



Mae Brechu yn achub bywydau
Vaccination saves lives



Brechu COVID-19 a chlotiau gwaed

Gwybodaeth am eich brechiad

Mae rhaglen frechu'r DU wedi bod yn llwyddiannus iawn gyda mwy na 34 miliwn o bobl wedi'u brechu a mwy na 10,000 o fywydau eisoes wedi'u hachub. Mae'r cyflwyno cyflym wedi golygu ein bod wedi gallu amddiffyn mwy o bobl ac rydym yn dechrau codi'r cyfyngiadau ar ein poblogaeth. Mae'r daflen hon wedi'i chynllunio i'ch helpu i wneud penderfyniad gwybodus am frechu.

Beth yw'r pryder?

Yn ddiweddar cafwyd adroddiadau am eithriadol o brin ond difrifol yn ymwneud â chlotiau gwaed a gwaedu anarferol ar ôl brechu AstraZeneca (AZ). Mae rhai pobl sydd â'r cyflwr hwn wedi dioddef effeithiau sy'n newid bywydau ac mae rhai wedi marw. Mae'r achosion hyn yn cael eu hadolygu'n ofalus ond nid yw'r ffactorau risg ar gyfer datblygu'r cyflwr hwn yn glir eto.

Er bod y cyflwr hwn yn parhau'n eithriadol o brin, mae risg uwch mewn pobl ar ôl y dos cyntaf o frechlyn AZ. Hyd yma ac yn gyffredinol, mae ychydig dros 10 yn datblygu'r cyflwr hwn am bob miliwn o ddosau o frechlyn AZ a roddir ar draws pob oedran. Gwelir achosion yn amlach mewn pobl iau. Mae'r symptomau cyntaf yn digwydd rhwng 4 diwrnod a 4 wythnos ar ôl brechu.

Gall cyflyrau tebyg hefyd ddigwydd yn naturiol, ac mae problemau clotio yn un o gymhlethdodau cyffredin haint COVID-19. Nid oes risg uwch o'r cyflwr hwn wedi'i weld ar ôl brechlynnau COVID-19 eraill yn y DU.

Pa frechlyn a gynigir i mi?

Tan yn ddiweddar, rydym wedi dibynnu ar ein holl frechlynnau'n cael eu cynnig heb ffafriaeth i'r boblogaeth gyfan o oedolion. Mae'r Cyd-bwyllgor ar Imiwneiddio a Brechu (JCVI) wedi ystyried y cydbwysedd o risgiau a manteision ac wedi rhoi'r cyngor canlynol (gweler rhagor o fanylion ar dudalen 3-4).

40 oed a throsodd a phob oedolyn

Mae oedolyn hŷn (gan gynnwys gweithwyr iechyd a gofal cymdeithasol 40 oed a throsodd), preswylwyr cartrefi gofal ac oedolion o unrhyw oedran â rhai cyflyrau meddygol yn wynebu risg uchel o gymhlethdodau COVID-19.

40 oed a throsodd a phob oedolyn (parhad)

Mae'r Asiantaeth Rheoleiddio Meddyginiaethau a Chynhyrchion Gofal Iechyd (MHRA) a'r JCVI yn cynghori y dylech barhau i gael unrhyw rai o'r brechlynnau COVID-19 sydd ar gael¹. Mae manteision brechu o ran eich amddiffyn rhag canlyniadau difrifol COVID-19 yn drech na'r risg o'r cyflwr prin hwn. Dylech hefyd gwblhau eich cwrs gyda'r un brechlyn a gawsoch ar gyfer y dos cyntaf.

Os ydych yn berson iach rhwng 30 a 39 oed

Yn y sefyllfa bresennol, mae'r JCVI wedi cynghori ei bod yn well i bobl yn y grŵp oedran hwn gael brechlyn heblaw AZ. Rydych yn wynebu mwy o risg o ganlyniadau difrifol COVID-19 a byddwch yn cael y budd mwyaf o gael eich brechu os ydych yn hŷn, yn wrywaidd, o gefndiroedd lleiafrifoedd ethnig penodol, mewn rhai galwedigaethau, neu'n ordew.

