



Mae Brechu yn achub bywydau
Vaccination saves lives



Flu Get protected

**Information for people having
the flu vaccine by injection**

Mae'r gwybodaeth hon ar gael yn Gymraeg.
This information is available in Welsh.



GIG
CYMRU
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**Scan me for more
information
on Flu**

Key facts

Protect yourself and others by having your flu vaccine.

Flu is caused by a virus that can lead to serious illness and even hospital care. In a normal winter, thousands of people in the UK will die from health problems caused by flu.

Flu is more likely to cause serious illness if you have a long-term health condition, are pregnant, or are an older adult. It can also be serious for babies under six months old.

Having the flu vaccine is a quick, simple and safe way to protect yourself. By getting vaccinated, you also reduce the chance of spreading flu to others.

Even if you've been vaccinated before, your protection fades and virus strains change over time. That is why the flu vaccine is offered every year.

Each year in Wales, around a million people have their flu vaccine. That's more than one in every four people.

**Act
now!**

**Get your flu vaccine
when it is offered to you.**



What is flu and how does it spread?

Flu is a virus that spreads easily. You can catch it when:

- someone with flu coughs, sneezes or talks near you, as tiny droplets with the virus can get into your nose, mouth or eyes, and
- you touch things with the flu virus on them (such as door handles), then touch your nose, mouth or eyes.

Fact!

Flu can spread quickly in places where people are close together, such as care homes and schools.

Flu symptoms come on very quickly and can include:

- a sudden fever and chills
- a headache
- muscle aches and pains
- feeling very tired, and
- a dry cough, sore throat and stuffy nose.

For more information about the symptoms of flu, go to **NHS 111 Wales – Health A-Z : Flu** (external site).

Who should have the flu vaccine?

You should have the flu vaccine if you are:

- ✓ pregnant
- ✓ aged 65 or over (or turn 65 before the end of the flu vaccination programme – usually March each year), or
- ✓ aged six months to 64 years with a long-term health condition, including:
 - problems with your chest or breathing, such as chronic obstructive pulmonary disease (COPD) or asthma, that need regular steroid inhalers or tablets
 - a heart problem
 - kidney disease (from stage 3)
 - liver disease
 - nerve conditions, such as Parkinson's disease or motor neurone disease
 - a learning disability
 - severe mental illness
 - diabetes
 - epilepsy
 - a weak immune system due to illness or treatment
 - a missing spleen or a problem with your spleen, or
 - being very overweight (a body mass index (BMI) of 40 or more and aged 16 or over).

Even if you feel well, you are at higher risk of getting seriously ill from flu if any of the above apply to you.

If you are pregnant, an information booklet about vaccination during pregnancy is available on our website at **phw.nhs.wales/vaccine-leaflets**



The following people should also have the flu vaccine to help protect themselves and those around them.

- ✓ People living in a care home
- ✓ People working directly with patients or clients in health or social care
- ✓ People who are homeless
- ✓ Poultry workers who are at high risk
- ✓ Children aged two and three years (age on 31 August)
- ✓ School-age children and young people from reception to year 11
- ✓ Carers
- ✓ First responders and members of voluntary organisations providing planned emergency first aid
- ✓ Those who live with someone who has a weak immune system

When and where can I have the flu vaccine by injection?

From September

The table below shows who can have the flu vaccine by injection **from September**.

Group	Where to have your vaccine
Pregnant women	GP surgery, some local pharmacies, or from your midwife (in some areas of Wales)
Children aged 6 months to 2 years with a long-term health condition	GP surgery
Children aged 2 to 3 who cannot have or prefer not to have the nasal spray vaccine	GP surgery
School-age children (from reception to year 11) who cannot have or prefer not to have the nasal spray vaccine	GP surgery or in school You can ask your school nurse, GP surgery or local Health Board for advice.

If you are pregnant, you can have the flu vaccine at any stage of your pregnancy. It is recommended to have the flu vaccine as soon as you are offered it.

