



Mae Brechu yn achub bywydau
Vaccination saves lives



COVID-19 vaccination







What to expect after your
COVID-19 vaccination

December 2021



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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 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 given to millions of people in several different countries and shown to be safe and effective. The MHRA continues to review the safety of vaccines in use based on all side effects reported by healthcare professionals and the public.

Will I experience any 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.

Very common side effects include:

- having a painful heavy feeling and tenderness in the arm after the 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 this 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. 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 of paracetamol.

These symptoms normally last less than a week. If your symptoms seem to get worse or if you are concerned, call NHS 111. If you do seek advice from a doctor or nurse, make sure you tell them about your vaccination (show them the vaccination card) so that they can assess you properly. You can also report any suspected side effects of vaccines and medicines online at: **coronavirus-yellowcard.mhra.gov.uk** or via the Yellow Card app.

Are there other more serious side effects?

There have been reports of an extremely rare condition involving blood clots and unusual bleeding after vaccination with the AstraZeneca and Janssen vaccines. This is being carefully reviewed but the risk factors for this condition are not yet clear.

The Joint Committee on Vaccination and Immunisation (JCVI) advises there is a much lower rate of blood clots and unusual bleeding with further doses. 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 4 weeks after vaccination, you should seek medical advice urgently:

- a new, severe headache which is not helped by usual painkillers or is getting worse
- 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.

Worldwide, rare cases of inflammation of the heart called myocarditis or pericarditis have been reported after COVID-19 vaccines. These cases have been seen mostly in younger men within several days after 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.

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. You should also not attend a vaccine appointment if you are self-isolating, or waiting for a COVID-19 test or result. Ideally you should wait at least 4 weeks after having a positive COVID-19 test before having your vaccination. Call to rearrange your appointment as soon as possible.

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 reduces 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

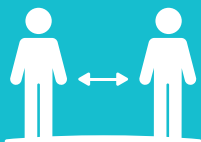
Rules to KEEP WALES SAFE



Wash your
hands



Wear a
face covering



Keep
apart



Fresh
air

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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Mwy o wybodaeth

Gallwch gael mwy o wybodaeth am frechlynnau COVID-19, gan gynnwys eu cynnwys a'u sgl-effieithiau posibl, yn: mhra.gov.uk/productinformation.

Mae mwy o wybodaeth a thatienni cleffion ar gael yn: ic.gig.cymru/pynciau/imiwneiddio-a-brechlynnau/gwybodaeth-brechlyn-covid-19

Gallwch roi gwybod am amheuaeth o

sgil-effieithiau ar-lein yn: coronavirus-yellowcard.mhra.gov.uk neu drwy lawrlwytho ap y Cerdyn Melyn.

I gael gwybod sut mae'r GIG yn defnyddio eich gwybodaeth, ewch i: 111.wales.nhs.uk/AboutUs/YourInformation?locale=cy

Ar gyfer fformatau eraill
o'r daflen hon ewch i:
ic.gig.cymru/gwasanaethau-a-thimau/adnoddau-gwybodaeth-iechyd



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Rheoliau er mwyn DIOGELU CYMRU



Golchi!
dwylo



Gwisgwch

orchudd wyneb



Cadwch
ar wahan



Awyr
!ach

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

Os ydych yn sâl gyda thymheredd uchel, mae'n well aros nes eich bod wedi gwella cyn cael eich brechu. Ni ddylech fynychu apwyntiad brechu os ydych chi'n hunanyngysu, neu'n aros am brawf COVID-19 neu ganlyniad. Yn ddefnyddol, dylech aros am o leiaf 4 wythnos ar ôl cael prawf COVID-19 positif cyn cael eich brechu. Ffoniwch i aildrefnu eich apwyntiad cyn gynted â phosib.

A fydd y brechu yn fy ngwarchod i?

