



Mae Brechu yn achub bywydau
Vaccination saves lives



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Human Papillomavirus (HPV) Vaccination Programme



Briefing document for head teachers and school staff

This briefing is for schools on the school-aged HPV vaccination programme in Wales.

Please ensure that all school staff who need to know about the programme have access to this information.

! The HPV vaccine helps protect young people from cancers caused by HPV

3 reasons for having the HPV vaccine:

- 1 It cuts the risk of cervical cancer by 90%, as well as dramatically lowering the rates of other types of HPV related cancers.
- 2 Over 80% of people will be exposed to HPV during their lifetime, and there are more than 150 different types.
- 3 The vaccine is **safe, effective and easy to get.**

Eligibility for HPV vaccination

The HPV vaccine is offered **free to all boys and girls** who are **aged 12 to 13 years** (school year 8), and older pupils who have previously missed the HPV vaccine.

Young people who don't receive their HPV vaccine at school can receive it at their GP surgery up until their 25th birthday (for boys this only applies to those born on or after 1 September 2006).

Some other individuals are at increased risk from HPV, so they are also eligible for this vaccine. More information is available at phw.nhs.wales/HPVvaccine

School support with the HPV vaccination programme is highly valued and essential for improving protection against HPV for young adults.

It's a good idea for pupils, and their parents/guardians to check with their GP surgery that all their other immunisations are up to date including for MMR (measles, mumps and rubella).

It's not too late to get up to date.



Scan me to go to the school age children and young people webpage



For eligible people under 25 years old, evidence shows that only one dose of the HPV vaccine is needed for the best protection. More information is available at: phw.nhs.wales/HPVvaccine

The HPV vaccine is excellent at giving protection against HPV and is very safe. It is expected that the vaccine will eventually save thousands of lives each year.

About the HPV vaccine

HPV is linked to the development of a **range of cancers and genital warts**. The HPV vaccine is the **safest way** to help protect against these diseases.

Evidence shows that the HPV vaccine helps protect boys and girls against future risks of:

- cervical cancer
- some head and neck cancers
- some cancers of the anus
- some cancers of the genital area (for example penis, vagina and vulva) and
- genital warts.

Head and neck cancers are most common in males with around 700 cases diagnosed in Wales each year.

Evidence is already showing dramatic reductions in pre-cancerous lesions and cervical cancers in young people who have received the HPV vaccine, in comparison to unvaccinated populations.

The HPV vaccine is given in the top part of the arm. In order to give the best protection, it should be given before a young person becomes sexually active. Therefore, it is offered at an age before most young people come into contact with the virus.

Condoms reduce the risk but do not provide complete protection against the HPV virus. As there are lots of different types of this virus, eligible people should still have the vaccine even if they are already sexually active.

Consent packs and vaccination information

Consent packs for pupils and their parents/guardians will be supplied to secondary schools before the scheduled HPV vaccination session. This may be paper based or in a digital format.

Each consent pack usually contains:

- **A letter (or email), leaflet and consent form.** The letter and leaflet give pupils and parents/guardians an understanding of the vaccines and their benefits. Information is provided to enable informed consent for young people to receive the HPV vaccine. Some schools will be asked to send these electronically.
- The leaflets are also available in **accessible formats** (including Large, Print, Easy Read, British Sign Language and Audio). Parents/guardians should be directed to: phw.nhs.wales/vaccines/accessible-information
- **A completed consent form is required before a vaccination is given.** While we recommend that pupils get **agreement from their parents/guardians**, some children in secondary school will be able to legally consent for themselves. This may include some children who are under 16, but only if they are assessed by the person giving the vaccine as being mature enough to fully understand what is being offered. This is called 'Gillick competence'. For more information about this, search consent here: 111.wales.nhs.uk (external site), or speak to your school nurse.
- Where young people give their own consent, it is still preferred that parents/guardians are involved in the decision making. If the young person is in agreement, the parent/guardian will be informed that the vaccination has been given.

- Schools are asked to allow health professionals to use their clinical judgement in the application of Gillick competency assessment as a means of obtaining self-consent from young people where appropriate.
- Any queries or concerns from parents/guardians about self-consent and the process of Gillick competency assessment should be directed to health board school nursing or immunisation teams.

