



Mae Brechu yn achub bywydau
Vaccination saves lives



COVID-19 vaccination

A guide for adults

January 2022



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This leaflet explains the (coronavirus) COVID-19 vaccination programme for eligible people.

What is COVID-19 or Coronavirus?

COVID-19 is a respiratory disease caused by the SARS-CoV-2 virus. It is highly infectious and spreads through the air when people cough or sneeze, or when they touch surfaces where it has landed then touch their eyes, nose or mouth.

The common symptoms of COVID-19 are:

- new continuous cough
- fever/high temperature (37.8 °C)
- loss of, or change in, sense of smell or taste

Some people will feel very tired, have aching muscles, sore throat, diarrhoea, vomiting, fever or confusion.

COVID-19 can affect anyone. It can cause serious illness, hospitalisation and even death. However, a significant proportion of infections do not show any symptoms or only have mild symptoms.

There is no cure for COVID-19 although some treatments reduce the risk of complications.

Why should I get a COVID-19 vaccine?

The vaccine is the best way to protect yourself from COVID-19.

The vaccine will reduce your risk of getting seriously ill from COVID-19. Catching COVID-19 can be serious and may lead to long-term complications and death. Being healthy does not reduce your risk of getting COVID-19 and passing it on.

You can spread COVID-19 to family and those around you, even if you have very mild symptoms or no symptoms at all.

The COVID-19 vaccine is helping to reduce the rates of serious illness and save lives.

Uptake of the vaccine in the first part of the vaccination programme has been very high.

If you want to travel abroad in the future, the country you are visiting might ask you to prove you have been vaccinated. COVID-19 rates are higher in some other countries.

Vaccines offer us hope for controlling COVID-19 disease but we need as many people to get vaccinated as possible for this to work best. Every vaccination counts, including yours.



**Vaccination is quick,
easy and safe**

How does the vaccine work?

The COVID-19 vaccine does not cause COVID-19. It helps to build up your immunity to the virus, so your body will fight it off more easily if it affects you. This can reduce your risk of developing COVID-19 or, if you do get COVID-19, it can make the symptoms milder. The vaccine is suitable for people with disorders of the immune system.

Are the vaccines safe?

The safety and effectiveness of all of the COVID-19 vaccines being used in the United Kingdom has been carefully assessed by the Medicines and Healthcare products Regulatory Agency (MHRA) before being authorised for use.

The safety and effectiveness of the COVID-19 vaccines continues to be checked while they are being used.

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

Will the vaccine protect me?

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

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

The UK vaccination programme has been very successful with tens of millions of people vaccinated and many thousands of lives already saved.

Who will be offered the vaccine?

The Joint Committee on Vaccination and Immunisation (JCVI), an independent expert group, has recommended that the vaccine is offered first to those at highest risk of getting COVID-19 and of suffering serious complications if they get COVID-19. We will continue to follow the JCVI advice and vaccinate those most at risk first.

For more information on who is eligible visit:
phw.nhs.wales/topics/immunisation-and-vaccines/covid-19-vaccination-information/eligibility-for-the-vaccine

All adults in Wales have been offered a primary course of COVID-19 vaccine. We will continue to make the offer available to those who have not yet been able to take up the vaccine. Those who are eligible will be offered a booster no sooner than three months after the second dose.

Further information on the COVID-19 booster programme can be found at: **phw.nhs.wales/topics/immunisation-and-vaccines/covid-19-vaccination-information/patient-information**

NHS Wales strongly recommends you get the vaccine as soon as it is offered to you.

Does 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. Most of these are mild and only last a few days, and not everyone gets them.

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. This tends to be worst around 1-2 days after the vaccine
- feeling tired
- a headache
- general aches, chills, or flu like symptoms
- nausea

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 paracetamol (follow the advice on dose and intervals in the packaging) and rest to help you feel better. Do not take more than the recommended dose.

An uncommon side effect is swollen glands in the armpit or neck on the same side as the arm where you had the vaccine. This can last for around 10 days, but if it lasts longer see your doctor. If you are due for breast screening (a mammogram) in the few weeks after the vaccine, then you should mention you've had the COVID-19 vaccine when you attend.

Common side effects following vaccination normally last less than a week. If your symptoms seem to get worse or 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.

Are there other, more serious side effects?

