



Mae Brechu yn achub bywydau  
Vaccination saves lives



Even if  
vaccinated  
you must continue  
to social distance,  
wear face masks  
and practice hand  
hygiene.

# COVID-19 vaccination

## What to expect after your COVID-19 vaccination

April 2021










GIG  
CYMRU  
NHS  
WALES



DIOGELU CYMRU  
KEEP WALES SAFE

# Contents

	Will the vaccine have side effects?	3
	What should I do if I am concerned about my side effect symptoms?	5
	What do I do next?	6
	What should I do if I am unwell on the day of my next appointment?	6
	Will the vaccine protect me?	7
	Can I give COVID-19 to anyone, after I have had the vaccine?	7
	More information	8

The COVID-19 vaccine you have received has been approved as safe and effective by the independent Medicines and Healthcare products Regulatory Agency (MHRA). Following detailed review of large studies of safety and effectiveness, the MHRA has approved several different types of COVID-19 vaccines for use in the UK.

Each vaccine has been tested in tens of thousands of people in several different countries and shown to be safe and effective. The MHRA continuously reviews the safety of vaccines in use based on all side effects reported by healthcare professionals and the public.

## Will the vaccine have side effects?

Like all medicines, vaccines can cause side effects. This is because vaccines work by triggering a response in your immune system. These are usually mild and only last a few days, and not everyone gets them.

Some COVID-19 vaccines tend to cause more side effects after the first dose and others cause more side effects after the second dose.

Even if you do have some side effects after the first dose, it's still important to have the second dose.

### 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 for several days after the vaccine;
- feeling tired;
- a headache;
- general aches, chills, or flu like symptoms.

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.

An uncommon side effect is swollen glands in the armpit or neck on the same side as you had your vaccination. This can last for about 10 days, but if it lasts longer speak to your doctor. If you are due to have a mammogram in the few weeks after the vaccine, then you should mention that when you attend.

A mild fever may occur for two or three days after vaccination but a high temperature is unusual and may indicate you have COVID-19 or another infection.

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

If you have any of the symptoms above, stay at home and arrange to have a test. Some health boards are offering tests for a wider range of symptoms, so please check your local health board website. If you need more information on COVID-19 symptoms visit: **111.wales.nhs.uk**.

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. Do not take more than the normal dose. For information on each COVID-19 vaccine including the contents visit: **coronavirus-yellowcard.mhra.gov.uk/productinformation**

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 healthcare professionals are trained to manage them. People who have an anaphylactic reaction can be successfully treated and usually recover within a few hours.

## What should I do if I am concerned about my side effect symptoms?

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

Recently there have been reports of an extremely rare condition involving blood clots and unusual bleeding after vaccination with the AstraZeneca vaccine, which is being carefully reviewed. Because of the high risk of complications and death from COVID-19, the MHRA, the World Health Organization and the European Medicines Agency have concluded that the balance is very much in favour of vaccination for the vast majority of adults.



**If you experience any of the following from around 4 days to four weeks after vaccination, you should seek medical advice urgently.**

- ♦ A new, severe headache which is not helped by usual painkillers or is getting worse
- ♦ An unusual headache which seems to get worse when lying down or bending over or 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

## What do I do next?

If this was your first dose, you should plan to attend your second appointment. You should have a record card with your next appointment written on it. **It is important to have both doses of the vaccine to give you the best protection.** Remember to take your card to the next appointment.

## What should I do if I am unwell on the day of my next appointment?

If you are unwell with a fever, it is better to wait until you have recovered to have your vaccine, call to rearrange it and try to have it as soon as possible. You should also not attend a vaccine appointment if you are self-isolating, or waiting for a COVID-19 test or result. Call to rearrange your appointment.

## Will the vaccine protect me?

The COVID-19 vaccination will reduce the chance of you suffering from COVID-19 disease. It will take a few weeks for your body to build up protection from the vaccine.

Like all medicines, no vaccine is 100% effective so you should continue to take the recommended precautions such as social distancing, hand hygiene and face masks to avoid infection. Some people may still get COVID-19 after having a vaccination, but this should be less severe.

