



Mae Brechu yn achub bywydau
Vaccination saves lives



GIG
CYMRU
NHS
WALES

Iechyd Cyhoeddus
Cymru
Public Health
Wales

Shingles vaccine



Mae'r daflen hon ar gael yn Gymraeg. You can get this leaflet in Welsh.

What is shingles



Shingles is an illness that can make you feel very poorly.



It can give you a rash and be very painful. The pain sometimes lasts a very long time.

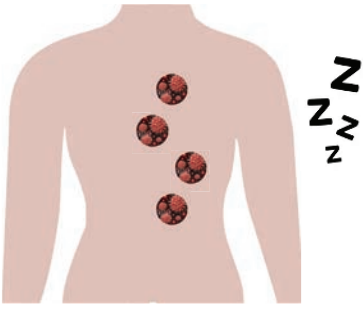


Shingles is caused by the same virus as **chickenpox**.

Chickenpox is an illness that makes you get itchy spots all over your body.



Most people get chickenpox at some point in their lives. It is not usually serious.



When you get better from chickenpox, some of the virus can stay asleep in your body.



If the chickenpox virus wakes up, it can make you have shingles.

People who might get very poorly if they get shingles



Shingles can be very serious for some people. It can make them very poorly and need to go to hospital.

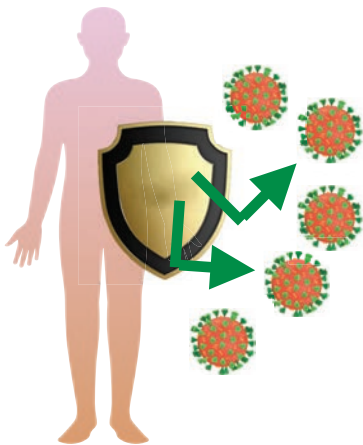
It is really important to try and protect yourself from shingles if:



- You are an older person

or

- Your **immune system** does not work very well.

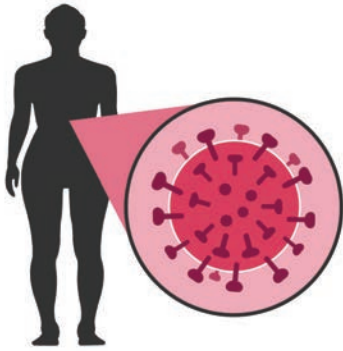


Your **immune system** is the part of your body that helps to protect you from infections.



Your immune system can stop working well because of illness. Some medicines can stop it working well too.

What is a vaccine



A **vaccine** is a medicine that helps to keep you safe from catching an illness.



Getting a vaccine is usually done by giving you an injection at the top of your arm.



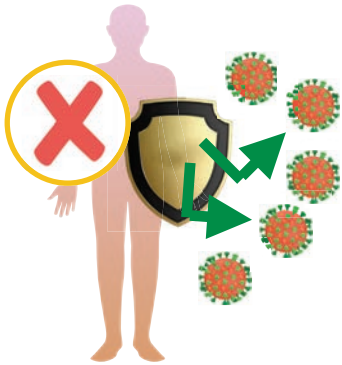
Your body then knows how to fight the illness if you catch it in the future.



A vaccine may not always stop you from catching an illness. But it can make you less poorly if you do catch it.

Who can have the shingles vaccine

You can have the shingles vaccine if:



- You are 18 or older and your immune system does not work very well.



- You are 65 or 70 years old.



- You are 70 to 79 and have not had a shingles vaccine before.



If you are between 66 and 69, you will be contacted after your 70th birthday.



If you are between 60 and 64, you will be contacted after your 65th birthday.



Your doctor will invite you for your shingles vaccine. They will tell you when and where you can get it.



If you do not get an invite, contact your doctor.



If you are worried about shingles, talk to your doctor.

Getting the vaccine



The shingles vaccine is very safe.



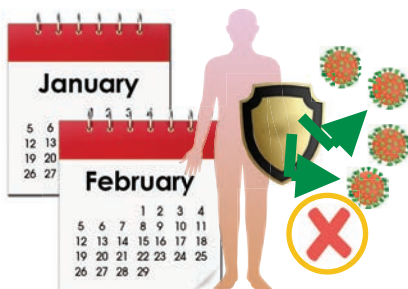
You should have the vaccine as soon as you are offered it.



