Mae Brechu yn achub bywydau
Vaccination saves lives

COVID-19 vaccination

A guide to the COVID-19 booster vaccination

March 2022

GIG CYMRU NHS WALES

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

What is coronavirus or COVID-19?

COVID-19 is a very infectious respiratory disease caused by the SARS-CoV-2 virus and is more serious in older people and those with certain health conditions.

Why do some people need a COVID-19 booster vaccination?

Like some other vaccines, levels of protection may begin to wane over time. The booster will help extend your protection and give you longer term protection.

The booster will help to reduce the risk of you needing admission to hospital due to COVID-19 infection.

Who will be offered a COVID-19 booster vaccine?

A COVID-19 booster vaccine will be offered to:

- all adults over the age of 16 years
- pregnant women
- those aged 12 years and over who are at risk or who are a household contact of someone who is immunosuppressed

In spring 2022 an additional booster is being offered to:

- people aged 75 years and older
- residents in care homes for older people
- those aged 12 and over with a weakened immune system

When will the COVID-19 booster vaccine be given?

A booster will be offered at least three months after your last primary dose. Like your previous doses, the vaccine will be given in your upper arm.

Protection against severe disease from the first two doses seems to decline very slowly but the booster dose should help to protect you for longer.

When will the spring booster be given?

If you are eligible for a spring booster you will be offered this between March and June 2022, around six months (and not before three months) after your last dose of vaccine.

You do not need to have had a booster to be eligible. If you have not had your first booster before March 2022 then only the spring booster will be needed before the autumn.

How will I get my vaccination?

The NHS will be in contact with you to let you know when and where to have the vaccine. It's important to attend your appointment when you are invited.

If you can't attend please let the booking team know so your appointment can be given to someone else. Contact details are available on your appointment letter.

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

Which vaccine will you be offered?

You will be offered the right vaccine for you which may be the same or different from the vaccines that you had before.

These vaccines have been given to millions of people in the UK – they are safe and recommended for use as boosters.

Will I experience any side effects?

As with your previous doses, common side effects are the same for all COVID-19 vaccines used in the UK, and 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

A mild fever may occur for two to three days 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.

These symptoms normally last less than a week. If your symptoms seem to get worse or if you are concerned, you can 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.

Serious side effects

Worldwide, there have been very rare cases of inflammation of the heart called myocarditis or pericarditis reported after Pfizer and Moderna 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, after vaccination, you experience:

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

Who shouldn't have a COVID-19 booster vaccination?

There are very few people who should not have a booster.

If you had serious side effects after any previous dose you may be advised to avoid or delay further vaccination. You should discuss this with your doctor or specialist.

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

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

Yes, COVID-19 vaccines can be given at the same time as most other vaccines including flu vaccines. For the latest advice on COVID-19 vaccines and co-administration please visit: **phw.nhs.wales/covidvaccine**

What should I do if I have had COVID-19 already?

You still need to have a booster vaccine even if you've already been infected with COVID-19.

If you've recently tested positive for coronavirus, you should:

- wait at least 4 weeks following COVID-19 infection before getting your vaccine if you are over 18 or in a group that is at greater risk of serious illness from COVID-19; or
- wait at least 12 weeks following COVID-19 infection before getting your vaccine if you are under 18 and not in a group at greater risk of serious illness from COVID-19. During periods of high incidence or where there is concern about vaccine effectiveness (e.g. new variant) this may be reduced to 8 weeks.

Further information and patient leaflets can be found at: **phw.nhs.wales/covidvaccine**.

Can you still catch COVID-19 after having the vaccine?

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

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.

If you have not had the first vaccinations

If you have not yet had either of your first two doses of the vaccine you should have them as soon as possible.

You will still need the booster but the timing of it will depend on when you had your first two doses.

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**.

To order additional copies or alternative 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-effeithiau posibl yn: **coronavirus-yellowcard.mhra.gov.uk/productinformation**.

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

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

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

I archebu rhagor o gopïau neu fformatau amgen o'r daflen hon, ewch i: **iechydcyhoedduscymru.org/adnoddau-gwybodaeth-iechyd**.

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Beth ddylwn ei wneud os ydw i wedi cael COVID-19 yn barod?

