Mae Brechu yn achub bywydau
Vaccination saves lives

What to expect after vaccinations

GIG CYMRU NHS WALES | Iechyd Cyhoeddus Cymru
Public Health Wales

This leaflet tells you about the common side effects of vaccinations that might happen in babies and children up to five years of age. Only use this information as a guide. You should always get advice from a doctor, health visitor or nurse if you are worried, or call NHS 111 Wales on 0845 46 47 or 111 if available in your area.

You can find leaflets with more information about vaccinations at: 111.wales.nhs.uk/livewell/vaccinations/Leaflets

What to expect after vaccinations given as an injection

After a vaccination, your child may cry for a little while, but that usually settles quickly with a cuddle or a feed. Most babies don't have any side effects.

The most common side effects are at the place where the injection was given. These include:

- swelling;
- redness; and
- a small hard lump.

These usually only last a couple of days and you don't need to do anything about them.

After vaccination, young children may sometimes become unsettled for a day or two and may develop a fever. Older children may also have a fever, tiredness, muscle aches, headache or loss of appetite for a day or two.

How to treat a fever

A fever is a body temperature over 38°C. Fevers are quite common in young children but are usually mild. If your child's face feels hot to the touch and they look red or flushed, they may have a fever. You can check their temperature with a thermometer.

As fevers are usually mild, you only need to give your child paracetamol if they seem uncomfortable or unwell. Read the instructions on the bottle very carefully to make sure you are giving the correct dose.

Call the doctor immediately if your child has a temperature of 39°C or above or if they have a fit. If the surgery is closed and you can't contact your doctor, trust your instincts and go to the nearest hospital with an emergency department.

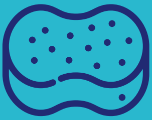
Remember: never give medicines that contain aspirin to children under 16.

Keep your child cool by...

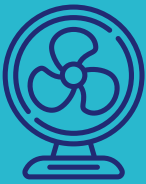
making sure they don’t have too many layers of clothes or blankets on

giving them plenty of cool drinks (if you are breastfeeding, your child may feed more often)

Don’t put them in the bath



Don’t sponge them down



Don’t put a fan on them

After vaccination with MenB (meningitis B)

Fever can happen after any vaccination, but is very common when the MenB vaccine is given with the other routine vaccines at two and four months. That is why it is recommended that your baby has infant paracetamol to prevent and treat a fever.

Your baby should have a total of three doses of infant paracetamol at the time of each of their first two MenB vaccinations.

You should space out the doses as follows.

Baby's age: 2 and 4 months

Dose 1	Dose 2	Dose 3
Paracetamol	**Paracetamol**	**Paracetamol**
One 2.5 ml (60 mg) dose to be given just after their vaccinations (see note below)	One 2.5 ml (60 mg) dose 4 to 6 hours after dose 1	One 2.5 ml (60 mg) dose 4 to 6 hours after dose 2

Note

For very premature babies (born before 32 weeks) or very small babies (weighing less than 3 kg), your GP should prescribe paracetamol according to the baby's weight at the time of their vaccination. You should check with your GP and follow the instructions on the prescription.

You should measure the 2.5ml/60mg dose and give it either using a syringe or with a 2.5ml spoon.

This advice on the use of paracetamol only applies if your baby has had the MenB vaccine with the other routine vaccines at 2 and 4 months. If your baby has a fever at any other time you should follow the instructions and dose advice on the product packaging and patient leaflet.

Fever is much less common when the MenB booster is given at 12 to 13 months, so your baby won't need paracetamol then. However, if your baby does develop a fever or is irritable or unwell, you can give them the correct dose of infant paracetamol if you want to.

! If you do not have any infant paracetamol liquid at home you should get some in time for your baby's first vaccination. It is available from pharmacies and supermarkets.

After vaccination with rotavirus vaccine

Babies who have had the rotavirus vaccine can become unsettled (as with most other vaccinations) but some may also develop mild diarrhoea. In very rare cases (about 2 in every 100,000 babies vaccinated), the vaccine can affect the baby's lower gut. They may vomit or develop pain in their tummy, and sometimes they may pass what looks like red jelly in their nappy, usually within seven days of the vaccination.

If this happens or you're worried about your child, speak to your GP immediately, call NHS Direct Wales on 0845 46 47 or 111 if available in your area or go to the emergency department of your nearest hospital.

After vaccination with MMR vaccine

The vaccine contains weakened types of live measles, mumps and rubella viruses. Because the viruses are weakened, people who have had the vaccine cannot catch the diseases from the vaccines or infect other people. The three different viruses in the vaccine act at different times and may produce the following side effects.

