



Mae Brechu yn achub bywydau
Vaccination saves lives



COVID-19

vaccination

A guide for adults

Revised January 2021










GIG
CYMRU
NHS
WALES



This leaflet explains about the COVID-19 vaccination, who is eligible and who needs to have the vaccine to protect them from Coronavirus.

Contents

| | |
|--|-----------|
|  What is COVID-19 or Coronavirus? | 3 |
|  Which vaccine will I get? | 3 |
|  Who should have a COVID-19 vaccine? | 4 |
|  I am pregnant, can I have the vaccine? | 6 |
|  I am breastfeeding, what should I do? | 7 |
|  Who cannot have the vaccine? | 7 |
|  Will the vaccine protect me? | 7 |
|  Does the vaccine have side effects? | 8 |
|  Can I catch COVID-19 from the vaccine? | 9 |
|  What should I do next? | 10 |
|  What should I do if I am unwell on the appointment day? | 10 |
|  Can I give COVID-19 to anyone, after I have had the vaccine? | 11 |
|  More information | 12 |

What is COVID-19 or Coronavirus?

COVID-19 is caused by a new coronavirus, known as SARS-CoV-2. It was first identified in late 2019. It is very infectious and can lead to severe respiratory disease.

Many people who are infected may not have any symptoms or only have mild symptoms. These commonly start with cough, fever, headache and loss of taste or smell.

Some people will feel very tired, have aching muscles, sore throat, diarrhoea and vomiting, fever and confusion. A small number of people then go on to have severe disease, which may require hospitalisation or admission to intensive care.

Overall less than 1 in 100 people who are infected will die from COVID-19, but this is closer to 1 in 10 of those over 75 years of age. There is no cure for COVID-19 although some newly tested treatments do help to reduce the risk of complications.

Which vaccine will I get?

In the UK, we will only use COVID-19 vaccines that meet the required standards of safety and effectiveness. All medicines, including vaccines, are tested for safety and effectiveness before they're allowed to be used.

Each vaccine was tested in tens of thousands of people in several different countries and shown to be safe and effective. You will be given one of these vaccines depending on which one is available. These vaccines may not have a full UK marketing authorisation (license) yet but will have been authorised by the Medicines and Healthcare products Regulatory Agency (MHRA) based on a full assessment of their safety and effectiveness.



The MHRA will only approve a vaccine for supply in the UK if the expected standards of safety, quality and efficacy are met.

The vaccines currently available require two separate doses to provide the best longer-term protection.

Who should have a COVID-19 vaccine?

The Joint Committee on Vaccination and Immunisation (JCVI), an independent expert group, has recommended that the NHS offers these vaccines first to those at highest risk of catching the infection and of suffering serious complications.

This includes older adults, frontline health and social care workers and those with certain clinical conditions. When more vaccine becomes available, the vaccines will be offered to other people at risk as soon as possible.

Coronavirus can affect anyone. If you are an older adult and have a long-term health condition, COVID-19 can be very serious and in some cases fatal.

You should have the COVID-19 vaccine among the first groups offered if you are:

- a person living or working in a care home for older adults
- a frontline healthcare worker
- a frontline social care worker
- a domiciliary carer providing personal care
- aged 65 years and over
- in the clinically extremely vulnerable group

Everyone who is in the clinically extremely vulnerable group will be eligible for a COVID-19 vaccine. When you are offered the vaccine may depend on the severity of your condition. Your GP can advise on whether you are eligible.

The vaccine will also be offered to those aged 16 years and over with conditions such as:

- blood cancer (such as leukaemia, lymphoma or myeloma)
- diabetes
- a heart problem
- a chest complaint or breathing difficulties, including bronchitis, emphysema or severe asthma
- kidney disease
- liver disease
- lowered immunity due to disease or treatment (such as HIV infection, steroid medication, chemotherapy or radiotherapy)
- having had an organ transplant
- having had a stroke or a transient ischaemic attack (TIA)
- a neurological or muscle wasting condition including epilepsy and dementia
- severe or profound learning disability
- Down's syndrome
- a problem with your spleen, e.g. sickle cell disease, or having had your spleen removed
- being seriously overweight (BMI of 40 and above)
- severe mental illness

Some of the people in these groups maybe clinically extremely vulnerable and maybe offered the vaccine earlier as part of that group.