The flu vaccine is offered to **all** children aged between two and three and to school-age children from reception to year 11. In most cases, children and young people aged two to 17 are offered the nasal spray flu vaccine. For more information about the flu nasal spray, visit:

phw.nhs.wales/flu vaccine/eligibility

If you are a health and social care worker, you may also be offered the vaccine from September.

From October

The flu vaccine is available to all other eligible adults from October.

In Wales, where you have your flu vaccine may depend on where you live. You may be able to have it at one of the following.

- Your GP surgery
- A local pharmacy
- A care home (if you live in a care home)
- A community vaccination centre

Speak to your GP surgery or local pharmacy to find out where you can have your vaccination.

If you work in health and social care, speak to your employer about how to get your vaccine.

Ideally, the flu vaccine should be given before flu starts to spread. However, it can still be given at a later date.

I had a flu vaccine last year – why do I need another one this year?

Flu viruses change over time and protection from the vaccine fades. That is why it is important to have the flu vaccine every year if you are eligible.

Does the flu vaccine work?

It usually takes around 14 days for the vaccine to start working. The vaccine helps protect you against the most common types of flu.

No vaccine is 100% effective, so it is still important to know the signs and symptoms of flu, even if you (or your child) are vaccinated. If you do get flu, it is likely to be milder and should not last as long. For more information about flu, visit **NHS 111 Wales - Health A-Z : Flu** (external site).

Is the flu vaccine safe?

Yes, the flu vaccine is safe. It meets all safety standards. Once a vaccine is in use, its safety continues to be monitored. Millions of doses have been safely given in the UK.

Fact!

The flu vaccine cannot give you flu.

Is there anyone who should not have the flu vaccine?

Very few people cannot have the flu vaccination. You should not have the vaccine if you have had a serious (life-threatening) reaction to:

- a previous dose of the same vaccine, or
- any ingredient in the vaccine.

Speak to the person giving you the vaccine if you have had a serious allergic reaction to the vaccine or its ingredients in the past.

What about giving consent?

Young people under the age of 16 may be able to give consent themselves, if they are mature enough to fully understand what is being offered. However, it is best that parents or guardians are involved in their decision about having the vaccine.

The person giving the vaccine will always check they have consent first. They will discuss the vaccine at the appointment and answer any questions.

How is the flu vaccine by injection given?

Adults and children aged 12 months and over are given the vaccine as an injection in the upper arm.

Babies aged between six and 12 months are given the vaccine by injection into the thigh.

What are the side effects of the flu vaccine?

Like all medicines, vaccines can cause side effects. Most of these are mild and short-term, and not everyone gets them.

The most common side effects include:

- pain, bruising, redness, swelling or a hard lump where you had the injection
- a headache
- muscle or joint pain
- tiredness
- loss of appetite
- diarrhoea
- a change in eating habits (in children)
- irritability (in children), and
- sleepiness (in children).

See the back page of this leaflet for further details on:

- the vaccine, including all possible side effects, and
- reporting suspected side effects through the Yellow Card scheme.

Rarely, people can have a severe reaction soon after vaccination, which causes breathing difficulties and may cause them to collapse. This is called an anaphylactic reaction, and it can also happen with other medicines and food. These reactions are extremely rare, affecting less than one in a million people. Staff who give vaccinations are trained to manage these reactions.

People who have an anaphylactic reaction can be successfully treated and usually recover within a few hours.

Can I have the flu vaccine at the same time as other vaccines?

You can have the flu vaccine at the same time as most other vaccines. The person giving you the vaccine can discuss this with you.



What if I am unwell on the day of the vaccine?

If you are unwell, it is better to wait until you have recovered to have the vaccine, but you should try to have it as soon as possible. If you cannot go to your vaccination appointment, please cancel it and make a new appointment. If in doubt, discuss this with the person giving you your vaccination.

Fact!

A minor illness, such as a cold, is not a reason to delay your vaccine.

If you have a fear of needles, let the person giving you the vaccine know. They will support you.

To help stop viruses spreading, remember to:



Catch it

Use a tissue when you sneeze or cough.