How consent is collected:

- Your school may be asked to collect **completed paper consent forms** from parents/guardians on behalf of the school nursing/immunisation team, and to follow up on non-returned consent forms.
- Electronic consent forms, where used, are sent directly from the parent/guardian to the school nursing/immunisation team.
- School nursing/immunisation teams may inform schools of young people who have not returned consent forms for further follow up.
- Forms should be **returned by the deadline agreed** with the school nurse or immunisation team.

Who will give the vaccine to the children:

- The programme will be delivered by the local health board school nursing/immunisation team.
- They will administer the vaccination according to nationally set standards. All vaccinators have appropriate qualifications and training, including safeguarding training. They are also fully trained to answer any questions from pupils, teachers and parents/guardians about the HPV vaccine, along with questions about other vaccines such as flu, MMR, Teenage 3-in-1 Booster and Meningococcal (MenACWY) vaccinations.

How your school can support the HPV vaccination programme

The relationship between schools and the NHS school nursing immunisation team is vital for protecting the health of future generations. The World Health Organization estimates that vaccination prevents up to 5 million deaths globally every year, and that high uptake of the HPV vaccine will help towards the eradication of cervical cancer by the end of the century.

Schools have an important role to play in promoting the uptake of the vaccination programme, because of the relationship they have with the parents/guardians and young people.

Please use all your communication channels to help promote uptake and share this briefing document with staff in your school.

You can also download a HPV School Communication Toolkit from phw.brandkitapp.com. The toolkit includes videos and animations available for use in school assemblies, pupil talks or PSE classes.



The following will help to support the vaccination session and minimise disruption to the school on the day:

- Ahead of the day of the vaccinations talk to the school nursing/immunisation team to arrange a suitable location and requirements.
- If requested, provide a complete list of eligible children and young people within the age cohort, including their parents/guardians contact details.
- It's important to let parents/guardians know which day vaccinations will take place. The consent pack will contain this information. Please ensure the school consent packs are distributed to parents/guardians. Communication (e.g., an email or a text) can be sent to remind them of the:
 - vaccination date(s); and
 - date they need to return the consent form by.
- Please **reassure** parents/guardians of the **effectiveness, safety and importance** of the HPV vaccine.
- Pupils and their parents/guardians may have questions about the vaccines. Let them know that further information is available at phw.nhs.wales/HPVvaccine

- Use school social media accounts or school communication channels to share relevant content available from phw.brandkitapp.com
- Speak to your school nurse/immunisation team if you have any queries or are aware of any misinformation or disinformation being circulated about the vaccination.

Legislation and guidance are in place to support the administration of vaccination programmes in Wales and to facilitate the sharing of pupil information for the purposes of vaccinations for school aged children.

Further information is available from **Supporting the administration and management of childhood vaccination programmes delivered in schools.**

Further information about the HPV vaccine

- More than 280 million doses of the HPV vaccine have been given worldwide, in at least 113 countries.
- Like all vaccines, the safety and effectiveness of the HPV vaccine has been rigorously tested in clinical trials.
- The HPV vaccine meets the high UK safety standards and has been offered to girls in Wales since 2008, and boys since 2019.
- Like all medicines, the HPV vaccine can cause side effects, but not everyone gets them. The most common side effect is a sore/swollen arm, or redness at the site of injection. Most side effects are mild and may last a day or two.
- A full list of the vaccine ingredients and possible side effects are available at medicines.org.uk/emc (external site) by entering 'Gardasil 9' into the search box.

- The safety of all vaccines continues to be monitored by the Medicines and Healthcare products Regulatory Agency (MHRA) through the Yellow Card Scheme. Anybody can report suspected side effects of vaccines and medicines through the Yellow Card scheme. This can be done online at www.mhra.gov.uk/yellowcard (external site), by calling **0800 731 6789** (Monday to Friday, 9am to 5pm) or search for MHRA Yellow Card in the Google Play or Apple App Store.

A note of thanks

Delivering vaccination programmes through schools is vital for ensuring children and young people have easy access to vaccines. This helps to achieve high uptake of vaccination and reduces inequalities in health for children and young people.

We are grateful for the support of schools in hosting these vaccination sessions, and for communicating to parents/guardians when the HPV vaccination sessions are scheduled to take place.

If you have any enquiries or questions regarding the delivery of the HPV vaccination programme in your school, please direct these to the local health board school nursing/immunisation team.

