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How to protect you and your baby from whooping cough



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Important information for pregnant women

Whooping cough (also known as pertussis) is a serious disease that can lead to lung infection (pneumonia) and permanent brain damage. Babies who are too young to start their routine childhood vaccinations are at greatest risk of illness and may even die from the disease.

Act now to protect your baby from whooping cough

You can help protect your baby against whooping cough from birth by having the **whooping cough vaccination** while you are pregnant.

- You should have the vaccination even if you have been vaccinated before or have had whooping cough yourself.
- The best time to get vaccinated to protect your baby is from week 16 up to 32 weeks of pregnancy.
- You can have the vaccine after 32 weeks of pregnancy up until the time your baby is born. However, it may be less effective if you have it later in your pregnancy.
- The whooping cough vaccination programme for pregnant women is very effective at protecting young babies against whooping cough.
- Talk to your midwife or GP surgery and make an appointment to get vaccinated.

To continue your newborn baby's protection against whooping cough, they will be offered their routine vaccinations from when they are eight weeks old. This will include their first dose of the whooping cough vaccine (the 6-in-1 vaccine).



What is whooping cough?

Whooping cough is an infectious disease. It causes long bursts of coughing and choking, making it hard to breathe. The 'whoop' noise is caused by gasping for breath after each period of coughing. Young babies don't always do this, which can make it difficult to recognise the disease. Symptoms of whooping cough usually last for two to three months. It is easily spread by breathing in tiny droplets that are released into the air when people with the disease cough and sneeze.

Who is at risk of whooping cough?

Whooping cough can affect people of all ages. It can be very serious and lead to severe lung problems (pneumonia) and permanent brain damage. Babies under the age of one are at greatest risk of serious illness and are at risk of dying from the disease.

What is the whooping cough vaccine?

There is no vaccine that only protects against whooping cough. The vaccine you will be given is a combined vaccine that protects against different diseases, including whooping cough. The vaccine is not live, and it cannot cause whooping cough. You will be offered one dose of the vaccine, which is given as an injection in the upper arm.

Why should I have the whooping cough vaccine during pregnancy?

If you are pregnant, you can help protect your baby in their first weeks of life from this serious disease by getting vaccinated.

The vaccination programme is very effective at protecting babies against whooping cough from birth and has been in place since 2012.

It is important you get the whooping cough vaccine as soon as possible once you become eligible from week 16 of your pregnancy.

The immunity your baby receives from you will wear off, so make sure you take your baby for their routine vaccinations. Babies are offered the whooping cough vaccine at eight, 12 and 16 weeks old as part of their routine immunisations. They will then be offered a fourth vaccination when they are aged around three years and four months.



It is important to be vaccinated against whooping cough every time you are pregnant.



How does getting vaccinated during pregnancy protect my baby?

The immunity you get from the vaccine will pass to your baby through the placenta. The placenta is on the inside of your womb and links your blood supply with your unborn baby.

This immunity will help protect your baby in the first few weeks of life when they are most vulnerable, up until they are old enough to have their first whooping cough vaccine at eight weeks.

The vaccine also protects pregnant women from getting whooping cough and lowers the risk of them passing it on to their baby.

How effective is the whooping cough vaccine?

No vaccination guarantees 100% protection, but getting the whooping cough vaccine is the best way to protect your baby from whooping cough in their first weeks of life. In the UK, evidence shows that giving pregnant women the vaccine really helps lower the number of babies who get whooping cough.

I'm worried about getting vaccinated during pregnancy. Is there another way to protect my baby from whooping cough?

There is no other way to protect your baby from whooping cough in the first few weeks of their life. Your protection (from either having whooping cough or being immunised when you were young) may have worn off. Even if you are planning to breastfeed, not enough protection against whooping cough is passed in the breast milk to protect your baby.

Getting vaccinated lowers your risk of whooping cough infection and the risk of passing whooping cough to your baby.

Why can't my baby be vaccinated as soon as they are born?