Astra Zeneca COVID-19 vaccine and rare blood clots

A condition involving blood clots and unusual bleeding has been reported extremely rarely after having the Astra Zeneca vaccine. This is being carefully reviewed but the risk factors for this condition are not yet clear.

For people under 40 without underlying health conditions, it is currently advised that it's preferable to have another COVID-19 vaccine instead of the Astra Zeneca vaccine. For further guidance please see the leaflets on COVID-19 vaccine and blood clotting at: **phw.nhs.wales/topics/immunisation-and-vaccines/covid-19-vaccination-information/patient-information/covid-19-vaccination-and-blood-clotting**

If you have a history of heparin-induced thrombocytopenia and thrombosis (HITT or HIT type 2), you should receive an alternative COVID-19 vaccine.

If you received a first dose of the AstraZeneca vaccine, you should complete the course with the same vaccine, unless you experience anaphylaxis or an episode of thrombosis combined with thrombocytopenia.



Because of the high risk of complications and death from COVID-19, the Medicines and Healthcare products Regulatory Agency (MHRA), the World Health Organisation and the European Medicines Agency have concluded that the balance is very much in favour of vaccination.

If you experience any of the following from around four 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

Extremely rare reports of capillary leak syndrome have been reported after the AstraZeneca vaccine in individuals with a prior history of this condition. You may be offered an alternative COVID-19 vaccine.

Heart Inflammation

Worldwide, cases of inflammation of the heart (called myocarditis or pericarditis) have been reported very rarely after COVID-19 vaccines. Most of these cases have been in younger men and usually a few days after the vaccination. Most of these people recovered and felt better following rest and simple treatments.

You should seek medical advice urgently if you experience:

- chest pain
- shortness of breath
- feelings of having a fast-beating, fluttering, or pounding heart

If you have had any of the above symptoms after your first vaccination, you should speak to your doctor or specialist before having the second dose.



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.

Reporting side effects

You can report suspected side effects of the COVID-19 vaccine through the Yellow Card Scheme at: **coronavirus-yellowcard.mhra.gov.uk**



Are there any reasons you should not get the vaccine?

There are very few people who cannot get the COVID-19 vaccine. The vaccine should not be given to:

- people who have had a confirmed anaphylactic reaction to any of the ingredients of the vaccine
- those who have had a confirmed anaphylactic reaction to a previous dose of the same COVID-19 vaccine.

People with a history of serious allergic reaction to food, an identified drug or vaccine, or an insect sting can get any COVID-19 vaccine, as long as they are not known to be allergic to any component of the vaccine. It's important that you tell the person giving you your vaccine if you've ever had a serious allergic reaction (anaphylaxis).

The vaccine does not contain any animal products or egg.

Fertility

There is no evidence to suggest that the COVID-19 vaccine will affect fertility in women or men. You do not need to avoid pregnancy after receiving the COVID-19 vaccination.



Pregnancy and breastfeeding

COVID-19 vaccines are recommended in pregnancy. Vaccination is the best way to protect against the known risks of COVID-19 in pregnancy for both women and babies. These include admission of pregnant women into intensive care and premature birth of the baby. You and your unborn baby cannot catch COVID-19 from the vaccines. If you are breastfeeding, or planning to breastfeed, you can get the COVID-19 vaccine. You should not stop breastfeeding to be vaccinated against COVID-19. You can continue to breastfeed as normal after vaccination.

For more information visit: phw.nhs.wales/topics/immunisation-and-vaccines/covid-19-vaccination-information/patient-information/covid-19-vaccination-and-pregnancy

How is the vaccine given?

The vaccine will be given as an injection in the upper arm. The vaccine will be given in two doses. COVID-19 vaccination offers good protection from three to four weeks after the first dose. The Joint Committee on Vaccination and Immunisation recommends a gap of eight to twelve weeks between the first two doses. It is important to get both recommended doses to protect yourself against COVID-19.

At your vaccination appointment, strict infection prevention and control measures will be in place.

How do I get my vaccine?

You will receive information about when and where to get vaccinated. If you have not attended or missed your appointment then contact your local Health Board or visit their website to rearrange your appointment.

More information on how to get your vaccination can be found at: gov.wales/get-your-covid-19-vaccination

On the day of the appointment, wear practical clothing so it's easy to get to the top of your arm. If you have a fear of needles or feel anxious, let the person giving your vaccine know. They will be understanding and support you.