Further information on HPV and the vaccine is available at: phw.nhs.wales/HPVvaccine

The information in this leaflet is correct at the time of publication. For the most up-to-date information, please visit phw.nhs.wales/vaccines



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Mae diogelwch pob brechlyn yn parhau i gael ei fonitro gan yr Asiantaeth Rheoleiddio Meddyginiethau a Chynhyrchion Gofal Iechyd (MHRA) drwy'r Cynllun Cerdyn Melyn. Gall unrhyw un roi gwybod am achosion tybiedig o sgil-ffeithiau gan frechlynnau a meddyginiethau drwy'r cynllun Cerdyn Melyn. Gellir gwneud hyn ar-lein yn www.mhra.gov.uk/yellowcard (safle allanol, Saesneg yn unig), drwy ffonio **0800 731 6789** (dydd Lun i ddydd Gwener, 9yb i 5yh) neu drwy chwilio am MHRA Yellow Card yn Google Play neu yn Apple App Store.

Diolch yn fawr

Mae cyflwyno rhaglenni brechu drwy ysgolion yn hantodol er mwyn sicrhau bod gan blant a phobl ifanc fyneddiad hawdd at frechlynnau. Mae hyn yn helpu i sicrhau bod cynifer â phosib o bobl yn cael eu brechu ac yn lleihau anghydraddoldebau iechyd i blant a phobl ifanc.

Rydym yn ddiolechggar am gefnogaeth ysgolion i gynnal y sesiynau brechu hyn, ac am gyfathrebu â rhieni/gwarcheidwaid ynghyd â phryd y bwriedir cynnal y sesiynau brechu HPV.

Os oes gennyfch ymhoiadau neu gwestiynau ynghyd â chyflwyno rhaglenni trechu HPV yn eich ysgol chi, cyfeirwch nhw at dim nyrsio ysgol/imiwneiddio'r bwrdd iechyd lleol.

Mae rhagor o wybodaeth am HPV a'r brechiad ar gael yn: icc.gig.cymru/brechlynHPV

Mae'r wybodaeth yn y datlen hon yn gywir ar adeg ei chyhoeddi. I gael yr wybodaeth ddiweddaraf, ewch i icc.gig.cymru/brechlynnau

- Defnyddiwch gyfrifon cymdeithasol yr ysgol neu sianell cyfathrebu'r ysgol i rannu cynnwys perthnasol sydd ar gael o phw.brandkitapp.com
- Siaradwch â'ch tim nyrsio/imiwneiddio ysgol os oes gennyfch ymhoiadau neu os ydych yn ymwybodol o unrhyw gamwybodaeth sy'n cael ei lleadau am y brechiad.

Mae deddfwriaeth a chanllawiau ar wath i gefnogi gweinyddu rhaglenni brechu yng Nghymru ac i hwyluso rhannu gwybodaeth am ddisgyblion at ddibenion brechiadau ar gyfer plant oedran ysgol.

Mae rhagor o wybodaeth ar gael yn y ddogfen **Cynorthwyo'r gwaith o weinyddu a rheoli rhaglenni brechu plant a ddarperir mewn ysgolion.**

Gwybodaeth bellach am y brechlyn HPV

- Mae dros 280 miliwn o ddosau o'r brechlyn HPV wedi'u rhoi ledled y byd, mewn o leiaf 113 o wledydd.
- Fel yn achos pob brechlyn, mae diogelwch ac effeithiolrwydd y brechlyn HPV wedi cael ei brofi'n drylwyr mewn treialon clinigol.
- Mae'r brechlyn HPV yn bodloni safonau diogelwch uchel y DU. Mae wedi cael ei gynnal i ferched yng Nghymru er 2008, ac i fechgyn er 2019.
- Fel yn achos pob meddyginieth, gall y brechlyn HPV achosi sgil-ffeithiau, ond ni fydd pawb yn eu profi. Y sgil-ffeith mwyaf cyffredin yw braich boenus/chwyddedig, neu gochni lle rhodddwyd y pigiad. Mae'r rhan fwyaf o'r sgil-ffeithiau yn ysgafn a byddant fel arfer yn gwella ar ôl diwrnod neu ddau.
- Mae'r rhestr lawn o gynhwysion y brechlyn a'r sgil-ffeithiau posibl ar gael o medicines.org.uk/emc (safle allanol, Saesneg yn unig) drwy roi 'Gardasil 9' yn y blwch chwilio.