Os bydd y sefyllfa'n newid ac rydych yn cael cynnig brechiad AZ efallai y byddwch am fwrw ymlaen ar ôl i chi ystyried y risgiau a'r manteision i chi. Os byddwch yn penderfynu peidio â chael AZ efallai y bydd rhaid i chi aros am ychydig wythnosau i gael brechlyn arall. Bydd hyn yn eich gadael heb yr amddiffyniad y mae'r brechlyn yn ei gynnig a gallwch barhau i drosglwyddo'r feirws. Ystyriwch yn ofalus risg COVID-19 i chi a'ch teulu a'ch ffrindiau cyn gwneud eich penderfyniad. Gweler y tabl ar y dudalen nesaf.

Os ydych yn berson iau iach rhwng 18 a 29 oed

Ar hyn o bryd mae'r JCVI wedi cynghori ei bod yn well i bobl o dan 30 oed gael brechlyn heblaw AZ oherwydd bod y risg o haint COVID-19 mor isel . Os ydych yn cael cynnig brechiad AZ efallai y byddwch am fwrw ymlaen ar ôl i chi ystyried y risgiau a'r manteision i chi.

Beth am yr ail ddos?

Os ydych eisoes wedi cael dos cyntaf o frechlyn AZ heb ddioddef y sgil-ffaith brin iawn hon dylech gwblhau'r cwrs. Mae hyn yn cynnwys pobl 18 i 39 oed. Disgwylir y bydd dos cyntaf y brechlyn wedi rhoi rhywfaint o amddiffyniad i chi, yn enwedig yn erbyn clefyd difrifol. Bydd cael yr ail ddos yn rhoi amddiffyniad uwch sy'n para'n hirach i chi ac mae'n tueddu i achosi llai o'r sgileffeithiau cyffredin (gan gynnwys cur pen dros dro).

¹ Os oes gennych rai anhwylderau clotiau gwaed prin yna dylech drafod a allwch gael y brechlyn AZ gyda'ch arbenigwr

Beth yw manteision a risgiau brechu?

Oedran	Risg o COVID-19	Risg brechu	Mantais brechu
Dros 50 oed a phob oedolyn â chyflyrau meddygol sylfaenol	<p>Isel</p> <ul style="list-style-type: none"> siawns o ddal a lledaenu haint <p>Uchel iawn</p> <ul style="list-style-type: none"> cyfnod yn yr ysbyty derbyn gofal dwys marwolaeth <p>Cymedrol</p> <ul style="list-style-type: none"> COVID Hir 	<p>Anghyffredin</p> <ul style="list-style-type: none"> braich ddolurus teimlo'n flinedig cur pen poenau cyffredinol symptomau tebyg i'r ffliw <p>Prin iawn</p> <ul style="list-style-type: none"> cyflwr clotio (tua 1 o bob 100,000 dos cyntaf) 	<p>Un dos gostyngiad o fwy nag 80% o ran</p> <ul style="list-style-type: none"> marwolaethau cyfnod yn yr ysbyty gofal dwys <p>Dau ddos gostyngiad o fwy na 90% o ran</p> <ul style="list-style-type: none"> cyfnod yn yr ysbyty gofal dwys <p>Dau ddos gostyngiad o fwy na 95% o ran</p> <ul style="list-style-type: none"> marwolaeth <p>Un dos gostyngiad rhwng 60% a 70% o ran</p> <ul style="list-style-type: none"> dal a throsglwyddo haint <p>Dau ddos gostyngiad o fwy nag 85% o ran</p> <ul style="list-style-type: none"> dal a throsglwyddo haint
40 i 49 oed	<p>Uchel</p> <ul style="list-style-type: none"> siawns o ddal a lledaenu haint <p>Cymedrol</p> <ul style="list-style-type: none"> cyfnod yn yr ysbyty derbyn gofal dwys marwolaeth COVID Hir 	<p>Cyffredin</p> <ul style="list-style-type: none"> braich ddolurus teimlo'n flinedig cur pen poenau cyffredinol symptomau tebyg i'r ffliw <p>Prin iawn</p> <ul style="list-style-type: none"> cyflwr clotio (tua 1 o bob 100,000 dos cyntaf) 	

