



Mae Brechu yn achub bywydau  
Vaccination saves lives



# Flu and COVID-19 vaccinations

What to expect after flu and  
COVID-19 vaccinations for adults



GIG  
CYMRU  
NHS  
WALES

August 2022

# **This leaflet tells you what to expect after your flu and COVID-19 vaccines.**

**All the flu and COVID-19 vaccines given by NHS Wales have been authorised for use across the UK by the Medicines and Healthcare products Regulatory Agency (MHRA). The MHRA continues to review the safety of vaccines based on reporting by healthcare professionals and the public.**



## Will I get any side effects?

Like all medicines, vaccines can cause side effects. This is because vaccines work by prompting a response in your immune system. Most side effects are mild and short-term, and not everyone gets them.

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
- having a headache, and
- a mild fever.

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.

You may have a mild fever for two or three days after your vaccine. 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. You can take paracetamol (follow the advice in the packet and do not take more than the recommended dose), and rest to help you feel better.

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

There have been reports of an extremely rare condition involving blood clots and unusual bleeding after vaccination with the AstraZeneca vaccine. This is being carefully monitored, 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 second and booster doses. Because of the high risk of complications and death from COVID-19, the Medicines and Healthcare products Regulatory Agency (MHRA), the World Health Organization (WHO) and the European Medicines Agency (EMA) 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 four days to four weeks after your vaccination, you should get 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, or
  - weakness, drowsiness or seizures.
- New, unexplained pinprick bruising or bleeding.
- Shortness of breath, chest pain, swelling in the legs or persistent abdominal pain.

Rare cases of inflammation of the heart (called myocarditis or pericarditis) have been reported after some COVID-19 vaccinations. 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 treatment.

### **You should get medical advice urgently if you have:**

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

Other side effects are uncommon or very rare.

If your symptoms seem to get worse or if you are concerned, call NHS **111** or your GP surgery. If you do get advice from a doctor or nurse, make sure you tell them what vaccine you have had so they can assess you fully.

## **Reporting side effects**

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).

## Will the vaccines protect me?

Having a yearly flu vaccine is one of the best ways to protect against catching and spreading flu.

Having a COVID-19 vaccine reduces the chance of you suffering from severe illness or dying from COVID-19.

Protection from both vaccines generally starts a few weeks after having them. Like all medicines, no vaccine is completely effective. You might still get flu or COVID-19, but your symptoms are likely to be milder.



# More information

You can find more information on vaccines offered in Wales at: **[phw.nhs.wales/vaccines](https://phw.nhs.wales/vaccines)**

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

You will need to enter the name of the vaccine in the search box.

If you have any questions or want more information, you can visit: **[111.wales.nhs.uk](https://111.wales.nhs.uk)**, talk to your doctor or nurse or call NHS **111** Wales.

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

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

For other formats of this leaflet, visit: **[phw.nhs.wales/vaccines/accessible-information](https://phw.nhs.wales/vaccines/accessible-information)**



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# Brechiadau ffliw a COVID-19

Beth i'w ddisgwyl ar ôl  
brechiadau fflw a COVID-19  
i oedolion



GIG  
CYMRU  
NHS  
WALES

Awst 2022

# Mae'r daflen hon yn dweud wrthy ch beth i'w ddisgwyl ar ôl eich brechlynnau ffliw a COVID-19.

Mae'r holl frechlynnau ffliw a COVID-19 a roddir gan GIG Cymru wedi'u hawdurdodi i'w defnyddio ar draws y DU gan yr Asiantaeth Rheoleiddio Meddyginiaethau a Chynhyrchion Gofal Iechyd (MHRA). Mae'r MHRA yn parhau i adolygu diogelwch brechlynnau yn seiliedig ar adroddiadau gan weithwyr gofal iechyd proffesiynol a'r cyhoedd.



# A fyddaf yn cael unrhyw sgil-ffeithiau?

Fel pob meddyginiaeth, gall brechiadau achosi sgil-ffeithiau. Mae hyn oherwydd bod brechlynnau'n gweithio drwy ysgogi ymateb yn eich system imiwnedd. Mae'r rhan fwyaf o sgil-ffeithiau yn ysgafn ac yn rhai tymor byr, ac nid yw pawb yn eu cael.

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

- teimlad trwm neu ddolur lle cawsoch y pigiad
- poenau cyffredinol neu symptomau tebyg i fflw
- teimlo'n flinedig
- cael pen tost/cur pen a
- thwymyn ysgafn.

Os yw eich braich yn arbennig o boenus, efallai y bydd yn anodd i chi godi eitemau trwm.

Os byddwch yn teimlo'n sâl neu'n flinedig iawn, dylech orffwys ac osgoi gweithredu peiriannau neu yrru.

Efallai y byddwch yn cael twymyn ysgafn am ddau neu dri diwrnod ar ôl eich brechlyn. Fodd bynnag, mae tymheredd uchel yn anarferol ac efallai y bydd oherwydd bod gennych haint neu salwch arall. Os ydych yn poeni, siaradwch â'ch meddyg neu nyrs. Gallwch gymryd parasetamol (dilynwch y cyngor yn y pecyn a pheidiwch â chymryd mwy na'r dos a argymhellir), a gorffwyswch i'ch helpu i deimlo'n well.

