



Mae Brechu yn achub bywydau
Vaccination saves lives



COVID-19

vaccination

A guide for children and young people aged five to 17 who are at greater risk from COVID-19 infection

Information about the autumn booster 2022



GIG
CYMRU
NHS
WALES

August 2022



**This leaflet explains the
COVID-19 (coronavirus)
vaccination programme for
children and young people aged
five to 17 who are at greater
risk from COVID-19 infection.**

What is COVID-19 (coronavirus)?



COVID-19 is a very infectious respiratory disease caused by the SARS-CoV-2 virus. Very few children with COVID-19 infection go on to have severe disease.

Who can have the COVID-19 autumn booster vaccine?

All children and young people aged five and over in Wales have been offered a course of COVID-19 vaccine.

Children and young people aged five to 17 who have health conditions that put them at greater risk from COVID-19 will be offered a booster this autumn. This will be given no sooner than three months after their last dose.

It is important to be up to date with your COVID-19 vaccines. If you have missed a previous booster dose and are eligible this autumn, you will only need to have the autumn booster dose.

A COVID-19 autumn booster vaccine is strongly recommended even if you have already received a booster dose. Getting vaccinated is a safe and effective way to protect against serious illness and being admitted to hospital.

An autumn booster is also being offered to:

- children and young people aged five and above who live with someone who has a weakened immune system, and
- 16- and 17-year-olds who are carers.

For more information on whether you are eligible for the vaccine, go to:

phw.nhs.wales/covidvaccine/eligibility

If you have not yet had either of your first two doses of the vaccine you should have them as soon as possible. For more information, go to:

gov.wales/get-your-covid-19-vaccination



What vaccine will be offered to children and young people?

The vaccine for children and young people is effective and safe for them to have. They will be offered a COVID-19 autumn booster vaccine suitable for their age.

Is it safe for children and young people?

The medicines regulator, the Medicines and Healthcare products Regulatory Agency (MHRA), has confirmed the COVID-19 vaccine being offered to children and young people is safe and effective.

What is the risk from COVID-19?

COVID-19 can affect anyone. For most children and young people, COVID-19 is a mild illness and rarely leads to complications. For some, the symptoms may last for longer than the usual two to three weeks. However, some children and young people may get seriously ill and have to go to hospital.

The risks of COVID-19 infection are higher for children and young people with underlying health conditions such as cancer, diabetes, serious heart problems, and chest complaints or breathing difficulties, including poorly controlled asthma.

Getting vaccinated is a safe and effective way to protect against serious illness and being admitted to hospital with COVID-19. Vaccination is also expected to offer some protection against future waves of COVID-19 infection.

Protection from the COVID-19 vaccination

The vaccine that is being offered produces a strong immune response and provides good protection against severe illness from COVID-19.

It may take a few weeks 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 the effects should be less severe.

Children and young people with disorders of the immune system may not make a strong immune response to the vaccine, but it should offer them protection against severe disease.

What happens next?

You will be given information by the NHS about when and where the vaccination will be offered.



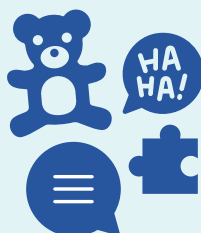
Wearing loose short-sleeved clothing on the day of the appointment makes it easier to get to the top of the arm, where the vaccine will be given.



Some children and young people have a fear of needles and can feel anxious. Let the person giving the vaccine know if this is the case. They will be understanding and supportive.



Children may like to bring a favourite toy with them to play with while they wait. Here is a link to some ideas to reduce a child's anxiety during vaccination: **phw.nhs.wales/distraction-techniques**



What about giving consent?

A parent or carer with parental responsibility for a child or young person will be asked to give informed consent (permission) for them to have the vaccine.

In some circumstances, young people aged 12 to 15 may be mature enough to give consent themselves if they fully understand what is being offered, although it is best that parents or carers are involved in their decision about having the vaccine.

It is important young people read the information about the COVID-19 vaccination and understand the risks and benefits of vaccination. The nurse or person giving the vaccination will be able to discuss the vaccine at the appointment and answer any questions.

Are there any reasons why the vaccine should not be given?

There are very few children and young people who cannot have the COVID-19 vaccine.