Beth yw manteision a risgiau brechu? (parhad)

Oedran	Risg o COVID-19	Risg brechu	Mantais brechu
30 i 39 oed	<p>Uchel</p> <ul style="list-style-type: none"> ▪ siawns o ddal a lledaenu haint <p>Isel</p> <ul style="list-style-type: none"> ▪ cyfnod yn yr ysbyty ▪ derbyn gofal dwys ▪ marwolaeth <p>Cymedrol</p> <ul style="list-style-type: none"> ▪ COVID Hir 	<p>Cyffredin</p> <ul style="list-style-type: none"> ▪ braich ddolurus ▪ teimlo'n flinedig ▪ cur pen ▪ poenau cyffredinol ▪ symptomau tebyg i'r ffliw <p>Prin</p> <ul style="list-style-type: none"> ▪ cyflwr clotio (tua 1 o bob 50,000 dos cyntaf) 	<p>Un dos gostyngiad o fwy nag 80% o ran</p> <ul style="list-style-type: none"> ▪ marwolaethau ▪ cyfnod yn yr ysbyty ▪ gofal dwys <p>Dau ddos gostyngiad o fwy na 90% o ran</p> <ul style="list-style-type: none"> ▪ cyfnod yn yr ysbyty ▪ gofal dwys <p>Dau ddos gostyngiad o fwy na 95% o ran</p> <ul style="list-style-type: none"> ▪ marwolaeth
18 i 29 oed	<p>Uchel iawn</p> <ul style="list-style-type: none"> ▪ siawns o ddal a lledaenu haint <p>Isel iawn</p> <ul style="list-style-type: none"> ▪ cyfnod yn yr ysbyty ▪ derbyn gofal dwys ▪ marwolaeth <p>Cymedrol</p> <ul style="list-style-type: none"> ▪ COVID Hir 	<p>Cyffredin iawn</p> <ul style="list-style-type: none"> ▪ braich ddolurus ▪ teimlo'n flinedig ▪ cur pen ▪ poenau cyffredinol ▪ symptomau tebyg i'r ffliw <p>Prin</p> <ul style="list-style-type: none"> ▪ cyflwr clotio (tua 1 o bob 50,000 dos cyntaf) 	<p>Un dos gostyngiad rhwng 60% a 70% o ran</p> <ul style="list-style-type: none"> ▪ dal a throsglwyddo haint <p>Dau ddos gostyngiad o fwy nag 85% o ran</p> <ul style="list-style-type: none"> ▪ dal a throsglwyddo haint

Beth y dylwn gadw llygad amdano ar ôl brechu?

Mae sgil-ffeithiau difrifol yn brin iawn, ond os byddwch yn profi unrhyw rai o'r canlynol o tua 4 diwrnod i 4 wythnos ar ôl brechu dylech geisio cyngor meddygol ar frys.

- pen tost/cur pen newydd, difrifol nad yw'n cael ei helpu gan boenladdwyr arferol neu sy'n gwaethygu
- pen tost/cur pen sy'n ymddangos yn waeth wrth orwedd i lawr neu blygu drosodd
- pen tost/cur pen anarferol a all fod ar y cyd â:
 - ◆ golwg aneglur, cyfog a chwydu
 - ◆ anhawster gyda'ch lleferydd
 - ◆ gwendid, teimlo'n gysglyd neu ffitiau
- cleisio neu waedu pigiad pin newydd, heb esboniad
- diffyg anadl, poen yn y frest, chwyddo yn y coesau neu boen cyson yn y stumog

Ceir rhagor o wybodaeth yn y ddolen ganlynol:

icc.gig.cymru/brechlyn-covid-19

© Crown Copyright 2021

(gyda chydnabyddiaeth i Iechyd Cyhoeddus Lloegr)

© Iechyd Cyhoeddus Cymru, Fersiwn 3.

