



Mae Brechu yn achub bywydau  
Vaccination saves lives

## Brechu COVID-19

# Yn poeni am gael eich ail ddos o AstraZeneca?

**Fel pob meddyginiaeth, gall brechiadau achosi sgil-ffeithiau. Mae'r rhain fel rheol yn ysgafn ac yn para ychydig ddyddiau yn unig, ac nid yw pawb yn eu cael.**

Mae'n bwysig eich bod yn cael eich 2 ddos o frechlyn COVID-19 i roi'r amddiffyniad gorau i chi. Nid yw pob brechlyn COVID-19 yr un peth.

Mae sgil-ffeithiau cyffredin iawn yn y diwrnod cyntaf neu ddau yn cynnwys:

- teimlad poenus, trwm a thynerwch yn y fraich y cawsoch eich pigiad ynddi
- teimlo'n flinedig
- pen tost/cur pen,
- poenau cyffredinol, oerfel neu symptomau tebyg i ffliw

### Mae brechlyn AstraZeneca (AZ) yn achosi llai o sgil-ffeithiau ar ôl yr ail ddos.

Mae brechlynnau COVID-19 Pfizer a Moderna yn tueddu i achosi mwy o sgil-ffeithiau ar ôl yr ail ddos. Mae astudiaethau wedi dangos, os ydych yn cael un o'r brechlynnau hyn ar ôl dos cyntaf o AstraZeneca, mae eich risg o sgil-ffeithiau cyffredin yn uwch.

#### Y cyngor presennol gan y Cyd-bwyllgor ar Imiweiddio a Brechu (JCVI) yw:

Dylai'r rhai sydd wedi cael eu dos cyntaf o frechlyn AZ a heb ddiodef unrhyw sgil-ffeithiau difrifol barhau i gael yr ail ddos i gwblhau'r cwrs. Mae hyn yn cynnwys unigolion sy'n 39 oed neu'n iau.

### Sgil-ffeithiau prin

Ers mis Mawrth 2021 cafwyd adroddiadau o'r DU ac yn rhyngwladol o gyflwr prin iawn o thrombosis (clotiau gwaed) a thrombositopenia (platennau isel). Yn y rhai o dan 50 oed, mae tua 1 achos wedi'i nodi am bob 50,000 o ddosau cyntaf o'r brechlyn AZ. Gyda ail ddos y brechlyn, mae llai nag 1 achos am bob miliwn o frechlynnau a roddir i bobl o dan 50 oed, a ni chadarnhawyd yr un o'r achosion ail ddos hyn.

Nid yw'r ffactorau risg sylfaenol wedi'u sefydlu'n llawn eto ar gyfer y cyflwr hwn ac mae adolygiad manwl o achosion tybiedig yn mynd rhagddo gan yr Asiantaeth Rheoleiddio Meddyginiaethau a Chynhyrchion Gofal Iechyd (MHRA), wedi'i gefnogi gan gyrff iechyd cyhoeddus a grwpiau proffesiynol eraill. Y cyngor gan y grwpiau arbenigol hyn yw, oni bai eich bod wedi cael y clotiau prin hyn mae'n well i chi gwblhau gyda'r brechlyn hwn ar gyfer eich ail ddos.

Argymhellir eich bod yn cael y ddau ddos o'r un brechlyn. Mewn amgylchiadau eithriadol lle nad yw hyn yn bosibl mae'n well cael ail ddos o frechlyn arall yn hytrach na dim o gwbl.

#### Rhoi gwybod am achosion tybiedig o glotiau gwaed a phlatennau isel, a sgil-ffeithiau eraill

Mae'n bwysig iawn rhoi gwybod i'r MHRA am bob achos tybiedig ar [gynllun Cerdyn Melyn COVID-19](#).

Mae taflen ffeithiau clotiau gwaed i gleifion sy'n cael eu dos cyntaf ar gael i'w darllen yma: [icc.gig.cymru/gwybodaethigleifion](https://www.icc.gig.cymru/gwybodaethigleifion)

Mae rhagor o wybodaeth a thafleini i gleifion yn: [icc.gig.cymru/brechlyn-covid-19](https://www.icc.gig.cymru/brechlyn-covid-19)

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## COVID-19 Vaccination

# Worried about having your second dose of AstraZeneca?

**Like all medicines, vaccines can cause side effects. Most of these are mild and short-term, and not everyone gets them.**

It is important that you get your 2 doses of the COVID-19 vaccines to give you the best protection. Not all COVID-19 vaccines are the same.

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

- having a painful, heavy feeling and tenderness in the arm where you had your injection
- feeling tired
- a headache,
- general aches, chills or flu-like symptoms

**The AstraZeneca (AZ) vaccine causes fewer side effects after the second dose.**

The Pfizer and Moderna COVID-19 vaccines tend to cause more side effects after the second dose. Studies have shown that if you have one of these vaccines after a first dose of AstraZeneca, your risk of common side effects is higher.

**The current advice from the Joint Committee on Vaccination and Immunisation (JCVI) is:**

Those who have received their first dose of AZ vaccine without suffering any serious side effects should continue to have the second dose to complete the course. This includes individuals who are aged 39 years or younger.

### Rare side effects

Since March 2021 there have been reports from the UK and internationally of a very rare condition of thrombosis (blood clots) and thrombocytopenia (low platelets). In under 50s, around 1 case has been reported for every 50,000 first doses of the AZ vaccine. For the second dose of vaccine, less than 1 case has been reported for every million vaccines given to people under 50 years of age, none of these second-dose cases were confirmed.

The underlying risk factors have not yet been fully established for this condition and a detailed review of suspected cases is ongoing by the Medicines and Healthcare products Regulatory Agency (MHRA), supported by public health bodies and other professional groups. The advice from these expert groups is that unless you had this rare clotting event you are best to complete with this vaccine for your second dose.

It is recommended that you have both doses of the same vaccine. In exceptional circumstances where this is not possible it is better to have a second dose of another vaccine than not at all.

#### Reporting suspected cases of blood clots and low platelets, and other side effects

It is very important that all suspected cases are reported to the MHRA on the [COVID-19 Yellow Card scheme](#).

A blood clotting factsheet for patients receiving their first dose is available to read here: [phw.nhs.wales/patientinfo](https://phw.nhs.wales/patientinfo)

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

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