The vaccine should not be given to anyone who has had:

- a confirmed serious allergic reaction (anaphylaxis) to any of the ingredients of the vaccine, or
- a confirmed serious allergic reaction (anaphylaxis) to a previous dose of the same COVID-19 vaccine.

Children and young people with a history of serious allergic reaction to food, an identified drug or vaccine or an insect sting can have the COVID-19 vaccine, if they are not known to be allergic to any ingredient of the vaccine. It is important that you tell the person giving you the vaccine if you have ever had a serious allergic reaction.

Can COVID-19 vaccines be given at the same time as other vaccines?

COVID-19 vaccines can be given at the same time as most other vaccines. For the latest advice on this, please visit: phw.nhs.wales/covidvaccine

Will children and young people who have a long-term health condition also need their flu vaccination?

It is especially important that children and young people who have a long-term health condition get vaccinated against flu, as they are at a greater risk of complications than other children if they catch it.

More information is available at:

phw.nhs.wales/flu vaccine

Can the vaccine be given after COVID-19 infection?

Children and young people who are at greater risk of serious illness should leave at least four weeks between having COVID-19 and being vaccinated.

For all other children and young people there should be an interval of at least 12 weeks before getting the vaccine.

If in doubt, discuss this with the person giving the vaccination.

Side effects

Like all medicines, vaccines can cause side effects. Most of these are mild and short term and not everyone gets them. The very common side effects should only last a day or two.

Very common side effects in the first day or two include:

A heavy feeling or soreness where you had the injection



General aches or flu-like symptoms



Feeling tired

ZZZ



Having a headache



A mild fever



An uncommon side effect is swollen glands in the armpit or neck on the same side as the arm where the vaccine was given. This can last for around 10 days, but if it lasts longer contact your GP surgery for advice.

You may have a mild fever for two to three days after the vaccination. However, a high temperature is unusual and may be because you have another infection or illness. If you are worried speak to your doctor or nurse. Children and young people can take paracetamol (in the correct dose and form for their age) to help them feel better. It's important to read the dosing instructions on (or in) the packet.



Remember – children and young people under 16 should not take medicines that contain aspirin.

Are there other more serious side effects?

Cases of inflammation of the heart (called myocarditis or pericarditis) have been reported very rarely after COVID-19 vaccines.

Most children and young people recover and feel better following rest and simple treatment.

Get medical advice urgently if you notice the following side effects.

Chest pain



Shortness of breath



A fast-beating, fluttering or pounding heart

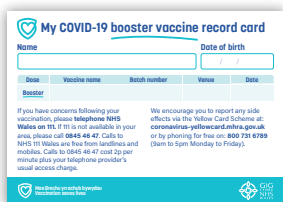


What to do if you are concerned about symptoms

Symptoms following vaccination normally last less than a week.

If the symptoms seem to get worse or if you are concerned, you can visit **111.wales.nhs.uk** online, call NHS 111 Wales by dialling **111**, or contact your GP surgery.

If you do get advice from a doctor or nurse, make sure you tell them about the vaccination (show them the vaccine record card, if possible) so that they can carry out a proper assessment.



The image shows a sample of a 'My COVID-19 booster vaccine record card'. It has a teal header with the NHS logo and the title. Below the title, there are fields for 'Name' and 'Date of birth'. A table follows with columns for 'Dose', 'Vaccine name', 'Batch number', 'Venue', and 'Date'. The first row is labeled 'Booster'. At the bottom, there is contact information for NHS Wales and a QR code for the Yellow Card scheme.

Dose	Vaccine name	Batch number	Venue	Date
Booster				

Make sure you keep the vaccine record card safe.

You can also report suspected side effects of vaccines and medicines through the **Yellow Card scheme**. You can do this online by searching Yellow Card scheme, by downloading the Yellow Card app, or by calling **0800 731 6789** (Monday to Friday, 9am to 5pm).



Can you catch COVID-19 from the vaccine?

You cannot catch COVID-19 from the vaccine as the vaccines do not contain organisms that grow in the body so they cannot cause COVID-19 infection. It is possible to have caught COVID-19 and not have the symptoms until after the vaccination. The most important symptoms of COVID-19 are:

- a new continuous cough
- a high temperature, and
- a loss of, or change in, your normal sense of taste or smell.