- After 6 to 10 days the measles vaccine starts to work and may cause a fever, a measles-like rash and a loss of appetite.
- Around 2 to 3 weeks after the injection the mumps vaccine may cause mumps-like symptoms (fever and swollen glands).
- The rubella vaccine may cause a brief rash and possibly a slightly raised temperature, usually around 12 to 14 days after the injection. Your child may also get a rash up to six weeks later (but this is rare).

After vaccination with the nasal-spray vaccine

The side effects linked with the nasal-spray flu vaccine are almost always mild and short-lived. Some children may get a runny or blocked nose for a few days. Other less common effects include a slight temperature, feeling unwell, loss of appetite and a headache.

Very rare allergic reactions

Very rarely, an immediate allergic reaction can happen following vaccination. This is called an anaphylactic reaction. It can cause breathing difficulties, rashes and swelling that usually start a few minutes after vaccination and may cause a child to collapse. Information from the UK shows that these reactions happen in less than one in a million routine childhood vaccinations. The staff who give vaccinations are trained to deal with anaphylactic reactions and people generally recover completely with treatment.

Checking on vaccine safety

Before vaccines are introduced, they have to be licensed by the Medical and Healthcare Products Regulatory Agency, which assesses their safety and whether they are effective.

Once the vaccines have been introduced into the programme, their safety continues to be constantly monitored so that any new side effects are quickly noticed and investigated.

If you would like more information on the safety of vaccines, go to **www.mhra.gov.uk**. Members of the public can report suspected side effects of vaccines and medicines through the Yellow Card scheme. You can do this at **yellowcard.mhra.gov.uk** or by calling the Yellow Card hotline on 0800 731 6789 (available Monday to Friday, 9am to 5pm).

If, after having read this leaflet, you are still not happy with your child's reaction to any vaccination, speak to your practice nurse, health visitor or GP.

Where can I get more information?

You can find more information on vaccine contents and possible side effects at **www.medicines.org.uk/emc**. Enter the name of the vaccine in the search box and read the patient leaflet.

The routine vaccination schedule that shows you the names of vaccinations offered in Wales is available from: **111.wales.nhs.uk/pdfs/adultschedule.pdf**

To find out how the NHS uses your information, go to: **111.wales.nhs.uk/lifestylewellbeing/yourinfoyourrights**

To order more copies of this leaflet, visit: **www.publichealthwales.org/HealthInformationResources**

Crystal Mark 23453
Clarity approved by Plain English Campaign

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Ble mae cael mwy o wybodaeth?

Mae mwy o wybodaeth am gynnwys brechiadau a'r sgil-effeithiau posib ar gael yn **www.medicines.org.uk/emc**. Nodwch enw'r brechiad yn y bocs chwilio a darllen y daflen i gleifion.

Mae'r amserlen frechu arferol sy'n dangos y brechiadau a gynigir yng Nghymru ar gael yn: **111.wales.nhs.uk/pdfs/CompleteW.pdf**

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

I archebu mwy o gopïau o'r daflen yma, ewch i: **www.iechydcyhoedduscymru.org/adnoddau-gwybodaeth-iechyd**

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Gwirio diogelwch brechiadau

Cyn cyflwyno brechiadau, rhaid eu trwyddedu gan yr Asiantaeth Rheoleiddio Cynhyrchion Meddygol a Gofal Iechyd sy'n asesu eu diogelwch a'u heffeithlonrwydd.

Ar ôl cyflwyno'r brechiadau i'r rhaglen, mae eu diogelwch yn parhau i gael ei fonitro'n gyson er mwyn sylwi'n gyflym ar unrhyw sgil-effeithiau newydd ac ymchwilio iddynt.

Os hoffech chi gael rhagor o wybodaeth am ddiogelwch brechiadau, ewch i **www.mhra.gov.uk**. Gall aelodau'r cyhoedd roi gwybod am sgil-effeithiau a amheuir ar ôl cael brechiadau a meddyginiaethau gan ddefnyddio'r cynllun Cerdyn Melyn. Gallwch wneud hyn yn **yellowcard.mhra.gov.uk** neu drwy ffonio llinell gymorth y Cerdyn Melyn ar 0800 731 6789 (ar gael o ddydd Llun i ddydd Gwener, 9am i 5pm).

Os nad ydych yn hapus gydag adwaith eich plentyn i unrhyw frechiad ar ôl darllen y daflen hon, siaradwch gyda nyrs eich meddygfa, eich ymwelydd iechyd neu eich meddyg teulu.

Ar ôl brechu gyda'r brechiad drwy chwistrell trwyn

Mân a byrhoedlog yw'r sgil-effeithiau cysylltiedig â'r brechiad ffliw drwy chwistrell trwyn fel rheol. Bydd rhai plant yn cael trwyn yn rhedeg neu wedi blocio am ychydig ddyddiau. Ymhlith y sgil-effeithiau eraill llai cyffredin mae ychydig o dymheredd, teimlo'n sâl, dim awydd bwyd a chur pen.