At the same time as those aged 16-64 years with long term health conditions the vaccine will also then be offered to:

- those adults who are the main carer of an elderly or disabled person whose welfare may be at risk if the carer falls ill
- younger adults in long stay nursing and residential settings, and staff

After these groups, those aged 50-64 will be offered vaccination.

When more vaccine becomes available it will be offered to more groups of the population.

I am pregnant, can I have the vaccine?

COVID-19 vaccines have not yet been tested in pregnancy, so until more information is available, those who are pregnant should not routinely have this vaccine.

The Joint Committee on Vaccination and Immunisation (JCVI) has recognised that the potential benefits of vaccination are particularly important for some pregnant women. This includes those who are at high risk of catching the infection or those with clinical conditions that put them at very high risk of suffering serious complications from COVID-19. In these circumstances, you should discuss vaccination with your doctor or nurse, and you may feel that it is better to go ahead and receive the vaccine.

If you are pregnant, you should not be vaccinated unless you are at high risk. You can be vaccinated after your pregnancy is over. If you have had the first dose and then become pregnant, you should delay the second dose until after the pregnancy is over, unless you are at high risk.

There is no advice to avoid pregnancy after having a COVID-19 vaccination.

I am breastfeeding, what should I do?

There are no data on the safety of COVID-19 vaccines in those breastfeeding or on the breastfed infant. Even so, COVID-19 vaccines are not thought to be a risk to the breastfeeding infant, and the benefits of breastfeeding are well known. Because of this, the JCVI has advised that the vaccine can be given whilst breastfeeding. If you are breastfeeding, you may decide to wait until you have finished breastfeeding and then have the vaccination.

Who cannot have the vaccine?

A very small number of people cannot have COVID-19 vaccines. This includes people who have had a severe allergic reaction to any ingredient in the vaccine or to a previous dose of the same vaccine. Talk to your doctor or nurse if you have ever had a severe allergic reaction, as an alternative vaccine may be available for you.

If you are currently unwell with a fever or have had a positive COVID-19 test in the last 28 days you should book a later appointment.

Will the vaccine protect me?

The COVID-19 vaccination will reduce the chance of you suffering from COVID-19 disease. Studies have shown high levels of short-term protection from two to three weeks after a single dose of vaccine, but a second dose is required for longer-term protection. The vaccines do not contain living organisms, and so are safe for people with disorders of the immune system. These people may not respond so well to the vaccine.

Like all medicines, no vaccine is 100% effective – some people may still get COVID-19 despite having a vaccination, but this should be less severe.

Will the vaccine have side effects?

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

Even if you do have symptoms after the first dose, you still need to have the second dose.

Very common side effects 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 after vaccination 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. An uncommon side effect is swelling of the local glands.

Symptoms following vaccination normally last less than a week. If your symptoms seem to get worse or if you are concerned, 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 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.



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

You can also report suspected side effects to vaccines and medicines through the Yellow Card scheme.

Rarely, some people have an allergic reaction soon after a vaccination. This may be a rash or itching affecting part or all of the body. Even more rarely, some people can have a severe reaction soon after vaccination, which causes breathing difficulties and may cause them to collapse. This is called anaphylaxis and can happen with other medicines and food. These reactions are rare and nurses are trained to manage them. People who have an anaphylactic reaction can be successfully treated and usually recover within a few hours.

Can I 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
- some people also have a sore throat, headache, nasal congestion, diarrhoea, nausea and vomiting

If you have any of the symptoms above, stay at home and arrange to have a test.

If you need more information on symptoms visit 111.wales.nhs.uk

What do I do next?

You will receive information about when and where to get vaccinated. On the day of your appointment, wear practical clothing so it's easy to access your upper arm. If you have a fear of needles or feel anxious, let the person giving you your vaccine know. They will be understanding and can support you.

After you have had the first dose, you need to plan to attend your second appointment.

It is important to have both doses of the vaccine to give you the best longer-term protection. Keep your card safe and make sure you attend your next appointment to get your second dose.

What should I do if I am unwell on the appointment day?