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

The vaccine cannot give you COVID-19 infection. It will reduce your chance of becoming seriously ill. The vaccines reduce the risk of passing on the virus, but do not completely prevent it. So, it is still important to follow the guidance in your local area to protect those around you. Information can be found at: [gov.wales/coronavirus](https://gov.wales/coronavirus).

### 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:

**[111.wales.nhs.uk/coronavirus\(2019ncov\)](https://111.wales.nhs.uk/coronavirus(2019ncov))**  
and **[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/lifestylewellbeing/yourinfoyourrights](https://111.wales.nhs.uk/lifestylewellbeing/yourinfoyourrights)**

For other formats of this leaflet including Easy Read, large print, British Sign Language video, Recite Me accessibility software and other languages visit:



**[phw.nhs.wales/covid-19-vaccination](https://phw.nhs.wales/covid-19-vaccination)**

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

Version 2  
ISBN 978-1-78986-154-317





# Rhagor o Wybodaeth

Gallwch gael rhagor o wybodaeth am frechlynnau COVID-19, gan gynnwys eu cynnwys a sgil-ffeithiau posibl yn: [11.wales.nhs.uk/coronavirus\(2019ncov\)?locale=cy](https://11.wales.nhs.uk/coronavirus(2019ncov)?locale=cy) a [coronavirus-yellowcard.mhra.gov.uk/productioninformation](https://coronavirus-yellowcard.mhra.gov.uk/productioninformation)

Gallwch roi gwybod am sgil-ffeithiau tybiedig ar-lein yn: [coronavirus-yellowcard.mhra.gov.uk/](https://coronavirus-yellowcard.mhra.gov.uk/) u drwy lawrlwytho'r ap Cerdyn Melyn.

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

[11.wales.nhs.uk/lifestylewellbeing/yourinfoyourrights?locale=cy](https://11.wales.nhs.uk/lifestylewellbeing/yourinfoyourrights?locale=cy)



Ar gyfer fformatau eraill o'r daflen hon gan gynnwys Hawdd ei Deall, print bras, fideo iaith Arwyddion Prydain, meddalwedd hygyrched Recite Me ac iethoedd eraill ewch i:

[ic.gig.cymru/pynciau/imiwneiddio-a-brechlynnau/gwybodaeth-brechlyn-covid-19/](https://ic.gig.cymru/pynciau/imiwneiddio-a-brechlynnau/gwybodaeth-brechlyn-covid-19/)

© Iechyd Cyhoeddus Cymru, Ebrill 2021  
(gyda chydabwyddiaeth i Iechyd Cyhoeddus Lloegr)

Fersiwn 2

ISBN 978-1-78986-154-317



# A fydd y brechlyn yn fy amddiffyn?

Bydd brechiad COVID-19 yn lleihau'r siawns y byddwch yn dioddef o glefyd COVID-19. Bydd yn cymrdd ychydig wythnosau i'ch corff ddatblygu amddiffyniad o'r brechlyn.

Fel pob meddyginiaeth, nid oes unrhyw frechlyn yn 100% effeithiol felly dylech barhau i gymrdd y rhagofalon a argymhellir fel cadw pellter cymdeithasol, hylendid dwylo a masgiau wneb er mwyn osgoi haint. Efallai y bydd rhai pobl yn dal i gael COVID-19 ar ôl cael eu brechu, ond dylai hyn fod yn llai difrifol.

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

Ni all y brechlyn roi haint COVID-19 i chi. Bydd y brechiad yn lleihau eich siawns o fod yn ddifrifol wael. Mae'r brechlynnau yn lleihau'r risg o drosglwyddo'r firws, ond nid ydynt yn ei atal yn llwyr. Felly, mae dal yn bwysig dilyn y canllawiau yn eich ardal leol i amddiffyn y rhai o'ch amgylch. Ceir gwybodaeth yn: [llyw.cymru/coronafeirws](https://www.cymru/coronafeirws).