- Gofynnir i ysgolion ganiatau i weithwyr gofal iechyd profesiynol ddefnyddio'u barn glinigol wrth ddefnyddio asesiad cymhwysedd Gilllick fel ffordd o gael cydpsyniad gan y bobl ifanc eu hunain lle bo'n briodol.
- Dylid cyfeirio unrhyw ymholiadau neu bryderon gan rieni/warcheidwaid ynglŷn â hunan-gydsyniad a phroses asesu cymhwysedd Gilllick at dimau nrysio ysgol neu dimau imiwneiddio'r bwrdd iechyd.

Sut mae cydpsyniad yn cael ei

gasglu:

- Etfallai y gofynnir i'ch ysgol gasglu **ffurfienni cydpsynio papur wedi'u cwblhau** gan rieni/warcheidwaid ar ran y tîm nrysio ysgol/ly tîm imiwneiddio, ac i annog dychwelyd y ffurfienni cydpsynio nad ydynt wedi cael eu dychwelyd.
- Antonnir ffurfienni cydpsynio electronig, lle cânt eu defnyddio, yn uniongyrchol gan y rhiant/gwarcheidwaid at y tîm nrysio ysgol/imiwneiddio.
- Gall timau nrysio/imiwneiddio ysgolion roi gwybod i ysgolion am bobl ifanc nad ydynt wedi dychwelyd eu ffurfienni cydpsynio er mwyn iddynt gymryd camau dilynol.
- Dylid **dychwelyd ffurfienni erbyn y dyddiad y cytunwyd arno** gyda'r nrys ysgol neu'r tîm imiwneiddio.

Pwy fydd yn rhoi'r brechlyn i'r

plant:

- Bydd y rhaglen yn cael ei chyflwyno gan dîm nrysio/imiwneiddio ysgolion y bwrdd iechyd lleol.
- Byddant yn rhoi'r brechiad yn unol â safonau a osodwyd yn genedlaethol. Mae gan yr holl frechwyr gymwysterau a hyfforddiant priodol, gan gynnwys hyfforddiant diogelu. Maent hefyd wedi'u hyfforddi'n llawn i ateb cwestiynau am y brechlyn HPV gan ddisgyblion, athrawon a rhieni/gwarcheidwaid, yn ogystal â chwestiynau am frechlynnau eraill fel y ffliw, MMR, y pigiad atgyfnerthu 3-mewn-1 i Bobl yn eu Hardegau ar'r brechlyn Meningococcol (MenACWY).

Sut gall eich ysgol gefnogi'r rhaglen frechu HPV?

Maer' berthynas rhwng ysgolion a thîm nrysio/imiwneiddio ysgolion y GIG yn hantodol ar gyfer diogelu iechyd cenedlaethau'r dyfodol. Mae Setydliaid Iechyd y Byd yn amcangyfrif bod brechu yn atal hyd at 5 miliwn o farwolaethau yn fydd-eang bob blwyddyn. Tybir y bydd sicrhau bod nifer uchel

o bobl ifanc yn cael y brechlyn HPV yn helpu i ddileu canser ceg y groth erbyn diwedd y ganrif. Mae'r berthynas sydd gan ysgolion â rhieni/gwarcheidwaid a phobl ifanc yn golygu bod ganddynt rôl bwysig i'w chwarae o ran annog mwy o bobl ifanc i gymryd rhan yn y rhaglen frechu.

Defnyddiwch eich holl sianeli cyfathrebu i helpu i hyrwyddo'r brechlyn a rhanwch y ddogfen frifio hon â'r staff yn eich ysgol chi.

Gallwch hefyd lawrwytho Pecyn Cymorth Cyfathrebu HPV i ysgolion o phw.brandkitapp.com. Mae'r pecyn cymorth sy'n cynnwys fideos ac animediadau ar gael i'w defnyddio mewn gwasanaethau ysgol, sgyrsiau â disgyblion neu wersi ABC.