You will need to have 2 injections. You do not have them at the same time.



Most people will have their second injection after 6 to 12 months.



If your immune system doesn't work very well, you should have your second injection at least 8 weeks after your first injection.



Your doctor will tell you when to come for your next injection.



When you have had both injections you do not need to have any more.



If you have had shingles before, you should still have the vaccine.

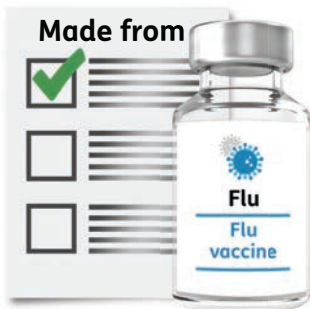
Allergies



Most people who are allergic to something can have the shingles vaccine with no problems.



You should **not** have the vaccine if:



- You are allergic to something the vaccine is made from and it gives you a **serious reaction**

or



- You have had a **serious reaction** to a vaccine before.

A **serious reaction** is when:

- You find it hard to breathe.





- You feel confused, faint and you cannot be woken up.



- Your face, neck or tongue start to swell up.



If you have any problems with your blood, you should tell the nurse who is giving you the vaccine.



They will check to make sure it is ok for you to have the vaccine.

Side effects



Side effects are things that might happen to you after you have had the vaccine.

Not everyone has side effects.



Common side effects should only last for 1 or 2 days.

Things you might feel after having the shingles vaccine are:



- A sore arm where you had the injection.



- A headache.



- A tummy ache, feeling sick or being sick.



- Pooing a lot or having more runny or soft poo.



- Aches in your body.



- Feeling very tired.



- A **fever**. A **fever** is when you have a high temperature of 38 degrees or more on a thermometer.



You can take paracetamol to help with these things. Remember to read the instructions on the packet.



If you feel unwell or very tired, you should rest. Try not to do things like driving a car or using big tools.



If you are worried about side effects, talk to your doctor or nurse.

More information



If you want more information about the vaccine, you can speak to your doctor.



You can also phone NHS 111 Wales.

Phone 111

It is free to call this number.



You can look on the Public Health Wales website:

phw.nhs.wales/vaccines



To find out how the NHS uses your information, visit:

111.wales.nhs.uk/AboutUs/Yourinformation

Mwy o wybodaeth

Rydych chi'n gallu siarad â'ch meddyg os ydych chi eisiau mwy o wybodaeth am y brechlyn.

Rydych chi'n gallu ffonio GIG 111
Cymru hefyd.

Ffonio 111

Mae'n rhad ac am ddim i ffonio'r rhif hwn.



Ewch i'r wefan hon i gael gwybod sut
mae'r GIG yn defnyddio eich
gwybodaeth chi:

111.wales.nhs.uk/amdanomni/
eichgwybodaeth

icc.gig.cymru/brechlynau

Rydych chi'n gallu edrych ar wefan
Iechyd Cyhoeddus Cymru:

Rydych chi'n gallu cymryd
paracetamol i helpu gyda'r pethau
hyn. Cofiwch ddarllen y
cyfarwyddiadau ar y pecyn.



Dylech chi orffwys os ydych chi'n
teimlo'n sâl neu'n flinedig iawn.
Ceiswch beidio gwneud pethau fel
gyrru car na defnyddio offer mawr.



Siaradwch â'ch meddyg neu nyrs os
ydych chi'n poeni am sgili-fffeithiau.



● Poen yn eich bol, teimlo eich bod chi am chwydu neu chwydu.



● Mynd i'r ty bach i gael pŵ yn fwy aml neu gael mwy o pŵ dyfrllyd neu feddal.



● Poenau yn eich corff.



● Teimlo'n flinedig iawn.

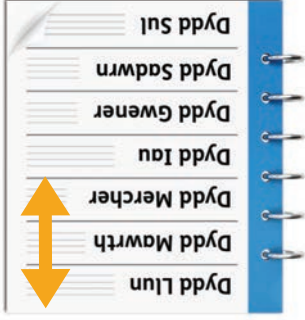


● Twymyn/gwres Twymyn/gwres yw tymheredd uchel o 38 gradd neu fwy ar thermometr.