## Tair rheol er mwyn DIOGELU CYMRU

Golchi  
dwyllo



Gwisgwch  
orchudd wneb



Cadwch  
2m ar wahân



Os ydych yn sâl gyda thwymyn, mae'n well aros nes y byddwch yn well cyn cael eich brechlyn, ffoniwch i'w aildrefnu a cheisio ei gael cyn gynted â phosibl. Ni ddylech ychwaith fynd i apwyntiad brechlyn os ydych yn hunanynysu neu'n aros am brawf neu ganlyniad COVID-19. Ffoniwch i aildrefnu eich apwyntiad.

## Beth ddylwn i ei wneud os byddaf yn sâl ar ddiwrnod fy apwyntiad nesaf?

Os mai hwn oedd eich dos cyntaf, dylech gynllunio i fynd i'ch ail apwyntiad. Dylech gael cerdyn cofnod gyda'ch apwyntiad nesaf wedi'i ysgrifennu arno. Mae'n bwysig cael y ddau dos o'r brechlyn i roi'r amddiffyniad gorau i chi. Cofiwch fynd â'ch cerdyn i'r apwyntiad nesaf.

## Beth ddylwn i ei wneud nesaf?

**Os byddwch yn profi unrhyw rai o'r canlynol o tua 4 diwrnod i bedair wythnos ar ôl brechu, dylech geisio cynnogor meddygol ar frys.**



- ♦ Pen tost/cur pen newydd, difrifol nad yw'n cael ei helpu gan boenladddwyr arterol neu sy'n gwaethygu
- ♦ Pen tost/cur pen anarferol sy'n ymddangos fel pe bai'n gwaethygu wrth orwedd i lawr neu blygu drosodd neu gall ddigwydd 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



Yn anaml iawn, caiff rhai pobl adwaith alergaidd yn fuan ar ôl cael brechiad. Gall fod yn frech neu'n gosi sy'n effeithio ar ran o'r corff neu'r corff 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 gwympo a mynd yn anymwybodol. Gelwir hyn yn anaflylacsia a gall ddigwydd gyda meddyginiathau eraill a bwyd. Mae'r adweithiau hyn yn brin ac mae gweithwyr gofal iechyd proffesiynol wedi'u hyfforddi i'w rheoli. Gelwir trin pobl sy'n cael adwaith anaflylactig yn llwyddiannus ac fel rheol maent yn gwella o fewn ychydig oriau.

## Beth ddylwn i ei wneud os ydw i'n pryderu am symptomau fy sgil-effeithiau?

Mae sgil-effeithiau cyffredin yn dilyn brechu fel arfer yn para llai nag wythnos. Os yw eich symptomau fel pe baent yn gwaethgu neu os ydych chi'n bryderus, edrychwch ar [111.wales.nhs.uk](http://111.wales.nhs.uk) ar-lein, ac os oes angen ffoniwch [GIG 111](http://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](http://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.

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

Yn ddiweddar, catwyd adroddiadau am gyflwr eithriadol o brin yn ymwneud â chlotiau gwaed a gwaedu anaferoi ar ôl brechu gyda brechlyn AstraZeneca, sy'n cael ei adolygu'n ofalus. Oherwydd y risg uchel o gymhlethdodau a marwolaeth o COVID-19, mae'r MHRA, Sefydliad Iechyd y Byd a'r Asiantaeth Ffedyginiathau Ewropeaidd wedi dod i'r casgliad bod y cydbwysedd o blaid brechu ar gyfer y mwyafrif helaeth o oedolion.





Os yw eich braich yn arbenigi o boenus, efallai y bydd yn anodd i chi godi eitemau trwm. Os byddwch yn teimlo'n sâl neu'n fflinedig iawn, dylech orffwys ac osgoi gweithredu peirannau neu yrru. Un sgil-effaith anghyffredin yw chwarentau chwyddedig yn y gesall neu'r gwdff ar yr un ochr ag y cawsocch eich brechiad. Gall hyn bara am tua 10 diwrnod, ond os yw'n para'n hirach siaradwch â'ch meddyg. Os ydych i fod i gael mamogram yn yr ychydig wythnosau ar ôl y brechlyn, yna dylech sôn am hynny pan fyddwch yn mynychu.

Efallai y cewch dwymyn ysgafn am ddau neu dri diwrnod ar ôl y brechiad, ond mae tymheredd uchel yn anferol a gall awgrymu bod gennych haint COVID-19 neu haint arall.

