



Mae Brechu yn achub bywydau
Vaccination saves lives

Brechriad yr eryr - ydych chi'n gymwys?

Shingles vaccination - are you eligible?

- Os ydych chi'n 50 oed neu'n hŷn ac os oes gennych chi system imiwnedd ddifrifol wan; neu
- Newydd ddathlu eich pen blwydd yn 65 oed neu rhwng 70 a 79 oed.

Rydych chi'n gymwys ar gyfer y brechiad.

Peidiwch â cholli'r cyfle - gallai'r brechiad helpu i'ch gwarchod chi rhag yr eryr. Cysylltwch â'ch meddygfa i wneud apwyntiad.

I gael gwybod mwy, ewch i icc.gig.cymru/brechlynnau neu siaradwch â'ch meddyg neu nyrs.



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Cymru
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- If you are aged 50 or older and have a severely weakened immune system; or
- Just celebrated your 65th birthday or aged between 70 to 79.

You are eligible for the vaccine.

Don't miss out - the vaccine could help protect you from shingles. Contact your GP surgery to make an appointment.

To find out more, visit phw.nhs.wales/vaccines or talk to your doctor or nurse.