If you are acutely unwell with a fever, call to cancel and wait until you have recovered to have the vaccine. You should not attend a vaccine appointment if you are self-isolating or waiting for a COVID-19 test or result.



Can I give COVID-19 to anyone, after I have had the vaccine?

The vaccine will reduce your chance of becoming seriously ill. We do not know yet whether it will stop you from catching and passing on the virus. So, it is important you continue to follow the COVID-19 guidance to protect those around you.

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

- practice social distancing
- wear a face mask
- wash your hands carefully and frequently
- follow the current guidance:
gov.wales/coronavirus

Remember:

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.

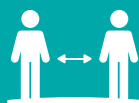
Three rules to KEEP WALES SAFE



Wash your
hands



Wear a
face covering



Keep
2m apart

More information

You can find out more information about COVID-19 vaccines, including their contents and possible side effects at [**https://111.wales.nhs.uk/coronavirus\(2019ncov\)**](https://111.wales.nhs.uk/coronavirus(2019ncov)) and [**www.gov.uk/government/collections/mhra-guidance-on-coronavirus-covid-19**](http://www.gov.uk/government/collections/mhra-guidance-on-coronavirus-covid-19)

You can report suspected side effects online at [**coronavirus-yellowcard.mhra.gov.uk**](http://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/lifestylewellbeing/yourinfoyourrights**](http://111.wales.nhs.uk/lifestylewellbeing/yourinfoyourrights)

To order more copies of this leaflet, visit [**phw.nhs.wales/services-and-teams/health-information-resources/**](http://phw.nhs.wales/services-and-teams/health-information-resources/)

© Public Health Wales, January 2021
(with acknowledgement to Public Health England)

Version 2
ISBN 978-1-78986-154-145



Rhagor o Wybodaeth

Gallwch ddod o hyd i ragor o wybodaeth am frechlynnau COVID-19, gan gynnwys eu cynnwys a sgîl-ffeithiau posibl yn

111.wales.nhs.uk/

[coronavirus\(2019ncov\)?locale=cymru](https://111.wales.nhs.uk/coronavirus(2019ncov)?locale=cymru)

www.gov.uk/government/collections/mhra-guidance-on-coronavirus-covid-19

Gallwch roi gwybod am sgîl-ffeithiau a

amheuir ar-lein yn

<https://coronavirus-yellowcard.mhra.gov.uk/>

neu drwy lawrlwytho'r ap Cerdyn Melyn.

I gael gwybod sut y mae'r GIG yn defnyddio'ch gwybodaeth, ewch i

111.wales.nhs.uk/lifestylewellbeing/

yourinfo.nhs.uk/yourrights?locale=cymru

I archebu rhagor o gopiau o'r daflien hon, ewch

i icc.gig.cymru/gwasanaethau-a-thimau/

adnoddau-gwybodaeth-iechyd/



GIG
CYMRU
WALLES



Ydw i'n gallu rhoi COVID-19! unrhyw un, ar ôl i mi gael y brechiad?

Bydd y brechiad yn lleihau eich siawns o fod yn ddifrifol wael. Nid ydym yn gwybod eto a fydd yn eich atal rhag dal a throsglwyddo'r feirws. Felly, mae'n bwysig eich bod yn parhau i ddilyn canllawiau COVID-19 i ddiogelu'r rhai o'ch cwmpas.

**Er mwyn diogelu eich hun a'ch teulu, eich
ffrindiau a chydweithwyr mae angen i chi:**

- cadw pellter cymdeithasol
- gwisgo masg wneb
- golchi eich dwylon ofalus ac yn aml
- dilyn y canllawiau presennol <https://llyw.cymru/coronafeirws>

Cofiwch:

Mae COVID-19 yn cael ei ledaenu drwy ddatnau sy'n cael eu hanadlu allan o'r trwyn neu'r geg, yn enwedig wrth siarad neu besychu. Hefyd gellir ei enwedig drwy gyffwrdd eich llygaid, eich trwyn a'ch ceg ar ôl cyswllt â gwrthrychau ac arwnebau wedi'u llygru.

**Tair rheol er mwyn
DIOGELU CYMRU**



Golchi!



**Gwisgo
gorchudd**



**Cadw
2m ar
wahân**

Beth ddylwn i ei wneud nesaf?