If you have symptoms of COVID-19, stay at home and follow the current national guidance at: **gov.wales/coronavirus**

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

How is COVID-19 spread?

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.

You **must** still follow the current guidance at **gov.wales/coronavirus**

More information

You can find more information on vaccines offered in Wales at: **phw.nhs.wales/vaccines**

You can find out more information about vaccines, including their contents and possible side effects, at: **medicines.org.uk/emc**.

You will need to enter the words 'COVID vaccine' in the search box.

You can report suspected side effects online at **www.mhra.gov.uk/yellowcard** or by downloading the Yellow Card app or calling **0800 731 6789** (Monday to Friday, 9am to 5pm).

If you have any questions or want more information, you can visit **111.wales.nhs.uk**, talk to your doctor or nurse or call NHS **111** Wales

To find out how the NHS uses your information, visit: **111.wales.nhs.uk/AboutUs/Yourinformation**

For other formats of this leaflet, visit:
phw.nhs.wales/vaccines/accessible-information



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Rhagor o wybodaeth

Gallwch gael rhagor o wybodaeth am trechlynnau a gynigir yng Nghymru yn: **icc.gig.cymru/brechlyn**

Gallwch gael rhagor o wybodaeth am trechlynnau, gan gynnwys eu cynhwysion a sgil-ffeithiau posibl, yn: **www.medicines.org.uk/emc**. Bydd angen i chi roi'r geiriau 'brechlyn COVID' yn y blwch chwilio.

Gallwch roi gwybod am sgil-ffeithiau a amheuir yn **www.mhra.gov.uk/yellowcard** neu drwy lawrlwytho'r ap Yellow Card, neu drwy ffonio 0800 731 6789 (dydd Llun i ddydd Gwener, 9am i 5pm).

Os oes gennych unrhyw gwestiynau neu os ydych am gael rhagor o wybodaeth, ewch i **111.wales.nhs.uk**, siaradwch â'ch meddyg neu nyrs neu ffoniwch GIG 111 Cymru

I gael gwybod sut y mae'r GIG yn defnyddio eich gwybodaeth, ewch i: **111.wales.nhs.uk/amdanomni/eichgwybodaeth**

I gael y daflen hon mewn fformatau eraill ewch i: **icc.gig.cymru/brechlynnau/adnoddau-hygyrch**



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(gyda chydabwyddiaeth i Asiantaeth Diogelwch Iechyd y DU)

A allwch ddal COVID-19 o'r brechlyn?

Ni allwch ddal COVID-19 o'r brechlyn gan nad yw'r brechlynnau'n cynnwys organebau sy'n tyfu yn y corff felly ni allant achosi haint COVID-19. Mae'n bosibl eich bod wedi dal COVID-19 a heb gael y symptomau tan ar ôl y brechiad. Symptomau pwysicaf COVID-19 yw:

- peswch cyson newydd
- tymheredd uchel, a
- cholli, neu newid, yn eich synnwyr blasu neu aroglï arferol.

Os oes gennych symptomau COVID-19, arhoswch gartref a dilyn y canllawiau cenedlaethol presennol yn: [llyw.cymru/coronafeirws](https://www.cymru/coronafeirws)

Os oes angen rhagor o wybodaeth arnoch am symptomau ewch i 111.wales.nhs.uk

Sut y mae COVID-19 yn lledaenu?

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

Rhaid i chi barhau i ddilyn y canllawiau presennol yn [llyw.cymru/coronafeirws](https://www.cymru/coronafeirws)



Beth! 'w wneud os ydych yn prydern am symptomau

Mae'r symptomau yma'n para llai nag wythnos fel rheol.

fel rheol.

Os yw'r symptomau fel pe baent yn gwaethgu neu os ydych yn brydurus, gallwch fynd i

111.wales.nhs.uk ar-lein, ffonio GIG 111 Cymru
drwy ddeialu **111**, neu cysylltwch â'ch meddygfa.

Os byddwch yn cael cynnig gan feddyg neu nysr, sicrhewch eich bod yn ddiogel wrth ynt am y brechiad (dangoswch y cerdyn cofnod brechlynt i ddyn, os oes modd) er mwyn i ddynnt allu cynnal asesiad iawn.

[illegible]

Gwnewch yn siŵr
eich bod yn cadw'r
cerdyn cofnod brechlyn
yn ddiogel.