Mae angen i chi gael brechlyn atgyfnerthu hyd yn oed os ydych eisoes wedi'ch heintio â COVID-19. Os ydych wedi profi'n bositif am coronafeirws yn ddiweddar, dylech:

- aros am o leiaf 4 wythnos yn dilyn haint COVID-19 cyn cael eich brechlyn os ydych dros 18 oed neu mewn grŵp sy'n wynebu risg uwch o salwch difrifol o COVID-19; neu
- aros am o leiaf 12 wythnos yn dilyn haint COVID-19 cyn cael eich brechlyn os ydych o dan 18 oed ac nad ydych mewn grŵp sy'n wynebu risg uwch o salwch difrifol o COVID-19. Yn ystod cyfnodau o achosion uchel neu lle ceir pryder am effeithiolrwydd brechlyn (e.e. amrywiolyn newydd) gellir gostwng hyn i 8 wythnos.

Ceir rhagor o wybodaeth a thaflenni i gleifion yn: **icc.gig.cymru/brechlyncovid**.

A allwch ddal COVID-19 o hyd ar ôl cael y brechlyn?

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

Fel pob meddyginiaeth, nid oes unrhyw frechlyn yn gwbl effeithiol – efallai y bydd rhai pobl yn dal i gael COVID-19 er iddynt gael brechiad, ond dylai hyn fod yn llai difrifol.

Os nad ydych wedi cael y brechiadau cyntaf

Os nad ydych wedi cael un o'ch dau ddos cyntaf o'r brechlyn dylech eu cael cyn gynted â phosibl. Bydd angen y pigiad atgyfnerthu arnoch o hyd ond bydd yr amseriad yn dibynnu ar pryd y cawsoch eich dau ddos cyntaf.

Sgil-effeithiau difrifol

Ledled y byd, cafwyd hefyd achosion prin iawn o lid y galon o'r enw myocarditis neu bericarditis a adroddwyd ar ôl brechlynnau COVID-19 Pfizer a Moderna.

Gwelwyd yr achosion hyn yn bennaf mewn dynion iau o fewn sawl diwrnod ar ôl eu brechu. Roedd y rhan fwyaf o'r bobl hyn wedi gwella ac yn teimlo'n well ar ôl gorffwys a thriniaethau syml.

Dylech geisio cyngor meddygol ar unwaith os byddwch, ar ôl brechiad, yn profi:

- poen yn y frest
- prinder anadl
- teimlo'r galon yn curo'n gyflym, yn dirgrynu neu'n curo fel gordd

Pwy na ddylent gael brechiad atgyfnerthu COVID-19?

Prin iawn yw'r bobl na ddylent gael pigiad atgyfnerthu.

Os cawsoch sgil-effeithiau difrifol ar ôl unrhyw ddos blaenorol, efallai y cewch eich cynghori i osgoi neu ohirio brechu pellach. Dylech drafod hyn gyda'ch meddyg neu arbenigwr.

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

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

Gellir, mae modd rhoi brechlynnau COVID-19 ar yr un pryd â'r rhan fwyaf o frechlynnau eraill gan gynnwys brechlynnau ffliw. I gael y cyngor diweddaraf ar frechlynnau COVID-19 a'u rhoi gyda brechlynnau eraill ewch i: **icc.gig.cymru/brechlyncovid**

A fyddaf yn profi unrhyw sgil-effeithiau?

Fel gyda'ch dosau blaenorol, mae sgil-effeithiau cyffredin yr un peth ar gyfer pob brechlyn COVID-19 a ddefnyddir yn y DU, ac maent 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
- pen tost/cur pen
- poenau cyffredinol neu symptomau ysgafn tebyg i ffliw

Efallai y cewch dwymyn ysgafn am ddau i dri diwrnod, ond mae tymheredd uchel yn anarferol a gall awgrymu bod gennych haint COVID-19 neu haint arall. Gallwch gymryd y dos arferol o barasetamol (dilynwch y cyngor yn y pecyn) a gorffwyswch i'ch helpu i deimlo'n well. Peidiwch â chymryd mwy na'r dos arferol.

Mae'r symptomau hyn fel arfer yn para llai nag wythnos. Os yw eich symptomau fel pe baent yn gwaethygu neu os ydych yn bryderus, 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.