Byddwch yn derbyn gwybodaeth ynghylch pryd a ble i gael eich brechu. Ar ddiwrnod eich apwyntiad, gwisgwch ddillad ymarferol fel ei bod yn hawdd cael mynediad at ran uchaf eich braich.

Os oes gennych chi ofn nodwyddau neu os ydych chi'n teimlo'n bryderus, rhwch wybod i'r sawl sy'n rhoi eich brechiad i chi. Bydd yn deall ac yn gallu eich cefnogi.

Beth ddylwn i ei wneud os wyf yn sâl ar ddiwrnod yr apwyntiad?

Os ydych chi'n sâl iawn gyda thymheredd uchel, ffoniwch i ganslo ac aros nes eich bod wedi gwella cyn cael y brechiad. Ni ddylech fyngychu apwyntiad brechiad os ydych yn hunanyysu neu'n aros am brawf neu ganlyniad COVID-19.



Ydw i'n gallu dal COVID-19 o'r brechiad?

Yn anaml iawn, caiff rhai pobl adwaith alergedd yn fuan ar ôl cael brechiad. Gall fod yn frech neu'n gosi sy'n effeithio ar ran o'r corff neu'r cyfan. Yn fwy anaml fyth, gall rhai pobl gael adwaith difrifol yn fuan ar ôl cael eu brechu, sy'n achosi anawsterau anadlu ac a all achosi iddynt fynd yn anymwybodol. Gelwir hyn yn anaffylacsis a gall ddigwydd gyda meddygiaethau eraill a bwyd. Mae'r adweithiau hyn yn brin ac mae nyrsys wedi'u hyfforddi i ymdopi â hwy. Gellir trin pobl sy'n cael adwaith anaffylactig yn llwyddiannus ac fel rheol maent yn gwella o fewn ychydig oriau.

Os byddwch yn ceisio cyngor gan feddyg neu nyrs, sicrhewch eich bod yn dweud wrthynt am eich brechiad (dangoswch eich cerdyn brechu iddynt os oes modd) er mwyn iddynt allu eich asesu'n iawn.



Gallwch hefyd roi gwybod am unrhyw sgil-effeithiau drwy'r cynllun Cerdyn Melyn.

Ni allwch ddal COVID-19 o'r brechiad ond mae'n bosib eich bod wedi dal COVID-19 heb sylweddoli bod gennych y symptomau tan ar ôl cael eich brechu. Symptomau pwysicaf COVID-19 yw ymddangosiad diweddar unrhyw rai o'r canlynol:

- peswch parhaus newydd
- tymheredd uchel
- coll, neu newid, yn eich synnwy'r blasu neu arogl i arferol
- mae rhai pobl hefyd yn cael dolur gddw, cur pen, y trwyn yn cau, dolur rhydd, teimlo'n sâl a thafllu i fyny

Os oes gennych unrhyw rai o'r symptomau uchod, arhoswch gartref a threfnu i gael prawf.

Os oes arnoch angen mwy o wybodaeth am y symptomau, ewch i <https://111.wales.nhs.uk/>

A fydd sgil-ffeithiau i'r brechiad?

Fel pob meddyginiath, gall brechiadau achosi sgil-ffeithiau. Mae'r rhain fel rheol yn ysgafn ac yn para ychydig ddwyddiau yn unig, ac nid yw pawb yn eu cael. Hyd yn oed os cewch symptomau ar ôl y dos cyntaf, mae angen i chi gael yr ail dos yr un fath.

Mae sgil-ffeithiau cyffredin iawn yn cynnwys:

- cael teimlad trwm, poenus ac anesmwyth yn y fraich ar ôl y pigiad am sawl diwrnod ar ôl y brechiad
- teimlo'n flinedig
- cur pen
- poenau cyffredinol, neu symptomau ysgafn tebyg i fflw

Etallai y cewch dymheredd ychydig yn uchel am ddau i dri diwrnod ar ôl y brechiad, ond mae tymheredd uchel yn anafrol a gall awgrymu bod gennych haint COVID-19 neu haint arall. Gallwch gymryd y dos arferol o barasetamol (dilynwch y cyngor ar y pecyn) a gortffwsch i'ch helpu i deimlo'n well. Peidiwch â chymryd mwy na'r dos arferol. Un sgil-ffaith anghyffredin yw'r chwarennau'n chwyddo.

