



Mae Brechu yn achub bywydau
Vaccination saves lives



COVID-19
















vaccination

**Protection for health
and social care staff**

January 2021



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Why it is important to get a COVID-19 vaccination

If you are a frontline worker in health and social care, you are more likely to be exposed to COVID-19 at work. Health and social care workers with direct patient and client contact are at much higher risk of repeated exposure to the infection.

COVID-19 can cause severe disease and may lead to long-term complications or death. These are more common in older individuals or those with underlying clinical risk conditions. You can have COVID-19 without any symptoms and pass it on to family, friends, patients and residents, many of whom may be at increased risk from coronavirus. Being healthy does not reduce your risk of catching COVID-19 or passing it on.

With high rates of COVID-19, it is important to protect staff against coronavirus, avoid pressure on the NHS and safeguard health and social care services.

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.

Will the vaccine protect me?

The COVID-19 vaccination will reduce the chance of you suffering from severe COVID-19 disease. Like all medicines, no vaccine is completely effective. 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. Some people may still get COVID-19 after vaccination, but this should be less severe.

The vaccines do not contain living organisms, and so are safe for people with disorders of the immune system. These individuals may not respond so well to the vaccine.

Each vaccine was tested in tens of thousands of people in several different countries and shown to be safe and effective

Will the vaccine protect those I care for?

The evidence on whether COVID-19 vaccination reduces the chance of you passing on the virus is less clear at present. Most vaccines reduce the overall risk of infection, but some vaccinated people may get mild or asymptomatic infection and therefore be able to pass the virus on. It is possible that vaccinated health and social care staff will be less likely to pass COVID-19 infection to those they care for.

Will the vaccine have side effects?

Like all medicines, vaccines can cause side effects. These are usually mild and only last a few days, 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

Although a mild fever is not uncommon for two to three days, 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.

These symptoms 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 or your GP surgery. If 111 is not available in your area, please call 0845 46 47. Calls to NHS 111 Wales are free, calls to 0845 46 47 cost 2p per minute (plus your telephone provider's usual 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.

Who cannot have the vaccine?

A very small number of people who are at risk of COVID-19 cannot have the vaccine. You should not have the vaccine if you 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.

I am pregnant, can I have the vaccine?

The 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 Immunisation and Vaccination (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 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 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.

Can I go back to work after having my vaccine?

Yes, you should be able to work as long as you feel well. If your arm is particularly sore, you may find heavy lifting difficult. If you feel unwell or very tired, you should rest and avoid operating machinery or driving.

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 being vaccinated.

If you have any of the symptoms of COVID-19, stay at home and arrange to have a test. If you need more information on symptoms visit

www.gov.wales/coronavirus

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.

It is important to have both doses of the vaccine to give you the best longer-term protection.

Keep your vaccine card safe and make sure you take it to 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.

After I have had the vaccine, will I still need to follow all the infection control advice?

The vaccine will reduce your chance of becoming seriously ill. We do not yet know yet whether it will stop you from catching and passing on the virus. No vaccine is completely effective.

Therefore, you will still need to follow the guidance in your workplace, including wearing the correct personal protection equipment, taking part in any screening programmes and follow current advice and guidance.

**Three rules to
KEEP WALES SAFE**



**Wash your
hands**



**Wear a
face covering**



**Keep
2m apart**

I have had my flu vaccine, do I need the COVID-19 vaccine as well?

If you are eligible for both vaccines, you should have them both, but separated by at least a week if possible.

More information

You can find out more information about COVID-19 vaccines, including their contents and possible side effects at **[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**

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

To find out how the NHS uses your information, visit **111.wales.nhs.uk/lifestylewellbeing/yourinfoyourrights**

To order more copies of this leaflet, visit **phw.nhs.wales/services-and-teams/health-information-resources**

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Mwy o wybodaeth

Gallwch gael mwy o wybodaeth am frechiadau COVID-19, gan gynnwys eu cynnwys a'r sgil-effeithiau posib, yn 11.wales.nhs.uk/sgil-effeithiau/collections/mhra-guidance-on-coronavirus-covid-19 a [www.gov.uk/coronavirus\(2019ncov\)](http://www.gov.uk/coronavirus(2019ncov))

Gallwch roi gwybod am amheuaeth ynghylch sgil-effeithiau ar-lein: coronavirus-yellowcard.mhra.gov.uk neu drwy ap y Cerdyn Melyn.

I gael gwybod mwy am sut mae'r GIG yn defnyddio eich gwybodaeth, ewch i 11.wales.nhs.uk/lifestyle/being-yourinfoyourrights?locale=cy

I archebu mwy o gopiau o'r daflen hon ewch i icc.gig.cymru/gwasanaethau-a-thimau/adnoddau-gwybodaeth-iechyd/



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Ar ôl i mi gael y brechiad, a fydd rhaid i mi ddilyn yr holl gynngor rheoli haint o hyd?