Even if your baby was immunised immediately, they would not be protected from birth as it takes up to two weeks to develop a response to the vaccine. Also, babies need three doses of the vaccine to build full protection.

When will I be offered the vaccine?

If you are pregnant, you should have your vaccination between 16 and 32 weeks of your pregnancy. You can have the vaccine after 32 weeks up until the time your baby is born. However, it may be less effective.

Is the whooping cough vaccine safe?

All medicines (including vaccines) are tested for safety and effectiveness before they are allowed to be used. Once they are in use, their safety continues to be monitored by the Medicines and Healthcare products Regulatory Agency (MHRA).

There is no evidence of risks to your pregnancy from this type of vaccine. The whooping cough vaccine is not a live vaccine, so it cannot cause whooping cough in women or their babies. The whooping cough vaccine is the safest and most effective way to protect your unborn baby from whooping cough.

Are there any side effects from the vaccine?

The whooping cough vaccine is safe and effective but, like all medicines, it can cause side effects. You may have some mild side effects from the vaccine that are common, such as swelling, redness or tenderness where the vaccine is given. Other side effects can include a fever, irritation at the site of the injection, loss of appetite, irritability, tiredness and a headache. Serious side effects are extremely rare, especially in adults.

What should I do now?

If you are at least 16 weeks pregnant, speak to your midwife to find out how to get your whooping cough vaccine. You can then make an appointment with your midwife or GP surgery to get your vaccine at the earliest opportunity.



Can I have other vaccines in pregnancy at the same time?

You may be eligible to get other recommended vaccines at the same time as getting your whooping cough vaccine. Speak to your midwife or practice nurse for more details on the vaccines you need.

I have other children - do they need to have the vaccine too?

If you have other young children, it is important to make sure that they are up to date with their vaccinations. This will help prevent them from getting whooping cough and passing it on to your new baby.

Reporting side effects

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

All immunisations are given as a single injection into the muscle of the thigh or upper arm, except rotavirus (which is given by mouth) and flu (which is given as a nasal (nose) spray).

The routine childhood immunisation schedule for Wales from September 2023

When	Diseases protected against	Vaccine given
8 weeks old	Diphtheria, tetanus, pertussis (whooping cough), polio, <i>Haemophilus influenzae</i> type b (Hib) and hepatitis B	DTaP/IPV/Hib/HepB
	Meningococcal group B	MenB
	Rotavirus gastroenteritis	Rotavirus
12 weeks old	Diphtheria, tetanus, pertussis, polio, Hib and hepatitis B	DTaP/IPV/Hib/HepB
	Pneumococcal (13 serotypes)	PCV
	Rotavirus gastroenteritis	Rotavirus
16 weeks old	Diphtheria, tetanus, pertussis, polio, Hib and hepatitis B	DTaP/IPV/Hib/HepB
	Meningococcal group B	MenB
12 -13 months old	Hib / Meningococcal group C	Hib/MenC
	Pneumococcal	PCV booster
	Measles, mumps and rubella	MMR
	Meningococcal group B	MenB booster
2 ¹ and 3 years old and all school aged children	Influenza (annually from September)	Live attenuated influenza vaccine
3 years 4 months old	Diphtheria, tetanus, pertussis and polio	dTaP/IPV
	Measles, mumps and rubella	MMR
School year 8 (12 to 13 year olds)	Cervical cancer, some head and neck and ano-genital cancers, and genital warts caused by human papillomavirus (HPV)	HPV (one dose)
School year 9 (13 and 14 year olds)	Tetanus, diphtheria and polio	Td/IPV (check MMR status)
	Meningococcal groups A, C, W and Y	MenACWY

1. Children must be 2 years old by 31 August to receive influenza vaccine in the routine programme in autumn/winter.

All information shown in the table above is correct at the time of printing. You can find the most up-to-date timetable on our website at: phw.nhs.wales/CompleteSchedule.

Further information

You can find more information on vaccines offered in Wales at phw.nhs.uk/vaccines.