Bin it

Put the tissue in the bin as soon as possible.



Kill it

Wash your hands or use hand sanitiser.

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**

Further information

If you have any questions or want more information, you can go to **111.wales.nhs.uk** (external site), talk to your doctor or nurse, or contact NHS 111 Wales by calling **111**.

You can find out more information on vaccines offered in Wales at **phw.nhs.wales/vaccines**

To find out more about the vaccine, including its contents and possible side effects, go to **medicines.org.uk/emc** (external site). You will need to enter the name of the vaccine in the search box. You can also see the patient leaflet online.

You can find the name of the vaccine at **phw.nhs.wales/flu vaccine**

You should report suspected side effects online at **www.mhra.gov.uk/yellowcard** (external site), by downloading the Yellow Card app, or by calling **0800 731 6789** (Monday to Friday, 9am to 5pm).

To find out how the NHS uses your information, go to **111.wales.nhs.uk/AboutUs/Yourinformation** (external site).



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the Public Health
Wales website

Crystal
Mark

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Clarity approved by
Plain English Campaign



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Rhagor o wybodaeth

Os oes gennych gwestiynau neu os ydych am gael rhagor o wybodaeth, gallwch ymweld â **111.wales.nhs.uk** (safle allanol), siarad â'ch meddyg neu nyrs, neu gysylltu â GIG 111 Cymru drwy ffonio **111**.

Gallwch gael rhagor o wybodaeth am frechlynnau a gynigir yng Nghymru o **icc.gig.cymru/brechlynnau**

I gael rhagor o wybodaeth am y brechlyn, ei gynnwys a'i sgil-ffeithiau posibl, ewch i **medicines.org.uk/emc** (safle allanol, Saesneg yn unig). Bydd angen i chi nodi enw'r brechlyn yn y blwch chwilio. Gallwch hefyd weld y daflen i gleifion ar-lein.

Gallwch ddod o hyd i enw'r brechlyn yn **icc.gig.cymru/brechlynffliw**

Dylech roi gwybod am sgil-ffeithiau a amheuir ar-lein yn **www.mhra.gov.uk/yellowcard** (safle allanol, Saesneg yn unig), drwy lawrlwytho ap y Cerdyn Melyn, neu drwy ffonio **0800 731 6789** (dydd Llun i ddydd Gwener, 9yb i 5yh).

I gael gwybod sut mae'r GIG yn defnyddio'ch gwybodaeth, ewch i **111.wales.nhs.uk/amdanomni/eichgwybodaeth** (safle allanol).



Sganiwch fi i fynd
i wefan lechyd
Cyhoeddus Cymru

Beth os ydw i'n sâl ar ddiwrnod y brechlyn?

Os ydych chi'n sâl, mae'n well aros nes eich bod wedi gwella cyn cael y brechlyn, ond dylech chi geisio ei gael cyn gynted â phosibl. Os na allwch fynd i'ch apwyntiad brechu, canslchw ef a gwnewch apwyntiad newydd. Os oes gennych amheumon, trafodwch hyn gyda'r unigolyn sy'n rhoi eich brechiad i chi.

Ffaith!

Nid yw salwch ysgafn, fel annwyd, yn rheswm i ohirio eich brechlyn.

Os oes ofn nodwyddau arnoch chi, rhowch wybod i'r sawl sy'n rhoi'r brechlyn i chi. Bydd yn eich cefnogi chi.

Er mwyn helpu i atal feirysau rhag lledaenu, cofiwch wneud y canlynol:



Daliwch e

Defnyddiwch hances bapur pan fyddwch chi'n tisian neu'n peswch.



Biniwch e

Rhowch yr hances bapur yn y bin cyn gynted â phosibl.



Lladdwch e

Golchwch eich dwylo neu defnyddiwch hylif diheintio dwylo.