Mae'r symptomau yma'n para llai nag wythnos fel rheol. Os yw eich symptomau fel pe baent yn gwaethgu neu os ydych chi'n bryderus, edrychwch ar 111.wales.nhs.uk ar-lein, ac os oes angen ffoniwch GIG 111 Cymru 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 thâl arferol eich darparwr ffôn.

Rydw i'n bwydo ar y ffron, beth ddylwn i ei wneud?

Nid oes unrhyw ddata am ddiogelwch brechiadau COVID-19 ar gyfer y rhai sy'n bwydo ar y ffron a'r baban sy'n bwydo ar y ffron. Er hynny, ni ystyri'r bod brechiadau COVID-19 yn risg i'r baban sy'n bwydo ar y ffron, ac mae manteision bwydo ar y ffron yn hysbys iawn. Oherwydd hyn, mae'r JCVI wedi dwed y gellir rhoi'r brechiad wrth fwydo ar y ffron. Os ydych chi'n bwydo ar y ffron, efallai y byddwch yn penderfynu aros nes eich bod wedi gorffen bwydo ar y ffron ac wedyn cael y brechiad.

Pwy na all gael y brechiad?

Ni all nifer bach iawn o bobl sydd mewn perygl o COVID-19 gael y brechiad. Mae hyn yn cynnwys pobl sydd wedi cael adwaith alergaidd difrifol i unrhyw gynhwysyn yn y brechiad neu i ddos blaenorol o'r un brechiad. Siaradwch â'ch meddyg neu nyrs os ydych chi wedi cael adwaith alergaidd difrifol erioed, oherwydd gallai brechiad arall fod ar gael i chi. Os ydych chi'n sâl gyda thymheredd uchel ar hyn o bryd neu wedi cael prawf COVID-19 positif yn ystod y 28 diwrnod diwethaf dylech drefnu apwyntiad yn nes ymlaen.

A fydd y brechiad yn fy niogelu i?

Bydd brechiad COVID-19 yn lleihau'r siawns y byddwch yn dioddef o affeichyd COVID-19 difrifol. Mae astudiaethau wedi dangos lefelau uchel o ddiogelwch tymor byr ddwy i dair wythnos ar ôl un dos o frechiad, ond mae angen ail ddos i ddiogelu yn y tymor hwy. Nid yw'r brechiadau'n cynnwys organebau byw ac felly maent yn ddiogel i bobl ag anhwylderau'r system imiwnedd. Efallai na fydd yr unigolion hyn yn ymateb mor dda i'r brechiad. Fel pob meddyginiaeth, nid oes unrhyw frechiad yn 100% effeithiol – bydd rhai pobl yn cael COVID-19 yr un fath, er eu bod wedi cael brechiad, ond dylai fod yn llai difrifol.



Nid yw'r brechiadau wedi'u profi eto yn ystod beichiogrwydd, felly hyd nes bydd mwy o wybodaeth ar gael, ni ddylai merched beichiog gael y brechiad hwn.

Mae'r Cydbwyllogor ar Imiwneddio a Brechu (JCVI) wedi cydnabod bod manteision posib brechu'n hynod bwysig i rai merched beichiog. Mae hyn yn cynnwys y rhai sydd mewn perygl mawr o ddal yr haint neu ddioddef cymhlethdodau difrifol oherwydd COVID-19. O dan yr amgylchiadau hyn, dylech drafod brechu gyda'ch meddyg neu nys, ac efallai y byddwch yn teimlo ei bod yn well bwrw ymlaen a chael y brechiad.

Os ydych chi'n feichiog, ni ddylech gael eich brechu oni bai eich bod â risg uchel. Gallwch gael eich brechu ar ôl i'ch beichiogrwydd ddod i ben. Os ydych chi wedi cael y dos cyntaf ac wedyn wedi beichiogi, dylech ohirio'r ail dos tan ar ôl y beichiogrwydd, oni bai eich bod â risg uchel.

Nid oes cynngor i osgoi beichiogrwydd ar ôl cael brechiad COVID-19.