Bydd y canlynoI yn helpu i gefnogi'r sesiwn frechu ac yn lleihau tartu yn yr ysgol ar y diwrnod:

- Cyn diwrnod y brechiadau, staradwch â'r tîm nrysio/imiwneiddio ysgol i drefnu lleoliad addas a'u gofynion.
- Os gofynnir amdano, rhwch restr gyflawn o blant a phobl ifanc gymwys o fewn y garfan oedran, gan gynnwys manylion cyswilt eu rhieni/gwarcheidwaid.
- Mae'n bwysig rhoi gwybod i rhieni/gwarcheidwaid pa ddiwrnod y bydd brechiadau'n cael eu rhoi. Bydd y pecyn cydpsynio yn cynnwys yr wybodaeth hon. Gwnwch yn siŵr bod pecynnau cydpsyniad yr ysgol yn cael eu dosbarthu i rhieni/gwarcheidwaid. Gellir anfon neges (e.e. e-bost neu neges destun) i'w hatgoffa o'r:
- dyddiad (au) brechu; a'r
- dyddiad cau ar gyfer dychwelyd y ffurflen gydsynio.

- Rhwch **sicrwydd** i rhieni/gwarcheidwaid ynghylch **effeithiolrwydd, diogelwch a phwysigrwydd** y brechlyn HPV.
- Etfallai y bydd gan ddisgyblion a'u rhieni/gwarcheidwaid gwestiynau am y brechlyn. Rhwch wybod iddyn nhw fod rhagor o wybodaeth ar gael o: icc.gig.cymru/brechlynHPV



Ynglŷn â'r brechlyn HPV

Mae HPV yn cael ei gysylltu â datblygiad **amrywiaeth o ganserau a defaid gwenerol**. Y brechlyn HPV yw'r **ffordd fwyaf diogel** o helpu i ddiogelu rhag y clefydau hyn.

Mae tystiolaeth yn dangos bod y brechlyn HPV yn helpu i ddiogelu bechgyn a merched rhag risgiau yn dyfodol o'r canlynol:

- canser ceg y groth
- rhai mathau o ganser y pen a'r gwddf
- rhai canserau'r awns
- rhai canserau yn ardal yr organau cenhedlu (er enghraifft y pidyn, y fagina a'r fwfa) a defaid gwenerol.

Mae canserau'r pen a'r gwddf fwyaf cyffredin ymhlith dynion. Mae tua 700 o achosion yn cael eu diagnosisio yng Nghymru bob blwyddyn. Mae tystiolaeth eisoes yn dangos gostyngiadau aruthrolo o ran briawu cyn-ganseradd a chanserau ceg y groth mewn pobl ifanc sydd wedi cael y brechlyn HPV, o'u cymharu â phoblogaethau heb eu Rhoddir y brechlyn HPV yn rhan uchaf y fraich. Dylid rhoi'r brechlyn cyn i unigolyn ifanc gael cyfathrach rwyoli er mwyn rhoi'r amddiffyniad gorau iddo. Felly, mae'n cael ei gynig ar oedran cyn i'r rhan fwyaf o bobl ifanc ddod i gysylltiad â'r feirws.

Mae condomau yn lleihau'r risg ond nid ydynt yn rhoi amddiffyniad llwyr yn erbyn y feirws HPV. Mae llawer o wahanol fathau o'r feirws hwn, felly dylai pobl gymwys gael y brechlyn hyd yn oed os ydyn nhw eisoes yn cael cyfathrach rwyoli.

Pecynnau cydsynio a gwybodaeth am y brechiad

Bydd pecynnau cydsynio ar gyfer disgyblion a'u rhieni/gwarcheidwaid yn cael eu rhoi i ysgolion uwchradd cyn y sesiwn brechu HPV sydd wedi'i threfnu. Gall y pecynnau fod ar dapur neu ar ffurf ddigidol.

Mae pob pecyn cydsynio fel arfer yn cynnwys:

- **Llythyr (neu e-bost), talfen a ffurflen gydsynio.** Mae'r llythyr a'r talfen yn rhoi gwybodaeth i ddisgyblion a rhieni/gwarcheidwaid am y brechlyn a'i fanteision. Rhoddir gwybodaeth er mwyn sicrhau cydsyniad ar sail gwybodaeth i bobl ifanc gael y brechlyn HPV. Gofynnir i rai ysgolion anfon y rhain yn electronig.
- Mae'r talfen ar gael mewn fformatau hygyrch (yn cynnwys Print Bras, Hawdd ei Deal, Iaith Arwyddion Frydain a Sain fel arfer). Dylid cyfeirio rhieni/gwarcheidwaid at: **icc.gig.cymru/brechlynau/adnoddau-hygyrch**