Un sgil-ffaith anghyffredin ar ôl y brechlyn COVID-19 yw chwarennau chwyddedig yn y gesail neu'r gwddf ar yr un ochr â'r fraich lle cawsoch y brechlyn. Gall hyn bara tua 10 diwrnod, ond os yw'n para'n hirach cysylltwch â'ch meddygfa i gael cyngor. Os ydych i fod i gael prawf sgrinio'r fron (mamogram) yn yr ychydig wythnosau ar ôl y brechlyn, soniwch eich bod wedi cael y brechlyn COVID-19 pan fyddwch yn mynd i gael y prawf.

Cafwyd adroddiadau am gyflwr eithriadol o brin yn ymwneud â chlotiau gwaed a gwaedu anarferol ar ôl brechu gyda brechlyn AstraZeneca. Mae hyn yn cael ei fonitro'n ofalus ond nid yw'r ffactorau risg ar gyfer y cyflwr hwn yn glir eto.

Mae'r Cyd-bwyllgor ar Imiwneiddio a Brechu (JCVI) yn dweud bod cyfradd llawer is o glotiau gwaed a gwaedu anarferol gydag ail ddosau a dosau atgyfnerthu. Oherwydd y risg uchel o gymhlethdodau a marwolaeth o COVID-19, mae'r Asiantaeth Rheoleiddio Meddyginiaethau a Gofal Iechyd (MHRA), Sefydliad Iechyd y Byd a'r Asiantaeth Feddyginiaethau Ewropeaidd wedi dod i'r casgliad bod y cydbwysedd o blaid brechu ar gyfer y mwyafrif helaeth o oedolion.

**Os byddwch yn profi unrhyw rai o'r canlynol o tua phedwar diwrnod i bedair wythnos ar ôl eich brechiad, dylech gael cyngor meddygol ar frys.**

- Pen tost/cur pen newydd, difrifol nad yw'n cael ei helpu gan boenladdwyr arferol 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, neu
  - wendid, 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.

Mae achosion o lid y galon (o'r enw myocarditis neu bericarditis) wedi'u nodi ar ôl rhai brechiadau COVID-19. 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 thriniaeth syml.

### **Dylech gael cyngor meddygol ar unwaith os oes gennych y canlynol:**

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

Mae sgil-ffeithiau eraill yn anghyffredin neu'n brin iawn.

Os yw eich symptomau fel pe baent yn gwaethygu neu os ydych yn bryderus, ffoniwch GIG **111** neu eich meddygfa. Os byddwch yn cael cyngor gan feddyg neu nyrs, sicrhewch eich bod yn dweud wrthynt am ba frechlyn rydych wedi'i gael er mwyn iddynt allu eich asesu'n llawn.

## **Rhoi gwybod am sgil-ffeithiau**

Gallwch hefyd roi gwybod am unrhyw sgil-ffeithiau brechlynnau 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 Llun i ddydd Gwener, 9am i 5pm).

## A fydd y brechlynnau'n fy amddiffyn?

Cael brechlyn fflw blynyddol yw un o'r ffyrdd gorau o amddiffyn yn erbyn dal a lledaenu'r fflw. Mae cael brechlyn COVID-19 yn lleihau'r siawns y byddwch yn dioddef o salwch difrifol neu'n marw o COVID-19.

Mae amddiffyniad o'r ddau frechlyn fel arfer yn dechrau ychydig wythnosau ar ôl eu cael. Fel pob meddyginiaeth, nid oes unrhyw frechlyn yn gwbl effeithiol. Efallai y byddwch yn dal i gael fflw neu COVID-19, ond mae'n debygol y bydd eich symptomau'n fwy ysgafn.



# Rhagor o wybodaeth

Gallwch gael rhagor o wybodaeth am y brechlynnau a gynigir yng Nghymru yn: **[icc.gig.cymru/brechlyn](http://icc.gig.cymru/brechlyn)**

Gallwch gael rhagor o wybodaeth am frechlynnau, gan gynnwys eu cynhwysion a sgil-ffeithiau posibl, yn: **[medicines.org.uk/emc](http://medicines.org.uk/emc)**. Bydd angen i chi roi enw'r brechlyn yn y blwch chwilio.

Os oes gennych unrhyw gwestiynau neu am gael rhagor o wybodaeth, ewch i: **[111.wales.nhs.uk](http://111.wales.nhs.uk)**, siaradwch â'ch meddyg neu nyrs neu ffoniwch GIG 111 Cymru.

Gallwch roi gwybod am sgil-ffeithiau a amheuir yn **[www.mhra.gov.uk/yellowcard](http://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).

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

I gael y daflen hon mewn fformatau eraill, ewch i: **[icc.gig.cymru/brechlynnau/adnoddau-hygyrch](http://icc.gig.cymru/brechlynnau/adnoddau-hygyrch)**



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