Adweithiau alergaidd prin iawn

Yn anaml iawn, gall adwaith alergaidd ar unwaith ddigwydd ar ôl brechu. Yr enw ar hyn yw adwaith anaffylactig. Gall achosi anawsterau anadlu, brech a chwydd sydd fel rheol yn dechrau ychydig funudau ar ôl rhoi'r brechiad a gall achosi i blentyn lewygu. Mae gwybodaeth o'r DU yn dangos bod yr adweithiau hyn yn digwydd mewn llai nag un miliwn o frechiadau arferol mewn plentyndod. Mae'r staff sy'n rhoi'r brechiadau wedi'u hyfforddi i ddelio gydag adweithiau anaffylactig ac mae pobl yn gwella'n llwyr heb driniaeth fel rheol.

Ar ôl brechu gyda’r brechiad rotafeirws

Gall babanod sydd wedi cael y brechiad rotafeirws fod yn anghysurus (fel gyda’r rhan fwyaf o frechiadau eraill) ond gall rhai gael dolur rhydd ysgafn. Mewn achosion prin iawn (tua 2 o bob 100,000 o fabanod), gall y brechiad effeithio ar berfedd isaf y babi. Gall ddatblygu poen bol, taflu i fyny ac weithiau pasio rhywbeth sy’n edrych fel jeli coch yn ei glwt, o fewn saith diwrnod i’r brechiad fel arfer.

Os bydd hyn yn digwydd neu os ydych chi’n bryderus am eich plentyn, siaradwch gyda’ch meddyg teulu ar unwaith neu ffoniwch Galw Iechyd Cymru ar 0845 46 47 neu 111 os yw ar gael yn eich ardal chi neu ewch i adran frys eich ysbyty agosaf.

Ar ôl brechiad MMR

Mae’r brechiad yn cynnwys mathau wedi’u gwanio o feirysau byw y frech goch, clwy’r pennau a rwbela. Gan fod y feirysau wedi’u gwanio, ni all pobl sydd wedi cael y brechiad ddal y clefydau o’r brechiad na heintio pobl eraill. Mae’r tri math gwahanol o feirws yn y brechiad yn gweithredu ar wahanol adegau a gallant arwain at y sgil-effeithiau canlynol.

- Ar ôl 6 i 10 diwrnod, mae brechiad y frech goch yn dechrau gweithio a gall achosi tymheredd uchel, brech fel y frech goch a dim awydd bwyd.
- Tua 2 i 3 wythnos ar ôl y pigiad, gall brechiad clwy’r pennau achosi symptomau fel y clwyf (tymheredd uchel a chwarennau chwyddedig).
- Gall y brechiad rwbela achosi brech am gyfnod byr a thymheredd ychydig yn uchel efallai, tua 12 i 14 diwrnod ar ôl y pigiad fel rheol. Hefyd efallai y bydd eich plentyn yn cael brech ymhen chwe wythnos (ond mae hyn yn brin).

Sylwer

Ar gyfer babanod buan iawn (wedi'u geni cyn 32 wythnos) neu fabanod bach iawn (sy'n pwyso llai na 3 kg), dylai eich meddyg teulu roi paracetamol yn ôl pwysau'r babi pan mae'n cael y brechiad. Dylech holi eich meddyg teulu a dilyn y cyfarwyddiadau ar y presgripsiwn.

Dylech fesur y dos 2.5ml/60mg a'i roi naill ai gan ddefnyddio chwistrell neu gyda llwy 2.5ml.

Dim ond os yw eich babi wedi cael y brechiad MenB gyda'r brechiadau arferol eraill yn 2 a 4 mis oed mae'r cyngor yma ar ddefnyddio paracetamol yn berthnasol. Os oes gan eich babi dymheredd uchel ar unrhyw adeg arall dylech ddilyn y cyfarwyddiadau a'r cyngor ar ddos ar becyn y cynnyrch neu'r daflen i'r claf.

Mae tymheredd uchel yn llawer llai cyffredin pan mae'r hwb-frechiad MenB yn cael ei roi yn 12 i 13 mis, felly ni fydd eich babi angen paracetamol bryd hynny. Ond os bydd eich babi'n datblygu tymheredd uchel neu os yw'n anniddig neu'n sâl, gallwch roi'r dos cywir iddo o baracetamol babanod os ydych eisiau.

Os nad oes gennych chi unrhyw hylif paracetamol i fabanod gartref dylech gael peth mewn pryd ar gyfer brechiad cyntaf eich babi. Mae ar gael o fferyllfeydd ac archfarchnadoedd.