It is important to have all the recommended doses of the vaccine to give you the best protection.

Keep your vaccination 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 day of my appointment?

If you are unwell, it is better to wait until you have recovered to have your vaccine, but you should try to have it as soon as possible. Please call to cancel and rearrange your appointment.

You should not attend a vaccine appointment if you are self-isolating, waiting for a COVID-19 test or within four weeks of having a positive COVID-19 test.

Can I catch COVID-19 from the vaccine?

You cannot catch COVID-19 from the vaccine. But it is possible to catch COVID-19 and not realise you have the symptoms until after your vaccination.

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 these symptoms, stay at home and arrange to have a test.

Do I still need to follow the guidance if I have had a vaccine?

After you've had your vaccine, it's important that you continue to follow the latest government guidance to help reduce the spread of the virus. It is not yet known whether having the vaccine completely stops you spreading the virus to others.

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

- follow the current guidance at: **gov.wales/coronavirus**

More information

You can find out more information about COVID-19 vaccines, including their contents and possible side effects at: **coronavirus-yellowcard.mhra.gov.uk/productinformation**

Further information and patient leaflets can be found at: **phw.nhs.wales/covid-19-vaccination**

You can report suspected side effects online at: **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/AboutUs/Yourinformation**

For other formats of this leaflet visit: **publichealthwales.org/HealthInformationResources**



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Rhagor o wybodaeth

Gallwch gael rhagor o wybodaeth am frechlynnau COVID-19, gan gynnwys eu cynnwys a sgil-ffeithiau posibl yn: coronavirus-yellowcard.mhra.gov.uk/productinformation

Ceir rhagor o wybodaeth a thafenni i gleffion yn: icc.gig.cymru/pynciau/imiwneiddio-a-brechlynnau/gwybodaeth-brechlyn-covid-19

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

I gael gwybod sut y ma'r GIG yn defnyddio eich gwybodaeth, ewch i: 111.wales.nhs.uk/aboutus/yourinformation/?locale=cy

I gael y datfen hon mewn fformatau eraill ewch i: icc.gig.cymru/gwasanaethau-a-thimanu/adoddau-gwybodaeth-iechyd



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A allaf ddal COVID-19 o'r brechlyn?

Ni allwch ddal COVID-19 o'r brechlad. Ond mae'n bosibl dal COVID-19 heb sylweddoli bod gennych y symptomau tan ar ôl eich brechlad.

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

- peswch cyson newydd
- tymheredd uchel
- colli, neu newid, yn eich synnwyr blasu neu arogl!
arterol

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

A oes angen i mi ddilyn y canllawiau o hyd os ydwi wedi cael brechlyn?

Ar ôl i chi gael eich brechlyn, mae'n bwysig eich bod yn parhau i ddilyn canllawiau diweddaraf y llywodraeth er mwyn helpu i leihau lledaeniad y feirws. Nid yw'n hysbys eto a yw cael y brechlyn yn eich atal rhag lledaenu'r feirws i eraill yn llwyr.

Er mwyn diogelu eich hun a'ch teulu, eich ffrindiau a chydweithwyr mae angen i chi wneud y canlynol o hyd:

- dilyn y canllawiau presennol yn: [llyw.cymru/coronafeirws](https://www.cymru/coronafeirws)

Sut ydwi'n cael fy mrechlyn?

Byddwch yn derbyn gwybodaeth ynghylch pryd a ble i gael eich brechu. Os nad ydych wedi mynd i'ch apwyntiad neu wedi colli eich apwyntiad, cysylltwch â'ch Bwrdd Iechyd lleol neu ewch i'w wefan er mwyn ailidrefnu eich apwyntiad.

Mae rhagor o wybodaeth am sut i gael eich brechiad ar gael yn: [llyw.cymru/cael-eich-brechlyn-covid-19](https://www.cymru/cael-eich-brechlyn-covid-19)

Ar ddiwrnod yr apwyntiad, gwisgwch ddillad ymarferol fel ei bod yn hawdd cyrraedd rhan uchaf eich braich. Os oes ofn nodwyddau arnoch neu os ydych yn teimlo'n bryderus, rhowch wybod i'r sawl sy'n rhoi eich brechlyn. Bydd yn deall ac yn eich cefnogi.

Mae'n bwysig cael yr holl ddsau a argymhellir o'r brechlyn i roi'r omdiffyniad gorau i chi.