Sgil-ffeithiau

Sgil-ffeithiau yw pethau sy'n gallu digwydd i chi ar i chi gael y brechlyn. Fydd pawb ddim yn cael sgil-ffeithiau.



Ddylai'r sgil-ffeithiau ddim para yn fwy na 1 neu 2 ddiwrnod.

Efallai y byddwch yn teimlo'r pethau hyn ar cael brechlyn rhag yr eryr: ● Braich boenus lle cawsoch y pigiad.



● Cur pen/pen tost.



- Yn teimlo'n ddryslyd, yn benysgafn a dydy hi ddim yn bosibl eich deftro chi.



- Bydd eich wyneb, gwddf neu dafod yn dechrau chwyddo.



Dylech chi ddweud wrth y nyrs sy'n rhoi'r brechlyn i chi os oes genny'ch chi problemau gyda'ch gwaged.



Bydd y nyrs yn gwneud yn siŵr ei bod yn iawn i chi gael y brechlyn.

Alergeddan

Mae'r rhan fwyaf o bobl sydd ag alergedd i rywbeth yn gallu cael brechlyn rhag yr eryr heb broblem.

Ddylech chi ddim cael y brechlyn os oes gennyh chi:



- Alergedd i rywbeth sydd yn y brechlyn ac mae'n achosi i chi gael **adwaith difrifol**



neu os

- Ydych chi wedi cael **adwaith difrifol** i frechlyn o'r blaen.



- Yn cael traffferth anadlu.
- Adwaith difrifol yw pan fyddwch chi:**



Dylech chi hefyd gael eich brechu os ydych chi wedi cael yr eryr o'r blaen.



Does dim angen i chi gael mwy o bigiadau ar i chi gael y ddau bigiad.



Bydd eich meddyg yn dweud wrthoch chi pryd i ddod i gael eich pigiad nesaf.



Cael y brechlyn

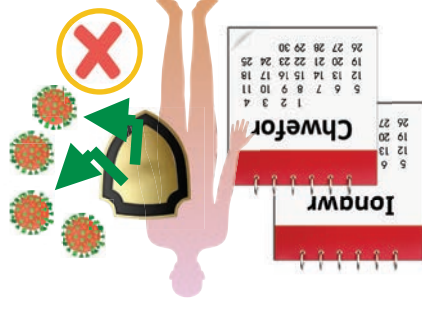
Mae brechlyn rhag yr eryr yn ddiogel iawn.

Dylech chi gael y brechlyn cyn gynted ag y cewch ei gynig.

Bydd angen i chi gael 2 bigiad. Fyddwch chi ddim yn cael y ddau bigiad ar yr un pryd.

Bydd y rhan fwyaf o bobl yn cael eu hail bigiad 6 i 12 mis ar c ael y bigiad cyntaf.

Dylech chi gael eich ail bigiad o leiaf 8 wythnos ar y bigiad cyn taf os nad yw eich system imiwedd yn gweithio'n dda iawn.



Os ydych rhwng 60 a 64 oed, byddwn ni'n cysylltu â chi ar eich pen-blwydd yn 65 oed.

Byddwch chi'n cael gwahoddiad i gael brechlyn rhag yr eryr gan eich meddyg. Bydd eich meddyg yn dweud wrthoch chi pryd a ble y gallwch ei gael.

Cysylltwch â'ch meddyg os nad ydych yn cael gwahoddiad.

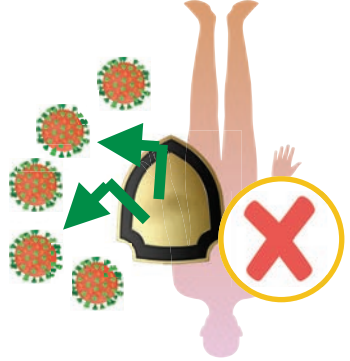
Siaradwch â'ch meddyg os ydych chi'n poeni am yr eryr.