Rydw i'n feichiog, ydw i'n gallu cael y brechiad?

Ar yr un pryd â'r rhai 16-64 oed sydd â chyflyrau iechyd tymor hir, bydd y brechiad hefyd yn cael ei gynig i:

- yr oedolion hynny sy'n brif ofalwr person hyn neu anabl y mae ei les mewn perygl os bydd y gofalwr yn mynd yn sâl
- oedolion iau mewn lleoliadau nysrio a phreswyl arhosiad hir, a staff.

Ar ôl y grwpiau hyn, bydd y rhai 50-64 oed yn cael cynig brechiad.

Pan fydd mwy o frechiadau ar gael, byddant yn cael eu cynig i fwy o grwpiau yn y boblogaeth.



Bydd y brechiad yn cael ei gynniig hefyd i bobl 16 oed a hŷn sydd â chyflyrau fel:

- canser y gwaed (fel lewcemia, myeloma neu lymffoma)
- diabetes
- problem gyda'r galon
- cwyn gyda'r frest neu anawsterau anadlu, gan gynnwys bronchitis, emffysema neu asthma difrifol
- afiechyd yr arennau
- afiechyd yr afu/iau
- imiwneidd is oherwydd afiechyd neu driniaeth (fel haint HIV, meddygiaeth steroid, cemotherapi neu radiotherapi)
- wedi cael trawsblaniad organ
- wedi cael strôc neu bwl o isgemia dros dro (TIA)
- cyflwr niwrolegol neu gyflwr sy'n golygu bod y cyhyrau'n dirywio, gan gynnwys epilepsi a dementia
- anabled dysgu difrifol neu ddwys
- Syndrom Down
- problem gyda'ch dueg, e.e. afiechyd y crymangelloedd, neu wedi cael tynnu eich dueg.
- bod dros bwysau'n ddifrifol (BMI o 40 ac uwch)
- salwch meddwl difrifol

Efallai bod rhai o'r bobl yn y grwpiau hyn yn agored iawn i niwed yn glinigol ac efallai y cânt gynniig brechiad yn gynharach fel rhan o'r grŵp hwnnw.

Pwy ddylai gael brechlyn COVID-19?

diogelwch a'u heffeithiolrwydd. Dim ond os bodlonir y safonau disgwyliedig ar gyfer diogelwch, ansawdd ac effeithiolrwydd y bydd yr MHRA yn cymmeradwyo brechriad i'w gyflwynw! yn y DU.

Mae angen dau dos ar wahân o'r brechiadau sydd ar gael ar hyn o bryd i ddarparu'r amddiffyniad tymor hwy gorau.

Mae'r Cydbwyllogor ar Frechu ac Imiwneddio (JCVI), grŵp arbenigol annibynnol, wedi argymhell bod y GIG yn cynnig y brechiadau hyn yn gyntaf i'r rhai sydd â'r risg fwyaf o ddal yr haint a dioddef cymhlethdodau difrifol.

Mae hyn yn cynnwys oedolion hyn, gweithwyr iechyd a gofal cymdeithasol rheng flaen a'r rhai â chyflyrau cllingol penodol. Pan fydd mwy o frechiadau ar gael, byddant yn cael eu cynnig i bobl eraill sydd mewn perygl cyn gynted â phosib.

Gall y coronafeirws effeithio ar unrhyw un. Os ydych chi'n oedolyn hyn a bod gennych gyflwr iechyd tymor hir, gall COVID-19 fod yn ddifrifol iawn ac, mewn rhai achosion, yn anghueul.

Dylech gael brechriad COVID-19 ymhlith y grwpiau cyntaf a gaiff ei gynnig os ydych yn un o'r canlynol:

- person sy'n byw neu'n gweithio mewn cartref gofal i oedolion hyn
- gweithiwr gofal iechyd rheng flaen
- gweithiwr gofal cymdeithasol rheng flaen
- gofaiwr cartref sy'n darparu gofal personol unigolyn 65 oed a hyn
- yn y grŵp sy'n agored iawn i niwed yn glinigol

Bydd pawb sydd yn y grŵp sy'n agored iawn i niwed yn glinigol yn gymwys i gael brechriad COVID-19. Gall pryd y cynnigir y brechriad i chi ddibynnu ar ddifrifoldeb eich cyflwr. Gall eich meddyg teulu roi cyngor ynghylch a ydych yn gymwys.