Gallwch hefyd roi gwybod am unrhyw sgil-effeithiau a amheuir brechlynnau a meddyginaethau drwy'r **cynllun Yellow Card**. Gallwch wneud hyn ar-lein drwy chwilio am y cynllun Yellow Card, drwy lawrlwytho'r ap Yellow Card, neu drwy ffonio **0800 731 6789** (dydd Lun i ddydd Gwener, 9am i 5pm).

A oes sgil-effeithiau eraill mwy difrifol?

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 blant a phobl ifanc yn gwella ac yn teimlo'n well ar ôl gorffwys a thriniaeth syml.

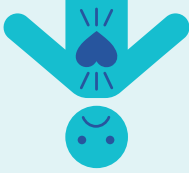
Mynwch gyngor meddygol ar frys os byddwch yn sylwi ar y sgil-effeithiau canlynol.



Poen yn
y frest



Prinder
anadl



Calon sy'n curo'n gyflym, yn
dirgrynu neu'n curo fel gordd



Sgîl-effeithiau

Fel pob meddyginiaeth, gall brechiadau achosi sgîl-effeithiau. Mae'r rhain fel rheol yn ysgafn ac yn para ychydig ddyddiau yn unig, ac nid yw pawb yn eu cael. Dylai'r sgîl-effeithiau cyffredin iawn bara diwrnod neu ddau yn unig.

Mae sgîl-effeithiau cyffredin iawn yn y diwrnod cyntaf neu ddau yn cynnwys:



Teimlad trwm neu ddolur
lle cawsoch y pigiad



Poenau
cyffredinol neu
symptomau
tebyg i ffliw



Pen tost/
cur pen



Thwymyn
ysgafn

Un sgîl-effaith anghyffredin yw chwarennau chwyddedig yn y gesail neu'r gwddf ar yr un ochr â'r traich lle y rhoddwyd y brechlyn. Gall hyn bara tua 10 diwrnod, ond os yw'n para'n hirach cysylltwch â'ch meddygfa i gael cyngor.

Efallai y bydd gennych dwymyn ysgafn am ddau i dri diwrnod ar ôl y brechiad. Fodd bynnag, mae tymheredd uchel yn anafrol a gall fod oherwydd bod gennych haint neu salwch arall. Os ydych yn poeni, siaradwch â'ch meddyg neu nysr. Gall plant a phobl ifanc gymryd parasetamol (yn y dos a'r ffurf gywir ar gyfer eu hoedran) i'w helpu i deimlo'n well. Mae'n bwysig darllen y cyfarwyddiadau ynghylch dos ar (neu yn) y pecyn.

Gofiwch - ni ddylai plant a phobl ifanc o dan 16 oed gymryd meddyginiaethau sy'n cynnwys asbrin.



A ellir rhoi brechlynnau COVID-19 ar yr un pryd â brechlynnau eraill?

Mae modd rhoi brechlynnau COVID-19 ar yr un pryd â'r rhan fwyaf o frechlynnau eraill. I gael y cynngor diweddaraf ar hyn, ewch i: iccgig.cymru/brechlynncovid

A fydd angen i blant a phobl ifanc sydd â chyflwr iechyd hirdymor gael eu brechiad fflw hetyd?

Mae'n arbennig o bwysig bod plant a phobl ifanc sydd â chyflwr iechyd hirdymor yn cael eu brechu yn erbyn fflw, gan eu bod yn wynebu mwy o risg o gymhlethdodau na pliant eraill os byddant yn ei ddal. Ceir rhagor o wybodaeth yn: iccgig.cymru/brechlynffliw

A ellir rhoi'r brechlyn ar ôl haint COVID-19?

Dylai plant a phobl ifanc sy'n wynebu mwy o risg o salwch difrifol adael o leiaf pedair wythnos rhwng cael COVID-19 a chael eu brechu. Ar gyfer pob plentyn a pherson ifanc arall, dylid sicrhau bwlch o 12 wythnos o leiaf cyn cael y brechiad. Os oes amheuan gennyh, trafodwch hyn gyda'r person sy'n rhoi'r brechiad.

Beth am roi caniatâd?

Gofynnir i riant neu ofalwr sydd â chyfrifoldeb rhiant dros blentyn neu berson ifanc roi caniatâd gybodus iddo gael y brechlyn.

