



Mae Brechu yn achub bywydau
Vaccination saves lives



GIG
CYMRU
NHS
WALES | Iechyd Cyhoeddus
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Y pas a beichiogrwydd

Diogelu eich babi

Gall y pas fod yn ddifrifol iawn, a babanod o dan dri mis oed sy'n wynebu'r perygl mwyaf.

Os ydych chi'n feichiog, gallwch ddiogelu eich babi drwy gael **brechiad y pas**, o 16 wythnos y beichiogrwydd.

Cysylltwch â'ch meddygfa neu'ch bydwraig i wneud apwyntiad i gael y brechiad.

Gallwch gael rhagor o wybodaeth am y pas yn icc.gig.cymru/brechlynnau



Whooping cough and pregnancy

Protect your baby

Whooping cough can be very serious, and babies under three months of age are at greatest risk.

If you are pregnant, you can protect your baby by having a **whooping cough vaccination**, from 16 weeks of pregnancy.

Contact your GP surgery or midwife and make an appointment to get the vaccination.

You can find out more about whooping cough at phw.nhs.wales/vaccines