Cadwch eich cerdyn brechu yn ddiogel a sicrhewch eich bod yn mynd i'ch apwyntiad nesaf i gael eich ail ddos.

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

Os ydych yn sâl, mae'n wellaros nes y byddwch wedi gwella cyn cael eich brechlyn, ond dylech geisio ei gael cyn gynted â phosibl. Ffoniwch i gansio ac ailidrefnu eich apwyntiad.

Ni ddylech fynd i apwyntiad brechu os ydych yn hunanymsu, ynaros am brawf COVID-19 neu o fewn pedair wythnos i gael prawf COVID-19 positif.



Beichlogrwydd a bwydo ar y fron

Argymhellir brechlynnau COVID-19 yn ystod beichlogrwydd. Brechu yw'r ffordd orau o amddiffyn yn erbyn risgiau hysbys COVID-19 yn ystod beichlogrwydd i fenywod a babanod. Mae'r rhain yn cynnwys derbyn menywod beichlog i ofal dwys a genedigaeth ddal COVID-19 o'r brechlynnau. Os ydych yn bwydo ar y fron, neu'n bwriadu bwydo ar y fron, gallwch gael y brechlyn COVID-19. Ni ddylech roi'r gorau i fwydo ar y fron er mwyn cael eich brechu rhag COVID-19. Gallwch barhau i fwydo ar y fron fel arfer ar ôl cael eich brechu. I gael rhagor o wybodaeth, ewch i: [icc.gig.cymru/pynciau/imiwneiddio-a-brechlynnau/gwybodaeth-i-gleifion/brechu-covid-19-a-beichlogrwydd](https://www.icc.gig.cymru/pynciau/imiwneiddio-a-brechlynnau/gwybodaeth-i-gleifion/brechu-covid-19-a-beichlogrwydd)

Sut y mae'r brechlyn yn cael ei roi?

Rhoddir y brechlyn fel pigiad yn rhan uchaf y fraich. Bydd y brechlyn yn cael ei roi mewn dau ddos. Mae brechu COVID-19 yn cynnig amddiffyniad da o dair i bedair wythnos ar ôl y dos cyntaf. Mae'r Cyd-bwyllgor ar Imiwneiddio a Brechu yn argymhellir i bwydo o wyth i ddeuddeg wythnos rhwng y ddau ddos cyntaf. Mae'n bwysig cael y ddau ddos a argymhellir i amddiffyn eich hun rhag COVID-19. Yn eich apwyntiad brechu, bydd mesurau llym i atal a rheoli heintiau ar waith.



A oes unrhyw resymau pam na ddylech gael y brechlyn?

Prin iawn yw'r bobl na allant gael y brechlyn COVID-19. Ni ddylid rhoi'r brechlyn i'r canlynol:

- pobl sydd wedi cael adwath anaflyctig wedi'i gadarnhau i unrhyw un o gynhwysion y brechlyn
- y rhai sydd wedi cael adwath anaflyctig wedi'i gadarnhau i ddos blaenorol o'r un brechlyn COVID-19.

Gall pobl sydd â hanes o adwath alergaidd difrifol i fyw, cyffwr neu frechlyn a nodwyd, neu bigiad pryfed gael unrhyw frechlyn COVID-19, ar yr amod nad yw'n hysbys bod ganddynt alergedd i unrhyw ran o'r brechlyn. Mae'n bwysig eich bod yn dweud wrth y person sy'n rhoi eich brechlyn i chi os ydych erioed wedi cael adwath alergaidd difrifol (anaflyctis).

Nid yw'r brechlyn yn cynnwys unrhyw gynhyrchion anifeiliaid nac wy.

Ffrwythlondeb

Nid oes tystiolaeth i awgrymu y bydd y brechlyn COVID-19 yn effeithio ar ffrwythlondeb mewn menywod neu ddynion. Nid oes angen i chi osgoi beichiogrwydd ar ôl cael brechiad COVID-19.

Gallwch roi gwybod am unrhyw sgli-ffeithiau tybiedig y brechlyn COVID-19 drwy'r Cynllun Cerdyn Melyn yn: coronavirus-yellowcard.mhra.gov.uk

Rhoi gwybod am sgli-ffeithiau

Os byddwch yn ceisio cyngor gan feddyg neu nys, 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.