Mewn rhai amgylchiadau, etallai y bydd pobl ifanc 12 i 15 oed yn ddigon aeddfed i roi caniatâd eu hunain os ydynt yn deall yn llawn yr hyn sy'n cael ei gynniig, er ei bod yn well i rieni neu ofalwyr gymryd rhan yn eu penderfyniad ynghylch cael y brechlyn.

Mae'n bwysig bod pobl ifanc yn darllen y wybodaeth am frechiad COVID-19 ac yn deall risgiau a manteision brechu. Bydd y nyrs neu'r person sy'n rhoi'r brechiad yn gallu trafod y brechlyn yn yr apwyntiad ac ateb unrhyw gwestiynau.

A oes unrhyw resymau pam na ddylid rhoi'r brechlyn?

Prin iawn yw'r plant a phobl ifanc na allant gael y brechlyn COVID-19.

Ni ddylid rhoi'r brechlyn i unrhyw un sydd wedi cael:

- adwaith alergaidd difrifol wedi'i gadarnhau (anaffylacsis) i unrhyw un o gynhwysion y brechlyn, neu
- adwaith alergaidd difrifol wedi'i gadarnhau (anaffylacsis) i ddos blaenorol o'r un brechlyn COVID-19.

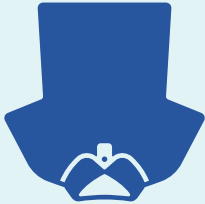
Gall plant a phobl ifanc sydd â hanes o adwaith alergaidd difrifol i fwyd, cyffur neu frechlyn a nodwyd, neu bigiad pryfed gael y brechlyn COVID-19, os nad yw'n hysbys bod ganddynt alergedd i unrhyw un o gynhwysion y brechlyn. Mae'n bwysig eich bod yn dweud wrth y person sy'n rhoi'r brechlyn i chi os ydych erioed wedi cael adwaith alergaidd difrifol.

Beth nesaf?

Byddwch yn cael gwybodaeth gan y GIG ynghylch pryd a ble y bydd y brechiad yn cael ei gynniig.



Bydd gwisgo dillad llewys byr llac ar ddiwrnod yr apwyntiad yn ei gwneud yn haws cyrraedd rhan uchaf y fraich, lle bydd y brechllyn yn cael ei roi.

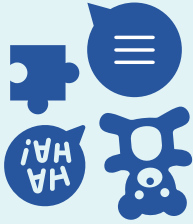


Mae gan rai plant a phobl ifanc ofn nodwyddau a gallant deimlo'n bryderus. Rhwch wybod i'r person sy'n rhoi'r brechllyn os yw hyn yn wir. Bydd yn deall ac yn eu cefnogi.



Efallai yr hoffai plant ddod ag un o'u hoff deganau i chwarae pan fyddant yn aros. Dyma ddolen i rai syniadau i leihau pryder plentyn yn ystod brechu:

phw.nhs.wales/
technegau-tynnu



Beth yw'r risg o COVID-19?

Gall COVID-19 effeithio ar unrhyw un. Ar gyfer y rhan fwyaf o blant a phobl ifanc, mae COVID-19 yn salwch ysgafn ac anaml y bydd yn arwain at gymhlethdodau. I rai, gall y symptomau bara am fwy o amser na'r ddwy i dair wythnos arferol. Fodd bynnag, gall rhai blant a phobl ifanc fynd yn ddifrifol wael a gorfod mynd i'r ysbdyty.

Mae risgiau haint COVID-19 hefyd yn uwch i blant a phobl ifanc â chyflyrau iechyd sy'n bodoli eisoes fel canser, diabetes, problemau difrifol gyda'r galon, a chwynion ar y frest neu anawsterau anadlu, gan gynnwys asthma a reolir yn wael.

Mae cael eich brechu yn ffordd ddogel ac effeithiol o amddiffyn yn erbyn salwch difrifol a chael eich derbyn i'r ysbdyty gyda COVID-19. Disgwylir hefyd i frechu gynnyg rhywfaint o amddiffyniad rhag tonnau o haint COVID-19 yn y dyfodol.