Beth yw COVID-19 neu'r Coronafeirws?

Mae COVID-19 yn cael ei achosi gan y coronafeirws newydd, a elwir yn SARS-CoV-2. Cafodd ei ganfod i ddechrau ddiwedd 2019. Mae'n heintus iawn a gall arwain at affiechyd anadliol difrifol.

Efallai na fydd gan lawer o bobl sydd wedi'u heintio unrhyw symptomau neu symptomau ysgafn yn unig. Mae'r rhain fel rheol yn dechrau gyda pheswch, tymheredd uchel, cur pen a cholli synnwyr blasu neu arogl.

Bydd rhai bobl yn teimlo'n flinedig iawn, bydd eu cyhyrau'n boenus, bydd ganddynnt ddolur gwddw a dolur rhydd a byddant yn taflu i fyny, yn ddryslyd a bydd ganddynnt dymheredd uchel. Wedyn, mae nifer bach o bobl yn mynd ymlaen i gael affiechyd difrifol, ac efallai y bydd rhaid iddynnt fynd i'r ysbty neu gael eu derbyn i ofal dwys.

Yn gyffredinol, bydd llai nag 1 o bobl 100 o bobl sydd wedi'u heintio yn marw o COVID-19, ond mae hyn yn nes at 1 o bobl 10 o'r rhai dros 75 oed. Nid oes gwellhad i COVID-19 er bod rhai triniaethau sydd wedi'u profi o'r newydd yn helpu i leihau'r risg o gymhlethdodau.














Pa frechriad fyddaf yn ei gael?

Yn y DU, dim ond brechiadau COVID-19 sy'n bodloni'r safonau diogelwch ac effeithiolrwydd gofynnol fyddwn yn eu defnyddio. Mae pob meddygiaeth, gan gynnwys brechiadau, yn cael eu profi am ddioelwch ac effeithiolrwydd cyn y caniatêir iddynnt gael eu defnyddio.

Profwyd pob brechriad mewn degau ar filoedd o bobl mewn sawl gwlad wahanol a dangoswyd eu bod yn ddioel ac yn effeithiol. Byddwch yn cael un o'r brechiadau hyn gan ddibynnu ar ba un sydd ar gael. Efallai nad oes gan y brechiadau hyn awdurdodiad marchnata llawn (trwydded) yn y DU eto ond byddant wedi'u hawdurdodi gan yr Asiantaeth Rheoleiddio Meddygiaethau a Chynhyrchion Gofal Iechyd (MHRA) yn seiliedig ar asesiad llawn o'u

Mae'r datlen hon yn esbonio
am frechriad COVID-19, pwy
sy'n gymwys a phwy sydd
angen cael y brechriad i'w
diogelu rhag y Coronafeirws.

Cynnwys

| | | |
|----|---|---|
| 3 | Beth yw COVID-19 neu'r Coronafeirws? |  |
| 3 | Pa frechriad fyddaf yn ei gael? |  |
| 4 | Pwy ddylai gael brechriad COVID-19? |  |
| 6 | Rydw i'n feichio, ydw i'n gallu cael y brechriad? |  |
| 7 | Rydw i'n bwydo ar y fron, beth ddylwn i ei wneud? |  |
| 7 | Pwy na all gael y brechriad? |  |
| 7 | A fydd y brechriad yn fy niogelu i? |  |
| 8 | A fydd sgil-effeithiau i'r brechriad? |  |
| 9 | Ydw i'n gallu dal COVID-19 o'r brechriad? |  |
| 10 | Beth ddylwn i ei wneud nesaf? |  |
| 10 | Beth ddylwn i ei wneud os wyf yn sâl ar ddiwrnod yr apwyntiad? |  |
| 11 | Ydw i'n gallu rhoi COVID-19 i unrhyw un, ar ôl i mi gael y brechriad? |  |
| 12 | Rhagor o wybodaeth |  |



Diwygiwyd Ionawr 2021

Brechïad COVID-19 Canllaw i oedolion



Mae Brechu yn achub bywydau
Vaccination saves lives