You can find more information about vaccines, including their contents and possible side effects, at medicines.org.uk/emc (external site). You will need to enter the name of the vaccine in the search box. You can also see the patient leaflet online.

If you have any questions or want more information, visit 111.wales.nhs.uk (external site), talk to your midwife, doctor or nurse, or call NHS 111 Wales.

For vaccine information in other formats, such as large print, visit phw.nhs.uk/vaccines/accessible-information.

You can find out how the NHS uses your information at 111.wales.nhs.uk/AboutUs/Yourinformation (external site).



June 2024 | Version 1

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ISBN 978-1-83766-395-8

Mwy o wybodaeth

Gallwch gael rhagor o wybodaeth am frechlynnau a gynigir yng Nghymru yn icc.gig.cymru/brechlynnau.

Gallwch gael rhagor o wybodaeth am frechlynnau, gan gynnwys yr hyn sydd ynddynt a'u sgil-effeithiau posibl, yn medicines.org.uk/emc (safle allanol). Bydd angen i chi nodi enw'r brechlyn yn y blwch chwilio. Gallwch hefyd weld y datlen i glefion ar-lein.

Os oes gennych unrhyw gwestiynau neu os hoffech gael rhagor o wybodaeth, ewch i 111.wales.nhs.uk (safle allanol), siaradwch â'ch bydrwraig, meddyg neu nyrs, neu ffoniwch GIG 111 Cymru.

I gael wybodaeth am y brechlyn mewn fformatau eraill, fel print bras, ewch i: icc.gig.cymru/brechlynnau/adnoddau-hygyrch.

I gael gwybod sut mae'r GIG yn defnyddio eich gwybodaeth, ewch i 111.wales.nhs.uk/amdanomni/eichgwybodaeth (safle allanol).



Mehafin 2024 | Fersiwn 1

© Ymddiriedolaeth GIG Iechyd Cyhoeddus Cymru (gyda chydunbuddiaeth i Asiantaeth Diogelwch Iechyd y DU ac Iechyd Cyhoeddus yr Alban)

ISBN 978-1-83766-395-8

Rhoddir pob imiwneiddiad fel un pigiad i gyhyr y glun neu ran uchaf y traich, ac eithrio rotafeirws (a roddir trwy'r geg) a'r ffliw (a roddir fel chwistrelliad trwynol). Yr amserlen imiwneiddio reolaidd i blant ar gyfer Cymru o fis Medi 2023 ymlaen

Pryd **Atiechydion y gwarchodir** **rhadgdynt** **Brechiaid a roddir**

8 wythnos oed	Diftheria, tetanus, pertwsis (y math b (Hib) a hepatitis B)	DTaP/IPV/Hib/HepB
	Grwp meningococol B	MenB
	Rotafeirws gastroenteritis	Rotafeirws
12 wythnos oed	Diftheria, tetanus, pertwsis, polio, Hib a hepatitis B	DTaP/IPV/Hib/HepB
	Niwmococol (13 seroteip)	PCV
	Rotafeirws gastroenteritis	Rotafeirws
16 wythnos oed	Diftheria, tetanus, pertwsis, polio, Hib a hepatitis B	DTaP/IPV/Hib/HepB
	Grwp meningococol B	MenB
	Hib / Grwp meningococol C	Hib/MenC
	Brechiaid atgyfnerthu PCV	
12 i 13 mis oed	Hib / Grwp meningococol B	Brechiaid atgyfnerthu MenB
	Brech goch, clwy'r pennau a rwbella	MMR
	Niwmococol	Brechiaid atgyfnerthu PCV
	Grwp meningococol B	Brechiaid atgyfnerthu MenB
2 ¹ a 3 oed a phob plentyn oedran ysgol	Ffliw (bob blwyddyn o fis Medi ymlaen)	Brechiaid ffliw byw wedi'i wanhau
	Diftheria, tetanus, pertwsis a pholio	DTaP/IPV
3 oed a 4 mis	Brech goch, clwy'r pennau a rwbella	MMR
	Canser serffigol, rhai canserau pen a gwddw ac anogenhedlo, a defaid gwenerol a achosir gan bapilomafeiws dynol (HPV)	HPV (un dos)
Blwyddyn 8 (12 i 13 oed)	Canser serffigol, rhai canserau pen a gwddw ac anogenhedlo, a defaid gwenerol a achosir gan bapilomafeiws dynol (HPV)	HPV (un dos)
	Tetanus, diftheria a pholio	Td/IPV (gwrlio statws MMR)
Blwyddyn ysgol 9 (13 ac 14 oed)	Grwpiau meningococol A, C, W ac Y	MenACWY