Bydd brechu COVID-19 yn lleihau'r siawns y byddwch yn dioddef o afiechyd COVID-19. Bydd yn cyrryd ychydig wythnosau i'ch corff tagu amddiffyniad rhag y brechu. Fel pob meddyginiâeth, nid yw unrhyw frechu yn 100% yn effeithiol felly dylech barhau i ddilyn y rhagolygon a argymhellir, fel cadw pellter cymdeithasol, hylendid dwylo a masgiau wneub er mwyn osgoi haint. Efallai y bydd rhai pobl yn cael COVID-19 yr un fath ar ôl cael y brechu, ond dylai fod yn llai difrifol.

Ydw i'n gallu rhoi COVID-19 i unrhyw un, nawr fy mod i wedi cael y brechu?

Ni all y brechu roi haint COVID-19 i chi. Bydd yn lleihau eich siawns o fod yn ddifrifol wael. Mae'r brechu yn lleihau'r risg o drosglwyddo'r feirws, ond nid yw'n ei atal yn llwyr. Felly mae'n bwysig o hyd dilyn y canllawiau yn eich ardal leol i ddiogelu'r rhai o'ch cwmpas. Gellir dod o hyd i wybodaeth yn: [llw.cymru/coronafeirws](https://www.cymru/coronafeirws)

Dylech ofyn am gyngor meddygol ar frys os byddwch yn profi:

- poen yn y frest
- eich anadl yn fyr
- teimlo bod eich calon yn curo'n gyflym, yn drwm neu'n atreolaidd.

Lleded y byd, adroddwyd am achosion prin o lid ar y galon o'r enw myocarditis neu bericarditis ar ôl brechu. Fe wnaeth y mwyafrif o'r bobl hyn adfer a yn bennaf ymhlith dynion iau o fewn sawl diwrnod ar ôl brechu. Fe wnaeth y mwyafrif o'r bobl hyn adfer a gwella yn dilyn gorffwys a thriniaethau syml.

- yr anadl yn fyr, poen yn y frest, y coesau wedi chwyddo neu boen parhaus yn yr abdomen.
- cleisio neu waedu blaen pin newydd, anesboniadwy
- gwendid, teimlo'n gysgilyd neu ffittian
- anhawster gyda'ch lleferydd
- golwg aneglur, teimlo'n sal a thafu i fyny
- cur pen anarferol sy'n ymddangos fel pe bai'n gwaaethygu wrth orwedd neu blygu drosodd neu gall fod yn gur pen a hefyd y canlynoi:
- cur pen difrifol, newydd sydd ddim yn gwella gyda chyffuriau lleddfu poen arferol neu sy'n gwaaethygu
- cur pen anarferol sy'n ymddangos fel pe bai'n gwaaethygu

Os byddwch yn profi unrhyw rai o'r canlynoi rhwng tua 4 diwrnod a 4 wythnos ar ôl y brechlyn, dylech gael cyngor meddygol ar frys:



Un sgl-ffraith anghyffredin yw chwahrenau
 chwyddedig o dan eich cesail neu yn y gwddw ar
 yr un ochr ag y cawsoc eich brechlyn. Gall hyn
 bara am oddeutu 10 diwrnod, ond os yw'n para'n
 hirach siaradwch â'ch meddyg. Os ydych chi i fod i
 gael mamogram yn ystod yr ychydig wythnosau ar
 ôl y brechlyn, dylech sôn am hyn pan fyddwch
 chi'n mynychu.

Gallwch gael mymrn o dymheredd am ddau neu
 dri diwrnod ar ôl y brechlyn ond mae tymheredd
 uchel yn anferol a gall ddynodi bod gennyh
 COVID-19 neu haint arall. Gallwch gymryd y dos
 arferol o barasetamol (dilynwch y cyngor ar y pecyn)
 a gortfwys i'ch helpu chi i deimlo'n well. Peidiwch â
 chymryd mwy na'r dos arferol o barasetamol.