Symptomau pwysicaf COVID-19 yw ymddangosiad diweddar unrhyw rai o'r canlynol:

- peswch cyson newydd
- tymheredd uchel
- coll, neu newid, yn eich synnwy'r blasu neu arogl i arferol

Os oes gennych unrhyw rai o'r symptomau uchod, arhoswch gartref a threfnu i gael prawf. Mae rhai byrddau iechyd yn cynnig profion ar gyfer amrywiaeth ehangach o symptomau, felly edrychwch ar wefan eich bwrdd iechyd lleol. Os oes angen rhagor o wybodaeth arnoch am symptomau COVID-19 ewch i [111.wales.nhs.uk/](https://111.wales.nhs.uk/).

Os byddwch yn cael unrhyw sgil-effaithiau ar ôl eich brechlyn, gallwch gymryd y dos arferol o barasetamol (dilynwch y cyngor ar y pecyn) a gortfwys i'ch helpu i deimlo'n well. Peidiwch â chymryd mwy na'r dos arferol. I gael gwybodaeth am bob brechlyn COVID-19 gan gynnwys y cynnwys ewch i: [coronavirus-yellowcard.mhra.gov.uk/](https://coronavirus-yellowcard.mhra.gov.uk/)

**production information**





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

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








Fel pob meddyginiaeth, gall brechlynnau achosi sgil-ffeithiau. Mae hyn oherwydd bod brechlynnau'n gweithio drwy ysgogi ymateb yn eich system imiwnedd. Mae'r rhain fel arfer yn ysgafn ac yn para ychydig ddyddiau yn unig, ac nid yw pawb yn eu cael. Mae rhai brechlynnau COVID-19 yn tueddu i achosi mwy o sgil-ffeithiau ar ôl y dos cyntaf ac mae eraill yn achosi mwy o sgil-ffeithiau ar ôl yr ail dos. Hyd yn oed os cewch rai sgil-ffeithiau ar ôl y dos cyntaf, mae'n dal yn bwysig cael yr ail ddos.

## A fydd y brechlyn yn achosi sgil-ffeithiau?

Mae pob brechlyn wedi'i brofi mewn degau ar filoedd o bobl mewn sawl gwlad wahanol a dangoswyd eu bod yn ddiogel ac yn effeithiol. Mae'r MHA yn adolygu diogelwch y brechlynnau sy'n cael eu defnyddio yn barhaus yn seiliedig ar yr holl sgil-ffeithiau a nodir gan weithwyr gofal iechyd proffesiynol a'r cyhoedd. defnyddio yn y DU.

sawl math gwahanol o frechlyn COVID-19 i'w ac effeithiolrwydd, mae'r MHA wedi cymradwyo adolygiad manwl o astudiaethau mawr o ddiogelwch a Chynhyrchion Gofal Iechyd (MHA). Yn dilyn gan yr Asiantaeth Rheoleiddio Meddyginiaethau gymradwyo fel un sy'n ddiogel ac yn effeithiol Mae'r brechlyn COVID-19 a gawsoch wedi'i

# Cynnwys

- 8  Rhagor o wybodaeth
- 7  Ydw i'n gallu rhoi COVID-19 i unrhyw un, ar ôl i mi gael y brechiad?
- 7  A fydd y brechlyn yn fy amddiffyn?
- 6  Beth ddylwn i ei wneud os byddaf yn sâl ar ddiwrnod fy apwyntiad nesaf?
- 6  Beth ddylwn i ei wneud nesaf?
- 5  Beth ddylwn i ei wneud os ydw i'n pryderu am symptomau fy sgil-effeithiau?
- 3  A fydd y brechlyn yn achosi sgil-effeithiau?



Ebrill 2021

Beth i'w ddisgwyl ar ôl eich brechïad COVID-19

# Brechïad COVID-19

Hyd  
yn oed os  
ydydych wedi cael  
eich brechu rhaid i chi  
barhau i gadw pellter  
cymdeithasol, gwisgo  
masgiau wneud ac  
arfer hylendid  
dwyllo.



Mae Brechu yn achub bywydau  
Vaccination saves lives