• **Mae angen ffurflen gydsynio wedi'i llenwi cyn rhoi brechiad.** Er ein bod yn argymhell bod disgyblion yn cael **cydsyniad eu rhieni/gwarcheidwaid**, bydd rhai plant yn yr ysgol uwchradd yn gallu cydsynio'n gyfreithiol drosty'n nhw'u hunain. Gall hyn gynnwys rhai plant sydd o dan 16 oed, ond dim ond os bydd yr unigolyn sy'n rhoi'r brechlyn yn eu hasesu fel rhai sy'n ddiogon aeddfed i ddeall yn llawn yr hyn sy'n cael ei gynig. Gelwir hyn yn 'gymhwysedd Gillick'. Am ragor o wybodaeth am hyn, chwiliwch am 'cydsyniad yma: **11.wales.nhs.uk** (saffie allanol), neu siaradwch â nyrs eich ysgol.

- Pan fydd pobl ifanc yn rhoi eu cydsyniad eu hunain, mae'n dal yn well bod rhieni/gwarcheidwaid yn rhan o'r broses o wneud y penderfyniad. Os yw'r unigolyn ifanc yn cytuno, bydd y rhiant/gwarcheidwaid yn cael gwybod bod y brechiad wedi'i roi!

Dengys tystiolaeth mai dim ond un dos o'r brechlyn HPV sydd ei angen i roi'r amddiffyniad gorau i bobl gymwys o dan 25 oed. Mae rhagor o wybodaeth ar gael o: **icc.gig.cymru/brechlynHPV**

Mae'r brechlyn HPV yn rhoi amddiffyniad rhagorol rhag HPV aac mae'n hynod diogel. Disgwylir y bydd y brechlyn yn achub miliedd o fywydau bob blwyddyn yn y pen draw.

Rhaglen Frechu Feirws Papiiloma Dynol (HPV)

Dogfen frittio ar gyfer penaethiaid a staff ysgolion



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Mae'r ddogfen frittio hon ar gyfer ysgolion sy'n rhan o'r rhaglen frechu HPV i blant oedran ysgol yng Nghymru. Gwnewch yn siŵr bod gan bob aelod o staff yr ysgol sydd angen gwybod am y rhaglen fynediad at yr wybodaeth hon.

Mae'r brechlyn HPV yn helpu i ddiogelu pobl ifanc rhag canserau a achosir gan y feirws HPV.

Tri rheswm dros gael y brechlyn HPV:

1 Mae'n lleihau'r risg o ganser ceg y groth 90%, yn ogystal â gostwng cyfraddau mathau eraill o ganserau sy'n gysylltiedig â HPV yn sylweddol.

2 Bydd dros 80% o bobl yn dod i gysylltiad â HPV yn ystod eu hoes, ac mae dros 150 o wahanol fathau o'r feirws.

3 Mae'r brechlyn yn ddiogel, yn effeithiol ac yn hawdd i'w gael.

Cymhwysedd ar gyfer brechlad HPV

Cynigir y brechlyn HPV am ddim i bob bachgen a merch sydd rhwng 12 a 13 oed (blwyddyn ysgol 8), a disgyblion hyn sydd wedi methu'r cyfle i gael y brechlyn HPV o'r blaen. Gall pobl ifanc nad ydynt wedi cael eu brechlyn HPV yn yr ysgol ei gael yn eu practis meddygon teulu hyd at eu pen-blwydd yn 25 oed (yn achos bechgyn mae hyn ond yn berthnasol i'r rhai a aned ar neu ar ôl 1 Medi 2006). Mae rhai unigolion eraill mewn mwy o berygl o HPV, felly maen nhw hefyd yn gymwys i gael y brechlyn hwn. Mae rhagor o wybodaeth ar gael o: icc.gig.cymru/brechlynHPV

Mae cefnogaeth ysgolion i'r rhaglen frechu HPV yn cael ei gwerthfawrogi'n fawr ac mae'n hantodol i wella amddiffyniad rhag HPV i oedolion ifanc.

Mae'n syniad da i ddisgyblion, a'u rhieni/gwarcheidwaid, wrio gyda'u practis meddygon teulu eu bod wedi cael yr holl imiwneiddadau y dyfent fod wedi'u cael, yn cynnwys y brechlyn MMR (y frech goch, clwy'r pennau a rwbela). Nid yw'n rhy hwyr i gael eich imiwneiddio'n llawn.



Sganwch fi i fynd i wefan plant a pobl ifanc oed ysgol