Mae'r holl wybodaeth a ddangosir yn y tabl uchod yn gywir ar adeg argraffu. Gallwch ddod o hyd i'r amserlen ddiweddaraf ar ein gwefan yn: icc.gig.cymru/AmserlenGylawn.

1. Rhaid i'r plentyn fod yn 2 oed erbyn 31 Awst i gael brechiaid y ffliw yn rhaglen reolaidd yr hydref/gaeaf.

9am i 5pm).

0800 731 6789 (Dydd Lun i ddydd Gwener, neu drwy lawrlythor ap Yellow Card neu ffonio ar-lein yn yellowcard.mhra.gov.uk (safle allanol) Gallwch roi gwybod am sgil-ffeithiau a amheuir

Rhoi gwybod am sgil-ffeithiau

Os oes gennych chi blant ifanc eraill, mae'n bwysig gwneud yn siŵr eu bod nhw'n gyftredol o ran eu brechiadau. Bydd hyn yn helpu i'w hatal rhag cael y pàs a'i drosglwyddo i'ch baban newydd.

Mae gen i blant eraill - a brechlyn hefyd?

Etallai y byddwch yn gymwys i gael brechlynnau eraill a argymhellir ar yr un pryd ag y byddwch yn cael eich brechlyn y pàs. Siaradwch â'ch bydwrraig neu nyrs practis am ragor o fanylion am y brechlynnau sydd eu hangen arnoch.

A allaf gael brechlynnau eraill yr un pryd yn ystod beichiogrwydd?



A yw brechlyn y päs yn ddiogel?

Mae pob meddyginaeth (gan gynnwys brechlynnau) yn cael eu profi am ddiogelwch ac effeithiolrwydd yn cael y caniateir iddynt gael eu defnyddio. Pan fyddant yn cael eu defnyddio, bydd yr Asiantaeth Rheoleiddio Meddyginaethau a Chynhyrchion Gofal Iechyd (MHRA) yn parhau i fonitro eu diogelwch.

Nid oes unrhyw dystiolaeth o risgiau i'ch beichiogrwydd yn sgil y math hwn o frechlyn. Nid yw brechlyn y päs yn frechlyn byw, felly ni all achos'r päs mewn merched na'u babanod. Brechlyn y päs yw'r ffordd fwyaf diogel a mwyaf effeithiol o ddiogelu eich baban heb ei eni rhag y päs.

A oes unrhyw sgil-effeithiau yn gysylltiedig â'r brechlyn?

Mae brechlyn y päs yn ddiogel ac yn effeithiol ond, fel pob meddyginaeth, gall achosi sgil-effeithiau. Mae'n bosibl y byddwch yn cael rhai sgil-effeithiau ysgafn o'r brechlyn sy'n gyffredin, fel chwyddo, cochni neu dynnerwch lle rhoddir y brechlyn. Gall sgil-effeithiau eraill gynnwys twymyn, cosi ar safle'r pigiad, diffyg archwaeth, tymor ddrwg, blinder a chur pen. Mae sgil-effeithiau difrifol yn hynod o brin, yn enwedig mewn oedolion.

Beth ddylwn i ei wneud nawr?

Os ydych o leiaf 16 wythnos yn feichlog, siaradwch â'ch bydwraig i gael gwybod sut mae cael eich brechlyn y päs. Yna gallwch wneud apwyntiad gyda'ch bydwraig neu feddygfa i gael eich brechlyn cyn gynted â phosibl.