Sut y byddaf yn cael fy mrechiad?

Bydd y GIG yn cysylltu â chi i roi gwybod i chi pryd a ble i gael y brechlyn. Mae'n bwysig mynd i'ch apwyntiad pan fyddwch yn cael eich gwahodd.

Os na allwch fynd, rhowch wybod i'r tîm archebu fel y gellir rhoi eich apwyntiad i rywun arall. Mae manylion cyswllt ar gael ar eich llythyr apwyntiad.

Mae rhagor o wybodaeth am sut i gael eich brechiad ar gael yn: **llyw.cymru/cael-eich-brechlyn-covid-19**

Pa frechlyn a gynigir i chi?

Byddwch yn cael cynnig y brechlyn cywir i chi a all fod yr un fath neu'n wahanol i'r brechlynnau a gawsoch o'r blaen.

Mae'r brechlynnau hyn wedi'u rhoi i filiynau o bobl yn y DU – maent yn ddiogel ac yn cael eu hargymell i'w defnyddio fel pigiadau atgyfnerthu.

Pryd y bydd y brechlyn atgyfnerthu COVID-19 yn cael ei roi?

Bydd pigiad atgyfnerthu yn cael ei gynnig o leiaf tri mis ar ôl eich prif ddos diwethaf. Fel eich dosau blaenorol, bydd y brechlyn yn cael ei roi yn rhan uchaf eich braich.

Mae'n ymddangos bod amddiffyniad rhag clefyd difrifol o'r ddau ddos cyntaf yn gostwng yn araf iawn ond dylai'r dos atgyfnerthu helpu i'ch amddiffyn am fwy o amser.

Pryd y bydd brechlyn atgyfnerthu'r gwanwyn yn cael ei roi?

Os ydych yn gymwys i gael pigiad atgyfnerthu yn y gwanwyn byddwch yn cael cynnig hyn rhwng mis Mawrth a mis Mehefin 2022, tua chwe mis (ac nid cyn tri mis) ar ôl eich dos diwethaf o'r brechlyn.

Nid oes angen i chi fod wedi cael pigiad atgyfnerthu i fod yn gymwys. Os nad ydych wedi cael eich pigiad atgyfnerthu cyntaf cyn mis Mawrth 2022 yna dim ond pigiad y gwanwyn fydd ei angen cyn yr hydref.

Mae'r daflen hon yn egluro'r rhaglen brechiad atgyfnerthu (coronafeirws) COVID-19 i bobl gymwys.

Beth yw coronafeirws neu COVID-19?

Mae COVID-19 yn glefyd anadlol heintus iawn a achosir gan feirws SARS-CoV-2 ac mae'n fwy difrifol mewn pobl hŷn a'r rhai sydd â chyflyrau iechyd penodol.

Pam mae angen brechiad atgyfnerthu COVID-19 ar rai pobl?

Fel rhai brechlynnau eraill, gall lefelau amddiffyniad ddechrau gwanhau dros amser. Bydd y pigiad atgyfnerthu yn helpu i ymestyn eich amddiffyniad ac yn rhoi amddiffyniad tymor hwy i chi.

Bydd y pigiad atgyfnerthu yn helpu i leihau'r risg o orfod mynd i'r ysbyty oherwydd haint COVID-19.

Pwy fydd yn cael cynnig brechlyn atgyfnerthu COVID-19?

Bydd brechlyn atgyfnerthu COVID-19 yn cael ei gynnig i'r canlynol:

- pob oedolyn dros 16 oed
- menywod beichiog
- y rhai 12 oed a throsodd sy'n wynebu risg neu sy'n gyswllt aelwyd rhywun imiwnoataliedig

Yn ystod gwanwyn 2022 bydd pigiad atgyfnerthu ychwanegol yn cael ei gynnig i'r canlynol:

- pobl 75 oed a throsodd
- preswylwyr mewn cartrefi gofal i bobl hŷn
- y rhai 12 oed a throsodd sydd â system imiwnedd wedi'i gwanhau

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Brechu COVID-19

Canllaw i frechiad atgyfnerthu COVID-19

Mawrth 2022

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