Ar ôl brechiad MenB (meningitis B)

Gellir disgwyl tymheredd uchel ar ôl unrhyw frechiad, ond mae’n gyffredin iawn ar ôl brechiad MenB gyda’r brechiadau arferol eraill yn ddau a phedwar mis. Dyma pam rydym yn argymell bod eich babi’n cael paracetamol babanod i atal a thrin tymheredd uchel.

Dylai eich babi gael cyfanswm o dri dos o baracetamol babanod wrth gael ei ddau frechiad MenB cyntaf.

Dylech wahanu’r dosys fel a ganlyn.

Oedran y babi: 2 a 4 mis

Dos 1	Dos 2	Dos 3
Paracetamol Un dos 2.5 ml (60 mg) i’w roi yn syth ar ôl y brechiad (gweler y nodyn isod)	**Paracetamol** Un dos 2.5 ml (60 mg) i’w roi 4 i 6 awr ar ôl dos 1	**Paracetamol** Un dos 2.5 ml (60 mg) i’w roi 4 i 6 awr ar ôl dos 2

Cadwch eich plentyn yn oer drwy wneud y canlynol...

- gwneud yn siŵr nad oes ganddo ormod o haenau o ddillad neu flancedi ✓
- rhoi digon o ddiodydd oer iddo (os ydych chi'n bwydo ar y fron efallai y bydd eich plentyn eisiau bwyd yn amlach) ✓

- peidio â'i roi yn y bath ✗
- peidio â'i olchi gyda sbwng ✗
- peidio â rhoi ffan arno ✗

Sut i drin tymheredd uchel

Tymheredd dros 38°C yw tymheredd uchel. Mae'n eithaf cyffredin mewn plant ifanc ond heb fod yn ddifrifol fel arfer. Os yw wyneb eich plentyn yn boeth i'w gyffwrdd ac os yw'n edrych yn fochgoch, efallai bod ganddo dymheredd uchel. Defnyddiwch thermomedr i fesur ei dymheredd.

Gan nad yw'r tymheredd yn uchel iawn fel arfer, dim ond rhoi paracetamol i'ch plentyn sydd ei angen os yw'n anesmwyth neu'n sâl. Darllenwch y cyfarwyddiadau ar y botel yn ofalus iawn i sicrhau eich bod yn rhoi'r dos cywir.

Ffoniwch y meddyg ar unwaith os oes gan eich plentyn dymheredd o 39°C neu uwch neu os bydd yn cael ffit. Os yw'r feddygfa ar gau ac os nad ydych yn gallu ffonio eich meddyg, dilynwch eich greddf a mynd i'r ysbyty agosaf sydd ag adran frys.

! Cofiwch: peidiwch byth â rhoi meddyginiaeth sy'n cynnwys aspirin i blant iau nag 16 oed.

Beth i’w ddisgwyl ar ôl brechiadau a roddir drwy bigiad

Ar ôl brechiad, efallai y bydd eich plentyn yn crïo am ychydig, ond bydd yn setlo’n gyflym ar ôl mwythau neu fwyd. Nid yw’r rhan fwyaf o fabanod yn cael unrhyw sgil-effeithiau.

Mae’r sgil-effeithiau mwyaf cyffredin i’w gweld ble mae’r pigiad yn cael ei roi. Mae’r rhain yn cynnwys y canlynol:

- chwydd;
- cochni; a
- lwmp bach caled.

Fel arfer dim ond am ychydig ddyddiau mae’r rhain yn para a does dim angen gwneud unrhyw beth yn eu cylch.

Ar ôl brechiad, efallai y bydd plant ifanc yn anesmwyth am ddiwrnod neu ddau neu’n cael tymheredd uchel. Hefyd efallai y bydd plant hŷn yn cael tymheredd uchel, blinder, poenau yn y cyhyrau, cur pen a diffyg archwaeth bwyd am ddiwrnod neu ddau.

Mae'r daflen yma'n dweud wrthych chi am sgil-effeithiau cyffredin brechiadau a all ddigwydd mewn babanod a phlant ifanc hyd at bum mlwydd oed. Defnyddiwch yr wybodaeth yma fel canllaw yn unig. Dylech gael cyngor gan feddyg, ymwelydd iechyd neu nyrs bob amser os oes gennych chi unrhyw bryder, neu ffonio Gig 111 Cymru yn uniongyrchol ar 0845 46 47 neu 111 os yw ar gael yn eich ardal chi.

Mae taflenni gyda mwy o wybodaeth am frechiadau ar gael yn: 111.wales.nhs.uk/livewell/vaccinations/Leaflets

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Beth i'w ddisgwyl ar ôl brechiadau

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