Mae'r symptomau hyn yn para llai nag wythnos fel
 rheol. Os yw'n ymddangos bod eich symptomau'n
 gwaethygu neu os ydych chi'n prydernu, ffoniwch GIG
 111. Os byddwch yn gofyn am gyngor gan feddyg neu
 nyrs, gwnewch yn siŵr eich bod yn dweud am eich
 brechlyn (dangoswch y cerdyn brechu) fel eich bod yn
 gallu cael asesiad priodol. Gallwch hefyd roi gwybod am
 unrhyw amheuaeth o sgl-ffraithiau ar ôl brechlynnau a
 meddygiaethau ar-lein yn: **coronavirus-yellowcard**.
mhra.gov.uk neu drwy ap y Cerdyn Melyn.

Oes unrhyw sgl-ffraithiau eraill mwy difrifol?

Catwyd adroddiadau o gyflwr eithriadol brin yn
 cynwys ceuladau gwaed a gwaedu anferol ar ôl
 brechu gyda'r brechlynnau AstraZeneca a Janssen.
 Mae hyn yn cael ei adolygu'n ofalus ond nid yw'r
 ffactorau risg ar gyfer y cyflwr hwn yn glir eto.

Mae'r Cyd-bwyllgor ar Frechu ac Imiwneddio (JCVI)
 yn cynghori bod cyfradd lawer is o geuladau gwaed
 a gwaedu anferol gyda dosau pellach. Oherwydd
 y risg uchel o gymhlethdodau a marwolaeth o
 COVID-19, mae'r MHRA, Sefydliad Iechyd y Byd
 ac Asiantaeth Meddygiaethau Ewrop wedi dod
 i'r casgliad bod y balans o blaid brechu ar gyfer y
 mwyafrif helaeth o oedolion.

Os yw'ch braich yn ddolurus iawn, etfallai y bydd codi pethau trwm yn anodd i chi. Os ydych chi'n teimlo'n sal neu'n flinedig iawn dylech orffwys ac osgoi gweithredu peirannau neu yrru cerbyd.

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

Mae'r sgil-effeithiau cyffredin iawn yn cynnwys:

Fel pob meddyginiath, gall brechlynnau achosi sgil-effeithiau. Mae hyn oherwydd bod brechlynnau'n gweithio drwy sbarduno ymateb yn eich system imiwedd. Mae'r rhain fel rheol yn ysgafn a dim ond am ychydig ddyddiau tyddant yn para, ac nid yw pawb yn eu cael.

A fyddaf yn profi unrhyw sgil-effeithiau?

Mae'r brechlyn COVID-19 rydych chi wedi'i gael wedi cael ei gymeradwyo fel brechlyn diogel ac effeithiol gan yr Asiantaeth Rheoleiddio Meddyginiathau a Chynhyrchion Gofal Iechyd (MHRA) annibynnol. Yn dilyn astudiaethau mawr a manwl o ddiogelwch ac effeithiolrwydd, mae'r MHRA wedi cymeradwyo sawl math gwahanol o frechlynnau COVID-19 i'w defnyddio yn y DU. Mae pob brechlyn wedi cael ei roi i ffilïynau o bobl mewn sawl gwlad wahanol a dangoswyd ei fod yn ddiogel ac yn effeithiol. Mae'r MHRA yn parhau i adolygu diogelwch y brechlynnau sy'n cael eu defnyddio yn seiliedig ar yr holl sgil-effeithiau yr adroddir amdanynt gan weithwyr gofal iechyd profesiynol a'r cyhoedd.

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- 6 Ydw i'n gallu rhoi COVID-19 i unrhyw un, nawr fy mod i wedi cael y brechlyn? 
- 6 A fydd y brechlyn yn fy ngwarchod i? 
- 6 Beth ddylwn i ei wneud os wyt yn sâl ar ddiwrnod fy apwyntiad nesaf? 
- 4 Oes unrhyw sgl-efteithiau eraill mwy ditrifol? 
- 3 A fyddaf yn profi unrhyw sgl-efteithiau? 



Rhagfyr 2021

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

Brechlyn COVID-19



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