Rwy'n poeni am gael fy mrech yn ystod beichlogrwydd. A oes ffordd arall o ddiogelu fy maban rhag y päs?

Nid oes unrhyw ffordd arall o ddiogelu eich baban rhag y päs yn ystod wythnosau cyntaf ei fywyd. Etallai bod eich amddiffyniad (am eich bod wedi cael y päs neu am eich bod wedi cael eich imiwneiddio pan oeddech yn ifanc) wedi pylu. Hyd yn oed os ydych yn bwriadu bwydo ar y fron, nid oes digon o amddiffyniad rhag y päs yn cael ei drosglwyddo yn llath y fron i ddiogelu eich baban.

Mae cael eich brechu yn lleihau eich risg o gael eich heintio â'r päs ar'r risg o drosglwyddo'r päs i'ch baban.

Pam na all fy maban gael ei frechu cyn gynted ag y bydd wedi cael ei eni?

Hyd yn oed pe bai eich baban yn cael ei imiwneiddio ar unwaith, ni fyddai'n cael ei ddiogelu o'i enedigaeth gan ei bod yn cymryd hyd at bythefnos i ddatblygu ymateb i'r brechlyn. Yn ogystal â hyn, mae angen tri dos o'r brechlyn ar fabanod i roi amddiffyniad llawn.

Pryd fydd y brechlyn yn cael ei gynniig i mi?

Os ydych yn feichlog, dylech gael eich brechiad rhwng 16 a 32 wythnos o'ch beichlogrwydd. Gallwch gael y brechlyn ar ôl 32 wythnos hyd at yr amser y bydd eich baban yn cael ei eni. Fodd bynnag, gall fod yn llai effeithiol.

Sut mae cael brechiad yn ystod beichiogrwydd yn diogelu fy maban?

Bydd yr imiwnedd a gewch o'r brechlyn yn

trosglwyddo i'ch baban drwy'r brych. Mae'r brych y tu mewn i'ch croth ac mae'n cysylltu eich cyflenwad gwaed chi â'ch baban yn y groth.

Bydd yr imiwnedd hwn yn helpu i ddiogelu eich

baban yn ystod yr ychydig wythnosau cyntaf o fywyd pan fydd fwyaf agored i niwed, hyd nes ei fod yn ddigon hen i gael brechlyn y pas cyntaf pan fydd yn wyth wythnos oed.

Mae'r brechlyn hefyd yn diogelu merched beichiog rhag cael y pas ac yn lleihau'r risg ohonynt yn ei drosglwyddo i'w baban.

Pa mor effeithiol yw brechlyn y pas?

Nid oes unrhyw frechiad yn gwarantu amddiffyniad o 100%, ond cael brechlyn y pas yw'r ffordd orau o ddiogelu eich baban rhag y pas yn ystod wythnosau cyntaf ei fywyd. Yn y DU, mae tystiolaeth yn dangos bod rhoir brechlyn i ferched beichiog wir yn helpu i leihau nifer y babanod sy'n cael y pas.



Beth yw brechlyn y pàs?

Nid oes brechlyn sy'n diogelu rhag y pàs yn unig.

Mae'r brechlyn a roddir i chi yn frechlyn cyftun sy'n

diogelu rhag gwahanol glefydau, gan gynnwys y

pàs. Nid yw'r brechlyn yn fyw, ac ni all achos'r pàs.

Byddwch yn cael cynnig un dos o'r brechlyn, a roddir

fel pigiad yn rhan uchaf y fraich.

Pam ddylwn i gael brechlyn y pàs yn ystod beichiogrwydd?

Os ydych chi'n feichio, gallwch helpu i ddiogelu eich baban rhag y clefyd difrifol hwn yn ystod wythnosau cyntaf ei fywyd drwy gael eich brechu.

Mae'r rhaglen frechu yn effeithiol iawn o ran diogelu babanod rhag y pàs o'u genedigaeth ac mae wedi bod ar waith ers 2012.