Os byddwch wedi cael unrhyw rai o'r symptomau uchod ar ôl eich brechiad cyntaf, dylech siarad â'ch meddyg neu arbenigwr cyn cael yr ail ddos.

- teimlo'r galon yn curo'n gyflym, yn dirgrynau
- prinder anadi
- poen yn y frest

Dylech geisio cyngor meddygol ar unwaith os byddwch yn profi:

Lleded y byd, mae achosion o lid y galon (o'r enw myocarditis neu bericarditis) wedi'u nodi'n anaml iawn ar ôl brechlynnau COVID-19. Mae'r rhan fwyaf o'r achosion hyn wedi bod mewn dynion iau ac fel arfer ychydig ddyddiau ar ôl y brechiad. Roedd y rhan fwyaf o'r bobl hyn wedi gwella ac yn teimlo'n well ar ôl gorffwys a thriniaethau syml.

Lid y Galon

Rhodddwyd gwybod am adroddiadau prin iawn blaenorol o'r cyflwr hwn. Efallai y cewch gynig trechlyn COVID-19 arall.

AstraZeneca mewn unigolion sydd â hanes o syndrom capilari yn gollwng ar ôl brechlyn



Oherwydd y risg uchel o gymhlethdodau a marwolaeth o COVID-19, mae'r Asiantaeth Rheoleiddio Meddygiaethau a Chynhyrchion Gofal Iechyd (MHRA), Sefydliad Iechyd y Byd a'r Asiantaeth Feddygiaethau Ewropeaidd wedi dod i'r casgliad bod y cydbwysedd o blaid brechu.

Os byddwch yn profi unrhyw rai o'r canlynol o tua phedwar diwrnod i bedair meddygol ar frys.

- pen tost/cur pen newydd, difrifol nad yw'n cael ei helpu gan boenladdwyr arterol neu sy'n gwaethygu
- pen tost/cur pen anarterol sy'n ymdangos fel pe bai'n gwaethygu wrth orwedd i lawr neu blygu drosodd neu gall ddigwydd ar y cyd â:
- golwg aneglur, cyflog a chwyddu
- anhawster gyda'ch lleferydd
- gwendid, teimlo'n gysglyd neu ffittiau
- cleisio neu waedu pigiad pin newydd, heb esboniad
- diffyg anadl, poen yn y frest, chwyddo yn y coesau neu boen cyson yn y stumog

Mae sgil-effeithiau cyffredin yn dilyn brechu fel arfer yn para llai nag wythnos. Os yw'n ymddangos bod eich symptomau'n gwaethygu neu os ydych yn pryderu, edrychwch ar: 111.wales.nhs.uk ar-lein, ac os oes angen ffoniwch GIG 111 Cymru ar **111** 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.

A oes sgil-effeithiau eraill mwy difrifol?

Brechlyn COVID-19 Astra Zeneca a chlotiau gwaed prin

Mae cyflwr sy'n cynnwys clotiau gwaed a gwaedu anarferol wedi'i nodi mewn achosion prin iawn ar ôl cael brechlyn Astra Zeneca. Mae hyn yn cael ei adolygu'n ofalus ond nid yw'r ffactorau risg ar gyfer y cyflwr hwn yn glir eto.

I bobl o dan 40 oed heb gyflyrau iechyd sy'n bodoli eisoes, cynghorir ar hyn o bryd ei bod yn well cael brechlyn COVID-19 arall yn lle brechlyn Astra Zeneca. I gael rhagor o arweiniad, gweler y tafenni ar frechlyn COVID-19 a chlotiau gwaed yn: [icc.gig](https://www.nhs.uk/health/a-z/covid-19/gwybodaeth-i-gymru/pynciau/imiwneiddio-a-brechlynau-gwybodaeth-brechlyn-covid-19/gwybodaeth-i-gleigion/brechlyn-covid-19-a-chlotiau-gwaed).

Os oes gennyhch hanes o thrombositopenia a thrombosis a ysgogir gan heparin (HIT neu HIT math 2), dylech gael brechlyn COVID-19 arall.

Os cawsoch ddos cyntaf o'r brechlyn AstraZeneca, dylech gwblhau'r cwrs gyda'r un brechlyn, oni bai eich bod yn profi anaffylaxis neu thrombosis ynghyd â thrombositopenia.