Amddiffyniad o'r brechiad COVID-19

Mae'r brechlyn sy'n cael ei gynnyg yn cynhyrchu ymateb imiwnyddol cryf ac mae'n rhoi amddiffyniad da yn erbyn salwch difrifol o COVID-19.

Gall gymryd ychydig wythnosau i ddatblygu rhywfaint o amddiffyniad o'r brechlyn. Fel pob meddyginiâth, nid oes unrhyw frechlyn yn gwbl effeithiol – efallai y bydd rhai pobl yn dal i gael COVID-19 er iddynt gael brechiad, ond dylai'r effeithiau fod yn llai difrifol.

Efallai na fydd plant a phobl ifanc ag anhwylderau'r system imiwneidd yn creu ymateb imiwnyddol cryf i'r brechlyn, ond dylai gynnyg amddiffyniad iddynt yn erbyn clefyd difrifol.



Pa frechlyn fydd yn cael ei gynig i blant a phobl ifanc?

Mae'r brechlyn ar gyfer plant a phobl ifanc yn effeithiol ac yn ddiogel iddynt ei gael. Byddant yn cael cynig brechlyn atgyfnerthu'r hydref COVID-19 sy'n addas ar gyfer eu hoedran.

A yw'n ddiogel i blant a phobl ifanc?

Mae'r rheoleiddwr meddyginiathau, yr Asiantaeth Rheoleiddio Meddyginiathau a Chynhyrchion Gofal Iechyd (MHRA), wedi cadarnhau bod y brechlyn COVID-19 sy'n cael ei gynig i blant a phobl ifanc yn ddiogel ac yn effeithiol.

Beth yw COVID-19 (coronafeirws)?



Mae COVID-19 yn glefyd anadlol heintus iawn a achosir gan feirws SARS-CoV-2. Prin iawn yw'r plant sydd â haint COVID-19 sy'n mynd ymlaen i gael clefyd difrifol.

Pwy all gael brechlyn atgyfnerthu'r hydref COVID-19?

Mae pob plentyn a pherson ifanc pump oed a throsodd yng Nghymru wedi cael cynnig cwrs o frechlyn COVID-19.

Bydd plant a phobl ifanc rhwng pump ac 17 oed sydd â chyflyrau iechyd sy'n golygu eu bod yn wnebu risg uwch o COVID-19 yn cael cynnig pigiad atgyfnerthu yr hydref hwn. Bydd hyn yn cael ei roi heb fod yn gynt na thri mis ar ôl eu dos diwethaf.

Mae'n bwysig cael eich brechlynnau COVID-19 diweddaraf. Os ydych wedi colli dos atgyfnerthu blaenorol ac yn gymwys yr hydref hwn, dim ond dos atgyfnerthu'r hydref y bydd angen i chi ei gael.

Mae brechlyn atgyfnerthu'r hydref COVID-19 yn cael ei argymhell yn gryf hyd yn oed os ydych eisoes wedi cael dos atgyfnerthu. Mae cael eich brechu yn ffordd ddiofel ac effeithiol o amddiffyn yn erbyn salwch difrifol a chael eich derbyn i'r ysbty.

Mae pigiad atgyfnerthu'r hydref hefyd yn cael ei gynnig i:

- blant a phobl ifanc pump oed a throsodd sy'n byw gyda rhywun â system imiwnedd wannach, a
- phobl ifanc 16 ac 17 oed sy'n ofalwyr.

I gael rhagor o wybodaeth ynghylch a ydych yn gymwys i gael y brechlyn, ewch i:

ic.gig.cymru/brechlynacovid/cymhwystre

Os nad ydych wedi cael un o'ch dau dos cyntaf o'r brechlyn dylech eu cael cyn gynted â phosibl. I gael rhagor o wybodaeth, ewch i:

lyw.cymru/cael-eich-brechlyn-covid-19

Mae'r datflen hon yn esbonio'r rhynglen frechu COVID-19 (coronafeirws) i blant a phobl ifanc pump i 17 oed sy'n wynebu risg uwch o haint COVID-19.



Mae Brechu yn achub bywydau
Vaccination saves lives



Brechu COVID-19

Canllaw i blant a phobl ifanc
pump i 17 oed sy'n wynebu
risg uwch o haint COVID-19

Gwybodaeth am bigiad atgyfnerthu'r
hydref 2022



Awst 2022