Mae'n bwysig eich bod yn cael brechlyn y pàs cyn gynted â phosibl ar ôl i chi ddod yn gymwys o wythnos 16 eich beichiogrwydd.

Bydd yr imiwnedd y bydd eich baban yn ei gael oddi wrthych chi'n pylu, felly gwnewch yn siŵr eich bod yn mynd â'ch baban i gael ei frechiadau rheolaidd. Mae babanod yn cael cynnig brechlyn y pàs yn wyth, 12 ac 16 wythnos oed fel rhan o'u brechiadau rheolaidd. Yna byddant yn cael cynnig pedwerydd brechiad pan fyddant tua thair bliwydd a phedwar mis oed.

Mae'n bwysig cael eich brechu rhag y pàs bob tro y byddwch yn feichio.



Pwy sydd mewn perygl o gael y pŵs?

Gall y pŵs effeithio ar bobl o bob oed. Gall fod yn ddifrifol iawn ac arwain at broblemau dwys ar yr ysgyfaint (niwmonia) a niwed parhaol i'r ymennydd. Babanod dan flwydd oed sy'n wynebu'r risg fwyaf o salwch difrifol ac mewn perygl o farw o'r cefyd.

Mae'r pŵs yn glefyd heintus. Mae'n achosi pyliau hir o beswch a thagu, gan ei gwneud hi'n anodd anadlu. Mae'r sŵn 'wmp' yn cael ei achosi wrth dynnu'r anadl ar ôl pob cyfnod o beswch. Nid yw babanod ifanc bob amser yn gwneud hyn, a all ei gwneud yn anodd adnabod y cefyd. Mae symptomau'r pŵs fel arfer yn para am ddau i dri mis. Mae'n lledaenu'n hawdd trwy anadlu defnyddu bach iawn sy'n cael eu rhyddhau i'r aer pan fydd pobl â'r cefyd yn pesychu a thisian.

Beth yw'r pŵs?



Gwybodaeth bwysig ar gyfer merched beichiog

Mae'r pàs (a elwir hefyd yn pertwsis) yn glefyd difrifol a all arwain at haint yr ysgyfaint (niwmonia) a niwedd parhaol i'r ymennydd. Mae babanod sy'n rhy ifanc i ddechrau eu brechiadau plentynnod rheolaidd yn wnebu'r risg fwyaf o salwch a gallant hyd yn oed farw o'r clefyd.

Gweithredwch nawr i ddiogelu eich baban rhag y pàs

Gallwch helpu i ddiogelu eich baban rhag y pàs o'i enedigaeth drwy gael **brechiad y pàs** pan fyddwch yn feichiog.

- Dylech gael y brechiad hyd yn oed os ydych wedi cael eich brechu o'r blaen neu wedi cael y pàs eich hun.
- Yr amser gorau i gael eich brechu er mwyn diogelu eich baban yw'r cyfnod o wythnos 16 hyd at wythnos 32 o'ch beichiogrwydd.
- Gallwch gael y brechlyn ar ôl 32 wythnos o feichiogrwydd hyd at yr adeg y bydd eich baban yn cael ei eni. Fodd bynnag, gall fod yn llai effeithiol os byddwch yn ei gael yn ddiweddarach yn eich beichiogrwydd.
- Mae rhaglen trechu'r pàs ar gyfer merched beichiog yn effeithiol iawn o ran diogelu babanod ifanc rhag y pàs.

- Siaradwch â'ch bydwraig neu'ch meddygfa a gwnewch apwyntiad i gael eich brechu.

Er mwyn parhau i ddiogelu eich baban newydd-anedig rhag y pàs, bydd yn cael cynnig ei frechiadau rheolaidd o'r adeg pan fydd yn wyth wythnos oed ymlaen. Bydd hyn yn cynnwys ei ddos cyntaf o trechlyn y pàs (y brechlyn 6-mewn-1).



Sut mae eich diogelw chi a'ch baban rhag y pŷs



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