Mae'r wybodaeth yn y daflen hon yn gywir ar adeg ei chyhoeddi. I gael yr wybodaeth ddiweddaraf, ewch i [icc.gig.cymru/brechlynnau](https://www.icc.gig.cymru/brechlynnau)

Gweler tudalen gefn y daflen hon i gael rhagor o fanylion am:

- eich brechlyn, gan gynnwys yr holl sgil-ffeithiau posibl, ac
- adrodd am sgil-ffeithiau a amheuir trwy gynllun y Cerdyn Melyn.

Yn anaml, gall pobl gael adwaith difrifol yn fuan ar ôl cael eu brechu, sy'n achosi anawsterau anadlu a gall beri iddynt lewygu. Gelwir hyn yn adwaith anaffylactig. Gall ddigwydd hefyd gyda meddyginiaethau eraill a bwyd. Mae'r adweithiau hyn yn hynod o brin, ac yn effeithio ar lai nag un mewn miliwn o bobl. Mae staff sy'n rhoi brechiadau wedi'u hyfforddi i reoli'r adweithiau hyn.

Gall pobl sy'n cael adwaith anaffylactig gael eu trin yn llwyddiannus ac fel arfer maent yn gwella o fewn ychydig oriau.

A allaf gael y brechlyn ffliw ar yr un pryd â brechlynnau eraill?

Gallwch gael y brechlyn ffliw ar yr un pryd â'r rhan fwyaf o frechlynnau eraill. Gall y person sy'n rhoi'r brechlyn i chi drafod hyn gyda chi.



Beth am roi cydsyniad?

Efallai y bydd pobl ifanc o dan 16 oed yn gallu rhoi cydsyniad eu hunain, os ydyn nhw'n ddigon aeddfed i ddeall yn llawn yr hyn sy'n cael ei gynnig. Fodd bynnag, mae'n well bod rhieni neu warcheidwaid yn rhan o'u penderfyniad ynghylch cael y brechlyn.

Bydd y sawl sy'n rhoi'r brechlyn bob amser yn gwirio bod ganddo gydsyniad yn gyntaf. Bydd yn trafod y brechlyn yn yr apwyntiad ac yn ateb unrhyw gwestiynau.

Sut mae'r brechlyn fflw yn cael ei roi trwy bigiad?

Rhoddir y brechlyn i oedolion a phlant 12 mis oed a hŷn fel pigiad yn y fraich uchaf.

Rhoddir y brechlyn i fabanod rhwng chwech a 12 mis oed trwy bigiad i'r glun.

Beth yw sgîl-effeithiau'r brechlyn fflw?

Fel pob meddyginiaeth, gall brechlynnau achosi sgîl-effeithiau. Mae'r rhan fwyaf o'r rhain yn ysgafn ac yn rhai tymor byr, ac ni fydd pawb yn eu cael.

Mae'r sgîl-effeithiau mwyaf cyffredin yn cynnwys:

- poen, cleisio, cochni, chwyddo neu lwmp caled lle cawsoch y pigiad
- cur pen/pen tost
- poenau yn y cyhyrau neu'r cymalau
- blinder
- diffyg archwaeth
- dolur rhydd
- newid mewn arferion bwyta (mewn plant)
- anniddigrwydd (mewn plant), a
- theimlo'n gysglyd (mewn plant).

A yw'r brechlyn fflw yn gweithio?

Fel arfer mae'n cymryd tua 14 diwrnod i'r brechlyn ddechrau gweithio. Mae'r brechlyn yn eich helpu i amddiffyn rhag y mathau mwyaf cyffredin o fflw.

Nid oes unrhyw frechlyn 100% yn effeithiol, felly mae'n dal yn bwysig gwybod arwyddion a symptomau'r fflw, hyd yn oed os ydych chi neu eich plentyn wedi cael eich brechu. Os cewch chi'r fflw, mae'n debygol o fod yn ysgafnach ac ni ddylai bara cyhyd. I gael rhagor o wybodaeth am y fflw, **GIG 111 Cymru - Iechyd A - Y : Y fflw** (safle allanol).

A yw'r brechlyn fflw yn ddiogel?