ISBN 978-1-78986-154-353



COVID-19 vaccination and blood clotting

Information about your vaccination

The UK vaccination programme has been very successful with more than 34 million people vaccinated and more than 10,000 lives already saved. The rapid rollout has meant that we have been able to protect more people and we are starting to lift the restrictions on our population. This leaflet is designed to help you make an informed decision about vaccination.

What is the concern?

Recently there have been reports of an extremely rare but serious condition involving blood clots and unusual bleeding after AstraZeneca (AZ) vaccination. Some people with this condition have suffered life changing effects and some have died. These cases are being carefully reviewed but the risk factors for developing this condition are not yet clear.

Although this condition remains extremely rare there is a higher risk in people after the first dose of the AZ vaccine. To date and overall, just over 10 people develop this condition for every million doses of AZ vaccine given across all ages. Cases are seen more often in younger people. First symptoms occur between 4 days and 4 weeks following vaccination.

Similar conditions can also occur naturally, and clotting problems are a common complication of COVID-19 infection. An increased risk of this condition has not been seen after other COVID-19 vaccines in the UK.

Which vaccine will I be offered?

Until recently we have relied upon all our vaccines being offered without preference to the whole adult population. The Joint Committee on Vaccination and Immunisation (JCVI) has considered the balance of risks and benefits and made the following advice (see further details on page 3-4).

Age 40 and over and all adults with underlying medical conditions

Older adults (including health and social care workers age 40 and over), care home residents and adults of any age with certain medical conditions are at high risk of the complications of COVID-19.

Age 40 and over and all adults with underlying medical conditions (cont'd)

The Medicines and Healthcare products Regulatory Agency (MHRA) and JCVI advise that you should still receive any of the available COVID-19 vaccines¹. The benefits of vaccination in protecting you against the serious consequences of COVID-19 outweigh the risk of this rare condition. You should also complete your course with the same vaccine you had for the first dose.

If you are a healthy person aged 30 to 39 years

In the current situation the JCVI has advised that it is preferable for people in this age group to have a vaccine other than AZ. You are more at risk of the serious consequences of COVID-19 and will have the most benefit from being vaccinated if you are older, male, from certain minority ethnic backgrounds, in some occupations, or are obese.

If the situation changes and you are offered the AZ vaccination you may wish to go ahead after you have considered all the risks and benefits for you. If you decide not to have AZ you may have to wait for a few weeks for an alternative vaccine. This will leave you without the protection the vaccine offers and you can still pass on the virus. Please carefully consider the risk to both you and your family and friends of COVID-19 before making your decision. Please see the table on the next page.

If you are a healthy younger person aged 18 to 29

Currently JCVI has advised that it is preferable for people under 30 to have a vaccine other than AZ because the risk from COVID-19 infection is so low. If you are offered the AZ vaccination you may wish to go ahead after you have considered all the risks and benefits for you.

What about the second dose?

If you have already had a first dose of AZ vaccine without suffering this very rare side effect you should complete the course. This includes people aged 18 to 39 years. It is expected that the first dose of the vaccine will have given you some protection, particularly against severe disease. Having the second dose will give you higher and longer lasting protection and tends to cause less of the common side effects (including short lived headache).

¹ If you have certain rare blood clotting disorders then you should discuss whether you can have the AZ vaccine with your specialist

What are the benefits and risks of vaccination?