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. Nid oes unrhyw frechiad yn gwbl effeithiol.

Felly, bydd angen i chi ddilyn y canllawiau yn eich gweithle o hyd, gan gynnwys gwisgo'r cyfarpar diogelu personol cywir, cymryd rhan mewn unrhyw raglenni sgrinio a dilyn cynngor ac arweiniad cyffredol.

Tair rheol er mwyn
DIOGELU CYMRU

Golchi
dwylo



Gwisgo
gorchudd
wynneb



Cadw
2m ar
wahân



Rydw i wedi cael brechiad y fflw, oes raid i mi gael brechiad COVID-19 hefyd?

Os ydych chi'n gymwys i gael y ddau frechiad, dylech gael y ddau, ond sicrhau bod o leiaf wythnos o amser rhynghddynt.



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 fynychu apwyntiad brechiad os ydych yn hunanyysu neu'n aros am brwft neu ganlyniad COVID-19.

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

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, rhowch wybod i'r sawl sy'n rhoi eich brechiad i chi. Bydd yn deall ac yn gallu eich cefnogi.

Beth ddylwn i ei wneud nesaf?

www.gov.wales/coronavirus

Ni allwch dal 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. Os oes gennych chi unrhyw un o symptomau COVID-19, arhoswch gartref a threfnwch i gael prawf. Os oes arnoch angen mwy o wybodaeth am y symptomau, ewch i

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

Ydych, dylech allu gweithio cyn belled â'ch bod yn teimlo'n iawn. Os yw eich braich yn boenus iawn, etfallai y bydd codi pethau trwm yn anodd. Os ydych chi'n teimlo'n sâl neu'n fflinedig iawn, dylech orffwys ac osgoi gweithredu peiriantannau neu yrru cerbydau.

Ydw i'n gallu mynd yn ôl i'r gwaiath ar ôl cael y brechiad?



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

Nid yw'r brechiadau wedi'u profi eto yn ystod feichlogrwydd, felly hyd nes bydd mwy o wybodaeth ar gael, ni ddylai merched beichlog gael y brechiad hwn. Mae'r Cydbwyllogor ar Imiwneddio a Brechu (JCVI) wedi cydnabod bod manteision posib brechu'n hynod bwysig i rai merched beichlog. 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 nyrs, ac etallai y byddwch yn teimlo ei bod yn well bwrw ymlaen a chael y brechiad.

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

Nid oes cyngor i osgoi beichlogrwydd ar ôl cael brechiad COVID-19.

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

Nid oes unrhyw ddata am ddiogelwch brechiadau COVID-19 ar gyfer y rhai sy'n bwydo ar y fron a'r baban sy'n bwydo ar y fron. Er hynny, ni ystyri'r bod brechiadau COVID-19 yn risg i'r baban sy'n bwydo ar y fron, ac mae manteision bwydo ar y fron yn hysbys iawn. Oherwydd hyn, mae'r JCVI wedi dwed y gellir rhoi'r brechiad wrth fwydo ar y fron. Os ydych chi'n bwydo ar y fron, etallai y byddwch yn penderfynu aros nes eich bod wedi gorffen bwydo ar y fron 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. Ni ddylech gael y brechiad os ydych chi wedi cael adwaith alergaidd difrifol i unrhyw gynhwysyn yn y brechiad neu i ddos blaenorol o'r un brechiad.

Siaradwch â'ch meddyg neu nys os ydych chi wedi cael adwaith alergaidd difrifol erioed, oherwydd gallai brechiad arall fod ar gael i chi.

Yn anaml iawn, caiff rhai pobl adwaith alergaidd yn fuan ar ôl cael brechu, sy'n achosi anawsterau anadlu ac a all achosi iddynt fynd yn anymwybodol. Gellwir hyn yn anaffylacsis a gall ddigwydd gyda meddyginiaethau eraill a bwyd. Mae'r adweithiau hyn yn brin ac mae nysys 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 gofyn am gyngor gan feddyg neu nys, gwneuwch yn siŵr eich bod yn dwed wrthynt am eich brechiad (dangoswch y cerdyn brechu iddynt) fel eu bod yn gallu eich asesu'n iawn.

Gallwch roi gwybod am amheuaeth o sgil-effeithiau yn: **coronavirus-yellowcard.mhra.gov.uk** neu drwy ap y Cerdyn Melyn.



A fydd sgil-effieithiau i'r brechiad?

Fel pob meddyginaeth, gall brechiadau achosi sgil-effieithiau. Mae'r rhain fel rheol yn ysgafn ac yn para ychydig ddyddiau 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 ddos yr un fath.