Ydy, mae'r brechlyn fflw yn ddiogel. Mae'n bodloni'r holl safonau diogelwch. Unwaith y bydd brechlyn yn cael ei ddefnyddio, mae ei ddiogelwch yn parhau i gael ei fonitro. Mae miliynau o ddosau wedi cael eu rhoi'n ddiogel yn y DU.

Ffaith!

Ni all brechlyn fflw roi fflw i chi.

Oes unrhyw un na ddylai gael y brechlyn fflw?

Ychydig iawn o bobl na all gael y brechiad fflw. Ni ddylech gael y brechlyn os ydych wedi cael adwaith difrifol (sy'n peryglu bywyd) i'r canlynol:

- dos blaenorol o'r brechlyn, neu
- gynhwysyn yn y brechlyn.

Siaradwch â'r sawl sy'n rhoi'r brechlyn i chi os ydych wedi cael adwaith alergaidd difrifol i'r brechlyn neu ei gynhwysion yn y gorffennol.

Cynigir y brechlyn fflw i **bob** plentyn rhwng dwy a thair oed ac i blant oedran ysgol o'r dosbarth derbyn i flwyddyn 11. Yn y rhan fwyaf o achosion, cynigir y brechlyn fflw chwistrell trwyn i blant a phobl ifanc rhwng dwy a 17 oed. Am ragor o wybodaeth am y brechlyn fflw chwistrell trwyn, ewch i:
icc.gig.cymru/brechlynffliw/cymhwysra

Os ydych chi'n weithiwr iechyd a gofal cymdeithasol, efallai y cynigir y brechlyn i chi o fis Medi hefyd.

O fis Hydref

Mae'r brechlyn fflw ar gael i bob oedolyn cymwys arall o fis Hydref ymlaen.

Yng Nghymru, gall ble rydych chi'n cael eich brechlyn fflw ddibynnu ar ble rydych chi'n byw. Efallai y byddwch chi'n gallu ei gael yn un o'r canlynol.

- Yn eich practis meddyg teulu
- Fferyllfa leol
- Cartref gofal (os ydych chi'n byw mewn cartref gofal)
- Canolfan frechu gymunedol

Siaradwch â'ch practis meddygon teulu neu'ch fferyllfa leol i ddarganfod ble gallwch gael eich brechiad.

Os ydych chi'n gweithio ym maes iechyd a gofal cymdeithasol, siaradwch â'ch cyflogwr ynglŷn â sut i gael eich brechlyn.

Yn ddelfrydol, dylid rhoi'r brechlyn fflw cyn i'r fflw ddechrau lledaenu. Fodd bynnag, gellir ei roi ar ddyddiad yn ddiweddarach hefyd.

Cefais frechlyn fflw y llynedd – pam mae angen un arall arnaf eleni?

Mae feirysau fflw yn newid dros amser ac mae amddiffyniad rhag y brechlyn yn pylu. Dyna pam ei bod hi'n bwysig cael y brechlyn fflw bob blwyddyn os ydych chi'n gymwys.

Pryd a ble alla i gael y brechlyn fflw trwy bigiad?

O fis Medi

Mae'r tabl isod yn dangos pwy all gael y brechlyn fflw trwy bigiad **o fis Medi ymlaen**.

Grŵp	Ble i gael eich brechlyn
Merched beichiog	Practis meddygon teulu, rhai fferyllfeydd lleol, neu gan eich bydwaig (mewn rhai ardaloedd o Gymru)
Plant rhwng 6 mis a 2 oed sydd â chyflwr iechyd hirdymor	Practisiau meddygon teulu
Plant 2 i 3 oed na allant gael neu sy'n well ganddynt beidio â chael y brechlyn chwistrell trwyn	Practisiau meddygon teulu
Plant oedran ysgol (o'r dosbarth derbyn i flwyddyn 11) na allant gael neu sy'n well ganddynt beidio â chael y brechlyn chwistrell trwyn	Practisiau meddygon teulu neu yn yr ysgol Gallwch ofyn i nyrs eich ysgol, eich practis meddygon teulu neu'ch Bwrdd Iechyd Lleol am gyngor.