Age	Risk from COVID-19	Risk of vaccination	Benefit of vaccination
<p>Over 50 years of age and all adults with underlying medical conditions</p>	<p>Low</p> <ul style="list-style-type: none"> ▪ chance of catching and spreading infection <p>Very high</p> <ul style="list-style-type: none"> ▪ hospitalisation ▪ intensive care admission ▪ death <p>Moderate</p> <ul style="list-style-type: none"> ▪ Long COVID 	<p>Uncommon</p> <ul style="list-style-type: none"> ▪ sore arm ▪ feeling tired ▪ headache ▪ general aches ▪ flu like symptoms <p>Extremely rare</p> <ul style="list-style-type: none"> ▪ clotting condition (around 1 in 100,000 first doses) 	<p>One dose more than 80% reduction</p> <ul style="list-style-type: none"> ▪ deaths ▪ hospitalisation ▪ intensive care <p>Two doses more than 90% reduction</p> <ul style="list-style-type: none"> ▪ hospitalisation ▪ intensive care <p>Two doses more than 95% reduction</p>
<p>40 to 49 years of age</p>	<p>High</p> <ul style="list-style-type: none"> ▪ chance of catching and spreading infection <p>Moderate</p> <ul style="list-style-type: none"> ▪ hospitalisation ▪ intensive care admission ▪ death ▪ Long COVID 	<p>Common</p> <ul style="list-style-type: none"> ▪ sore arm ▪ feeling tired ▪ headache ▪ general aches ▪ flu like symptoms <p>Very rare</p> <ul style="list-style-type: none"> ▪ clotting condition (around 1 in 100,000 first doses) 	<p>One dose between 60% and 70% reduction</p> <ul style="list-style-type: none"> ▪ death ▪ catching and passing on infection <p>Two doses more than 85% reduction</p> <ul style="list-style-type: none"> ▪ catching and passing on infection

What are the benefits and risks of vaccination? (continued)

Age	Risk from COVID-19	Risk of vaccination	Benefit of vaccination
30 to 39 years of age	<p>High</p> <ul style="list-style-type: none"> chance of catching and spreading infection <p>Low</p> <ul style="list-style-type: none"> hospitalisation intensive care admission death <p>Moderate</p> <ul style="list-style-type: none"> Long COVID 	<p>Common</p> <ul style="list-style-type: none"> sore arm feeling tired headache general aches flu like symptoms <p>Rare</p> <ul style="list-style-type: none"> clotting condition (around 1 in 50,000 first doses) 	<p>One dose more than 80% reduction</p> <ul style="list-style-type: none"> deaths hospitalisation intensive care <p>Two doses more than 90% reduction</p> <ul style="list-style-type: none"> hospitalisation intensive care <p>Two doses more than 95% reduction</p>
18-29 years of age	<p>Very high</p> <ul style="list-style-type: none"> chance of catching and spreading infection <p>Very low</p> <ul style="list-style-type: none"> hospitalisation intensive care admission death <p>Moderate</p> <ul style="list-style-type: none"> Long COVID 	<p>Very common</p> <ul style="list-style-type: none"> sore arm feeling tired headache general aches flu like symptoms <p>Rare</p> <ul style="list-style-type: none"> clotting condition (around 1 in 50,000 first doses) 	<ul style="list-style-type: none"> death <p>One dose between 60% and 70% reduction</p> <ul style="list-style-type: none"> catching and passing on infection <p>Two doses more than 85% reduction</p> <ul style="list-style-type: none"> catching and passing on infection

What should I look out for after vaccination?

Serious side effects are very rare, but if you experience any of the following from around 4 days to 4 weeks after vaccination you should seek medical advice urgently.

- A new, severe headache which is not helped by usual painkillers or is getting worse
- A headache which seems to get worse when lying down or bending over
- An unusual headache that may be accompanied by:
 - ◆ Blurred vision, nausea and vomiting
 - ◆ Difficulty with your speech
 - ◆ Weakness, drowsiness or seizures
- New, unexplained pinprick bruising or bleeding
- Shortness of breath, chest pain, leg swelling or persistent abdominal pain

Further information can be found at the following link:

phw.nhs.wales/covid-19-vaccination

© Crown Copyright 2021 (with acknowledgment to Public Health England)

© Public Health Wales, Version 3.

ISBN 978-1-78986-154-353