Un sgil-effaith anghyffredin yw chwarennau chwyddedig yn y gesail neu'r gwddf ar yr un ochr â'r traich lle y cawsosch y brechlyn. Gall hyn bara tua 10 diwrnod, ond os yw'n parhau hirach dylech weld eich meddyg. Os ydych i fod i gael prawf sgrinio'r tron (mamogram) yn yr ychydig wythnosau ar ôl y brechlyn, yna dylech sôn eich bod wedi cael y brechlyn COVID-19 pan fyddwch yn mynychu.

Etallai y cewch dwymyn ysgafn am ddau i dri diwrnod ar ôl y brechiad, ond mae tymheredd uchel yn anafrol a gall awgrymu bod gennyfch haint COVID-19 neu haint arall. Gallwch gymryd parasetamol (dilynwch y cynngor ar ddosau a chyfnodau ar y pecyn) a gortffwyswch i'ch helpu i deimio'n well. Peidiwch â chymryd mwy na'r dos a argymhellir.

- Mae sgil-effeithiau cyffredin iawn yn y diwrnod cyntaf neu ddau yn cynnwys:**
- teimlad poenus, trwm a thynnerwch yn y traich y cawsosch eich pigiad ynddi. Mae hyn yn tueddu i fod ar ei waethaf tua 1 i 2 ddiwrnod ar ôl y brechlyn
 - teimlo'n flinedig
 - pen tost/cur pen
 - poenau cyffredinol, oerfel, neu symptomau tebyg i ffliw
 - cyflog

Fel pob meddyginiath, gall brechiadau achosi sgil-effeithiau. Mae hyn oherwydd bod brechlynau'n gweithio drwy ysgogi ymateb yn eich system imiwedd. Mae'r rhan fwyaf o'r hain yn ysgafn ac yn para ychydig ddyddiau yn unig, ac nid yw pawb yn eu cael.

A oes gan y brechlyn sgil-effeithiau?

Pwy fydd yn cael cynnig y brechlyn?

Mae'r Cyd-bwyllgor ar Imiwneiddio a Brechu (JCVI), set grŵp arbenigol annibynnol, wedi argymhell bod y brechlyn yn cael ei gynnig gyntaf i'r rhai sy'n wynebu'r risg uchaf o gael COVID-19 ac o ddioddef cymhlethdodau difrifol os ydynt yn cael COVID-19. Byddwn yn parhau i ddilyn cynngor y JCVI a brechu'r rhai sy'n wynebu'r risg fwyaf.

I gael rhagor o wybodaeth ac i weld rhestr flaenoriaeth y JCVI, ewch i: iccgig.cymru/pynciau/imiwneiddio-a-brechlynau/gwybodaeth-brechlyn-covid-19/cymhwystra-ar-gyfer-y-brechlyn

Mae pob oedolyn yng Nghymru wedi cael cynnig prif gwrs o frechlyn COVID-19. Byddwn yn parhau i sicrhau bod y cynnig ar gael i'r rhai nad ydynt eto wedi gallu manteisio ar y brechlyn. Bydd y rhai sy'n gymwys yn cael cynnig pigiad atgyfnerthu heb fod yn gynt na thri mis ar ôl yr ail ddos.

Mae rhagor o wybodaeth am raglen atgyfnerthu COVID-19 ar gael yn: iccgig.cymru/pynciau/imiwneiddio-a-brechlynau/gwybodaeth-brechlyn-covid-19/gwybodaeth-i-gleffion

Mae GIG Cymru yn argymhell yn gryf eich bod yn cael y brechlyn cyn gynted ag y caiff ei gynnig i chi.

Mae rhaglen frechu'r DU wedi bod yn llwyddiannus iawn gyda degau o filiynau o bobl wedi'u brechu a miloedd lawer o fywydau eisoes wedi'u hachub. Fel pob meddyginaeth, nid oes unrhyw frechlyn yn gwbl effeithiol – etallai y bydd rhai pobl yn dal i gael COVID-19 er iddynt gael brechiad, ond dylai hyn fod yn llai difrifol.

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

A fydd y brechlyn yn fy amddiffyn?

Nid yw'r brechlynnau'n cynnwys organebau sy'n tyfu yn y corff, ac felly maent yn ddiogel i bobl ag anhwylderau'r system imiwedd. Etallai na fydd bobl hyn yn ymateb cystal i'r brechlyn.