Pwy all gael brechlyn rhag yr eryr

Rydych chi'n gallu cael brechlyn rhag yr eryr os:

- Ydych chi'n 18 oed neu'n hyn a bod eich system imiwneidd ddim yn gweithio'n dda iawn.



- Ydych yn 65 neu 70 oed.



- Ydych rhwng 70 a 79 oed a heb gael brechlyn rhag yr eryr o'r blaen.



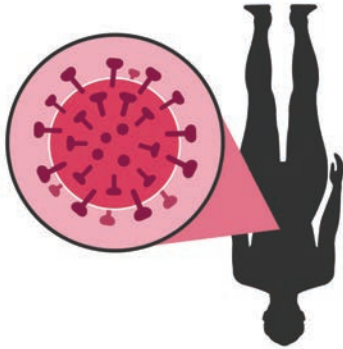
Os ydych rhwng 66 a 69 oed, byddwn ni'n cysylltu â chi ar eich pen-blwydd yn 70 oed.



Beth yw brechlyn

Mae **brechlyn** yn feddygiaeth sy'n helpu i'ch cadw chi'n ddiogel rhag dal salwch.

Mae brechlynnau fel arfer yn cael eu rhoi trwy bigiad yn rhan uchaf eich braich.



Yna bydd eich corff yn gwybod sut i frwydro yn erbyn y salwch os byddwch chi'n ei ddal yn y dyfodol.



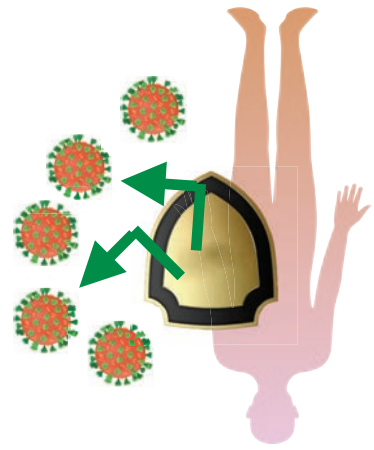
Mae'n bosib na fydd brechlynnau yn eich atal rhag dal salwch bob amser. Ond mae brechlynnau yn gallu eich gwneud chi'n llai sâl os byddwch chi'n dal clefyd.



Mae eich system imiwedd yn gallu stopio gweithio'n iawn os byddwch chi'n sâl. Mae rhai meddyginiaethau hefyd yn gallu atal eich system imiwedd rhag gweithio'n dda.



- nad yw eich **system imiwedd** yn gweithio'n dda iawn Eich **system imiwedd** yw'r rhan o'ch corff sy'n helpu i'ch diogelu chi rhag heintiau.



- ydych yn berson hyn Mae'n bwysig iawn eich bod yn ceisio amddiffyn eich hun rhag yr eryr os neu os



Mae'r eryr yn gallu bod yn ddifrifol iawn i rai pobl. Mae'n gallu eu gwneud nhw'n sâl iawn ac efallai bydd angen i ddyddyn nhw fynd i'r ysbty.

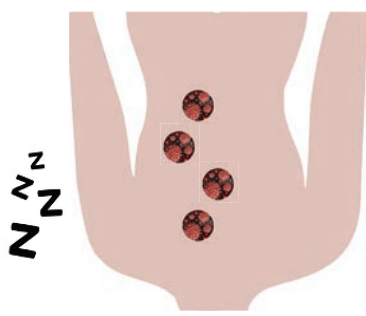


Pobl sy'n gallu mynd yn sâl iawn os ydynt yn cael yr eryr

Ar i chi wella o frech yr ieir, mae rhywfaint o'r feirws yn gallu aros yn eich corff.



Ar i chi wella o frech yr ieir, mae rhywfaint o'r feirws yn gallu aros yn eich corff.



Beth yw'r eryr

Mae'r eryr yn salwch sy'n gallu gwneud i chi deimlo'n sâl iawn.

Mae'n gallu rhoi brech i chi a bod yn boenus iawn. Weithiau mae'r boen yn gallu para am gyfnod hir iawn.



Bydd y rhan fwyaf o bobl yn cael brech yr ieir ar ryw adeg. Dydy brech yr ieir ddim yn gwneud pobl yn sâl iawn fel arfer.

Brechlyn rhag yr eryr



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