ychydig wythnosau i'ch corff ddatblygu rhywfaint o amddiffyniad o'r brechlyn. Fel pob meddyginiâeth, nid oes unrhyw frechlyn yn gwbl effeithiol, felly dylech barhau i gymryd y rhagofalon a argymhellir er mwyn osgoi haint.

Efallai y bydd rhai pobl yn dal i gael COVID-19 er iddynt cael brechiad, ond dylai hyn fod yn llai difrifol.

## Beth y gallwch ei wneud ar ôl i chi gael y brechlyn

Ni all y brechlyn roi haint COVID-19 i chi, a bydd yn lleihau eich siawns o fynd yn sâl. Mae'n dal yn bwysig parhau i ddilyn y canllawiau cenedlaethol presennol. Gallwch barhau i fynd i'r ysgol, i'r coleg neu i'r gwaith ar ôl i chi gael y brechlyn.

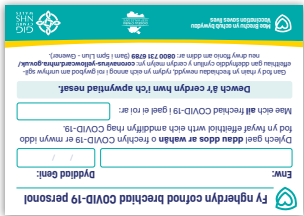
Er mwyn diogelu eich hun a'ch teulu, eich ffrindiau a chydweithwyr, dylech wneud y canlynol o hyd:

- meddwl am gadw pellter cymdeithasol
- gwisgo masg wyneb lle cynghorir hynny
- golchi eich dwylon ofalus ac yn amli
- agor ffenestri i adael awyr iach i mewn
- dilyn y canllawiau presennol yn [llyw.cymru/coronafeirws](https://www.cymru/coronafeirws).

# Os nad ydych yn iach ar gyfer eich apwyntiad

Os ydych yn sâl, mae'n wellaros nes eich bod wedi gwella i gael brechiad. Ni ddylech fynychu apwyntiad brechiad os ydych yn hunanynysu neu'n aros am brawf neu ganlyniad COVID-19.

apwyntiad nesaf.  
chofiwch fynd ag ef i'ch  
cofnod yn ddiogel a  
Cadwch eich cerdyn  
hirach i chi.



amddiffyniad sy'n para'n nesaf ymhen 8 i 12 wythnos. Bydd yr ail ddos yn rhoi oes angen ail ddos arnoch, bydd eich apwyntiad Ar ôl eich brechlyn, dylech gael cerdyn cofnod. Os

## Beth i'w wneud nesaf

coronafeirws-covid-19. am ddim) neu ar-lein yn: [llyw.cymru/cael-prawf-119](https://lyw.cymru/cael-prawf-119) (mae galwadau threfnu i gael prawf drwy ffonio 119) (mae galwadau twymyn yn para'n hirach, arhoswch gartref a symptomau COVID-19 eraill neu os bydd eich neu ddau ar ôl brechiad, os oes gennyhch unrhyw Er y gall twymyn ysgafn ddigwydd o fewn diwrnod

- arogli arferol (anosmia)
- coll, neu newid, yn eich synwyr blasu neu
- tymheredd uchel
- peswch cyson newydd

ymdangosiad diweddar unrhyw rai o'r canlynol: brechu. Symptomau pwysicaf COVID-19 yw bod gennyhch y symptomau tan ar ôl eich apwyntiad posibl eich bod wedi dal COVID-19 a heb sylweddol! Ni allwch ddal COVID-19 o'r brechlyn ond mae'n

## A allwch ddal COVID-19 o'r brechlyn?

# A oes sgil-efreithiau eraill mwy difrifol?

Yn ddiweddar, mae achosion o lid y galon (o'r enw myocarditis neu bericarditis) wedi'u nodi'n anaml iawn ar ôl brechlynnau COVID-19.

Gwelwyd yr achosion hyn yn bennaf mewn dynion iau o fewn ychydig ddyddiau ar ôl eu brechu ac maent yn fwyaf cyffredin ar ôl yr ail frechiad. Roedd y rhan fwyaf o'r bobl hyn wedi gwella'n gyflym ac yn teimlo'n well ar ôl gorffwys a thriniaethau syml.

## Dylech geisio cyngor meddygol ar frys os byddwch yn profi:



Prinder  
anadl



Poen yn  
y frest



Teimlo'r galon yn curo'n  
gyflym, yn dirgrynu  
neu'n curo fel gordd

## Sut caiff COVID-19 ei ledaenu

Mae COVID-19 yn cael ei ledaenu drwy ddefnyddio neu'n cael eu hanadiu 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 dod i gysylltiad â gwrthrychau ac arwynebau halogedig.



## Beth i'w wneud os ydych yn pryderu am eich symptomau

Mae'r symptomau hyn fel arfer yn para llai nag wythnos. Os yw'n ymddangos bod eich symptomau'n gwaethygu neu os ydych yn pryderu, gallwch chi neu eich rhieni neu ofalwr edrych ar: [11.wales.nhs.uk](http://11.wales.nhs.uk) ac os oes angen 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 111 am ddim o linellau tir a ffonau symudol. Mae galwadau i 0845 46 47 yn costio 2c y funud ynghyd â thâl arferol eich darparwr ffôn. Os byddwch yn ceisio cyngor gan feddyg neu nyrs, sicrhewch eich bod yn dweud wrthynt am eich brechiad (dangoswch y cerdyn brechu iddynt) er mwyn iddynt allu eich asesu'n iawn.

Gallwch roi gwybod am unrhyw sgil-ffethiau ar-lein yn: [coronavirus-yellowcard.mhra.gov.uk](http://coronavirus-yellowcard.mhra.gov.uk) neu drwy'r ap Cerdyn Melyn.

# Sgîl-effeithiau

Fel pob meddyginiath, gall brechiadau achosi sgîl-effeithiau. Mae'r rhain fel rheol yn ysgafn a thymor byr ac nid yw pawb yn eu cael. Dylai'r sgîl-effeithiau cyffredin iawn bara diwrnod neu ddau yn unig. Mae'r brechlyn Pfizer yn tueddu i achosi mwy o sgîl-effeithiau ar ôl yr ail ddos.

## Mae sgîl-effeithiau cyffredin iawn yn y diwrnod cyntaf neu ddau yn cynnwys:



Gall twymyn ysgafn ddigwydd yn fuan ar ôl brechu a phara am ddiwrnod neu ddau. Fodd bynnag, gallai COVID-19 neu haint arall.

Un sgîl-effaith anghyffredin yw chwarennau chwyddedig yn y gesail neu'r gwddf ar yr un ochr â'r traich lle y cawsoch y brechlyn. Gall hyn bara tua 10 diwrnod, ond os yw'n parhau hirach dylech weld eich meddyg.

Os byddwch yn cael unrhyw sgîl-effeithiau ar ôl eich brechlyn, gallwch gymryd y dos arferol o barasetamol (dilynwch y cynngor ar y pecyn) a goffwys i'ch helpu i deimlo'n well.

**Mae'r Gig yn cynnig  
y brechlyn COVID-19!  
bob plentyn a pherson  
ifanc cymwys.  
Mae'r datlen hon yn dweud  
wrt'hych beth i'w ddisgwyl ar  
ôl i chi gael brechiad.**





Beth i'w ddisgwyl ar ôl eich  
brechiad - cyngor i blant a  
phobl ifanc  
Rhagfyr 2021

# Brechu COVID-19



Mae Brechu yn achub bywydau  
Vaccination saves lives