Mae'r sgil-effieithiau 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'r fflw

Er nad yw tymheredd ychydig yn uchel yn anghyffredin am ddau i dri diwrnod, mae tymheredd uchel yn anarferol a gall awgrymu bod gennyh haint COVID-19 neu haint arall. Gallwch gymryd y dos arferol o barasetamol (dilynwch y cynngor ar y pecyn) a gorffwyswch i'ch helpu i deimlo'n well. Peidiwch â chymryd mwy na'r dos arferol. Un sgil-effiaith 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 ffonwch GIG 111 Cymru neu eich meddygfa. Os nad yw 111 ar gael yn eich ardal chi, ffonwch 0845 46 47. Mae galwadau i GIG 111 Cymru am ddim a galwadau i 0845 46 47 yn costio 2c y funud (ynghyd â thâl arferol eich darparwr ffon).



Mae'r dystiolaeth ynghylch a yw brechu rhag COVID-19 yn lleihau'r siawns y byddwch yn trosglwyddo'r feirws yn llai clir ar hyn o bryd. Mae'r rhan fwyaf o frechiadau'n lleihau'r risg gyffredinol o haint, ond gall rhai pobl sydd wedi'u brechu gael haint ysgafn neu asymptomatic ac felly gallant drosglwyddo'r feirws. Mae'n bosib y bydd staff iechyd a gofal cymdeithasol sydd wedi'u brechu yn llai tebygol o drosglwyddo haint COVID-19 i'r rhai maent yn gofalu amdanynt.

A fydd y brechiad yn diogelu'r rhai rwyf yn gofalu amdanynt?

Profwyd pob brechlyn mewn degau o filoedd o bobl mewn sawl gwlad wahanol a dangoswyd eu bod yn ddiogel ac yn effeithiol

Bydd brechiad COVID-19 yn lleihau'r siawns y byddwch yn dioddef o afiechyd COVID-19 difrifol. Fel pob meddyginiiaeth, nid oes unrhyw frechiad yn gwbl effeithiol. Mae astudiaethau wedi dangos i'fela'u 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. Efallai y bydd rhai pobl yn cael COVID-19 ar ôl cael eu brechu, ond dylai fod yn llai difrifol. 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.

A fydd y brechiad yn fy niogelu i?

y safonau disgwylledig ar gyfer diogelwch, ansawdd ac effeithiolrwydd y bydd yr MHRA yn cymradwyo brechiad i'w gyflenwi yn DU. Mae angen dau dos ar wahan o'r brechiadau sydd ar gael ar hyn o bryd i ddarparu'r amddiffyniad tymor hwy gorau.



Pam ei bod yn bwysig cael brechiad COVID-19

Os ydych chi'n weithiwr rheng flaen ym maes iechyd a gofal cymdeithasol, rydych chi'n fwy tebygol o gael cyswilt â COVID-19 yn y gwaith. Mae gweithwyr iechyd a gofal cymdeithasol sydd â chyswilt uniongyrchol â chleffion a chleffion yn wynebu llawer mwy o risg o ddod i gysylltiad â'r haint dro ar ôl tro.

Gall COVID-19 achosi affiechyd difrifol a gall arwain at gymhlethdodau tymor hir neu farwolaeth. Mae'r rhain yn fwy cyffredin mewn unigolion hŷn neu'r rhai â chyflyrau risg clinigol syffaenol. Gallwch gael COVID-19 heb unrhyw symptomau a'i drosglwyddo i deul, ffrindiau, cleffion a phreswylwyr, a gall llawer ohonynt fod mewn mwy o berygl o gael y coronafeirws. Nid yw bod yn iach yn lleihau eich risg o ddal COVID-19 na'i drosglwyddo.

Gyda chyfraddau uchel o COVID-19, mae'n bwysig diogelu staff rhag y coronafeirws, osgoi pwysau ar y GIG a diogelu gwasanaethau iechyd a gofal cymdeithasol.

Pa frechiad 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 meddyginiaeth, gan gynnwys brechiadau, yn cael eu profi am ddioelwch ac effeithiolrwydd cyn y caniatêir iddynt gael eu defnyddio.

Profwyd pob brechiad 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. Etallai nad oes gan y brechiadau hyn awdurdodiad marchnata llawn (trwydded) yn y DU eto ond byddant wedi'u hawdurdodi gan yr Asiantaeth Rheoleiddio Meddyginiaethau a Chynhyrchion Gofal Iechyd (MHRA) yn seiliedig ar asesiad llawn o'u diogelwch a'u heffeithiolrwydd. Dim ond os bodlonir

cynnwys

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Mae Brechu yn achub bywydau
Vaccination saves lives



Brechïad COVID-19

Diogelu staff iechyd a gofal
cymdeithasol

Ionawr 2021