Mae diogelwch ac effeithiolrwydd y brechlynnau COVID-19 yn parhau i gael eu gwirio tra byddant yn cael eu defnyddio.

Mae diogelwch ac effeithiolrwydd yr holl frechlynnau COVID-19 sy'n cael eu defnyddio yn y Deyrnas Unedig wedi'u hasesu'n ofalus gan yr Asiantaeth Rheoleiddio Meddyginaethau a Chynhyrchion Gofal Iechyd (MHRA) cyn cael eu hawdurdodi i'w defnyddio.

A yw'r brechlynnau'n ddiogel?

Nid yw'r brechlyn COVID-19 yn achosi COVID-19. Mae'n helpu i adeiladu eich imiwedd i'r feirws, felly bydd eich corff yn ei ymladd yn haws os yw'n effeithio arnoch. Gall hyn leihau eich risg o ddatblygu COVID-19 neu, os byddwch yn cael COVID-19, gall wneud y symptomau'n fwy ysgafn. Mae'r brechlyn yn addas i bobl ag anhwylderau'r system imiwedd.

Sut y mae'r brechlyn yn gweithio?

Pam y dylwn gael brechlyn COVID-19?

Y brechlyn yw'r ffordd orau o amddiffyn eich hun rhag COVID-19.

Bydd y brechlyn yn lleihau eich risg o fynd yn ddifrifol wael o COVID-19. Gall dal COVID-19 fod yn ddifrifol a gall arwain at gymhlethdodau hirdymor a marwolaeth. Nid yw bod yn iach yn lleihau eich risg o gael COVID-19 a'i drosglwyddo.

Gallwch ledaenu COVID-19 i'r teulu a'r rhai o'ch cwmpas, hyd yn oed os oes gennych symptomau ysgafn iawn neu ddim symptomau o gwbl.

Mae'r brechlyn COVID-19 yn helpu i leihau cyfraddau salwch difrifol ac achub bywydau.

Mae'r nifer a gafodd y brechlyn yn rhan gyntaf y rhaglen frechu wedi bod yn uchel iawn.

Os byddwch am deithio dramor yn y dyfodol, etfallai y bydd y wlad rydych yn ymweld â hi yn gofyn i chi! profi eich bod wedi cael eich brechu. Mae cyfraddau COVID-19 yn uwch mewn rhai gwledydd eraill.

Mae brechlynnau'n cynnig gobraith i ni ar gyfer rheoli clefyd COVID-19 ond mae angen cynifer o bobl â phosibl arnom i gael eu brechu er mwyn i hyn weithio orau. Mae pob brechiad yn cyfrif, gan gynnwys eich brechiad chi.

Mae brechu yn gyflym, yn hawdd ac yn ddiogel



Mae'r datlen hon yn egluro'r rhaglen trechu (coronafeirws) COVID-19 i bobl gymmys.

Beth yw COVID-19 neu'r Coronafeirws?

Mae COVID-19 yn glefyd anadliol a achosir gan feirws SARS-CoV-2. Mae'n heintus iawn ac yn lledaenu drwy'r aer pan fydd pobl yn pesychu neu'n tisian, neu pan fyddant yn cyffwrdd ag arwynebau lle mae wedi glanio ac yna'n cyffwrdd â'u llygaid, eu trwyn neu eu ceg.

Dyma symptomau cyffredin COVID-19:

- peswch cyson newydd
- twymyn/tymhredd uchel (37.8 °C)
- colli neu newid o ran eich synnwyr arogl! neu flasau

Bydd rhai pobl yn teimlo'n flinedig iawn, bydd eu cyhyrau'n boenus, bydd ganddynt ddolur gwddw, dolur rhydd, chwydu, twymyn neu ddryswch.

Gall COVID-19 effeithio ar unrhyw un. Gall achosi salwch difrifol, gortod mynd i'r ysbty a hyd yn oed marwolaeth. Fodd bynnag, nid yw cyfran sylweddol o heintiau yn dangos unrhyw symptomau neu dim ond symptomau ysgafn sydd ganddynt.

Nid oes gwellhad i COVID-19 er bod rhai triniaethau yn lleihau'r risg o gymhlethdodau.

Ionawr 2022

Canllaw i oedolion

Brechu COVID-19



Mae Brechu yn achub bywydau
Vaccination saves lives