Os ydych chi'n feichiog, gallwch chi gael y brechlyn fflw ar unrhyw gam o'ch beichiogrwydd. Argymhellir cael y brechlyn fflw cyn gynted ag y cewch ei gynnig.



Dylai'r bobl ganlynol hefyd gael y brechlyn fflw i helpu i amddiffyn eu hunain a'r rhai o'u cwmpas.

- ✓ Pobl sy'n byw mewn cartref gofal
- ✓ Pobl sy'n gweithio'n uniongyrchol gyda chleifion neu gleientiaid ym maes iechyd neu ofal cymdeithasol
- ✓ Pobl ddigartref
- ✓ Gweithwyr dofednod sydd mewn perygl uchel
- ✓ Plant dwy a thair oed (oedran ar 31 Awst)
- ✓ Plant oedran ysgol a phobl ifanc o'r dosbarth derbyn i flwyddyn 11
- ✓ Gofalwyr
- ✓ Ymatebwyr cyntaf ac aelodau o sefydliadau gwirfoddol sy'n darparu cymorth cyntaf brys wedi'i gynllunio
- ✓ Unigolion sy'n byw gyda rhywun sydd â system imiwnedd wan

Pwy ddylai gael y brechlyn fflw?

Dylech chi gael y brechlyn fflw os ydych chi:

- ✓ yn feichiog
- ✓ yn 65 oed neu hŷn (neu'n troi'n 65 cyn diwedd y rhaglen brechu fflw – fel arfer ym mis Mawrth bob blwyddyn), neu
- ✓ rhwng chwe mis a 64 oed gyda chyflwr iechyd hirdymor, gan gynnwys:
 - problemau gyda'ch brest neu'ch anadlu, fel clefyd rhwystrol cronig yr ysgyfaint (COPD) neu asthma, sydd angen anadlyddion neu dabledi steroid rheolaidd
 - problem gyda'r galon
 - clefyd yr arennau (o gam 3)
 - clefyd yr afu
 - cyflyrau nerfau, fel clefyd Parkinson neu glefyd niwronau echddygol
 - anabledd dysgu
 - salwch meddwl difrifol
 - diabetes
 - epilepsi
 - system imiwnedd wan oherwydd salwch neu driniaeth
 - diffyg dueg neu broblem gyda'ch dueg, neu
 - bod dros bwysau yn ddifrifol (mynegai màs y corff (BMI) o 40 neu fwy ac yn 16 oed neu'n hŷn).

Hyd yn oed os ydych chi'n teimlo'n dda, rydych chi mewn mwy o berygl o fynd yn sâl iawn o'r fflw os yw unrhyw un o'r uchod yn berthnasol i chi.

Os ydych chi'n feichiog, mae llyfryn gwybodaeth am frechu yn ystod beichiogrwydd ar gael ar ein gwefan yn [icc.gig.cymru/taflenni-brechlynnau](https://www.icc.gig.cymru/taflenni-brechlynnau)



Beth yw'r ffliw a sut mae'n lledaenu?

Mae ffliw yn feirws sy'n lledaenu'n hawdd. Gallwch ei ddal pan:

- fydd rhywun sydd â'r ffliw yn pesychu, yn tisian neu'n siarad yn agos atoch chi, gan y gall diferion bach gyda'r feirws fynd i mewn i'ch trwyn, ceg neu lygaid, ac
- rydych chi'n cyffwrdd â phethau sydd â feirws y ffliw arnyn nhw (fel dolenni drysau), yna'n cyffwrdd â'ch trwyn, ceg neu lygaid.

Ffaith!

Gall y ffliw ledaenu'n gyflym mewn mannau lle mae pobl yn agos at ei gilydd, fel cartrefi gofal ac ysgolion.

Mae symptomau ffliw yn dechrau yn gyflym iawn a gallant gynnwys:

- twymyn ac oerfel sydyn
- cur pen/pen tost
- poenau yn y cyhyrau
- teimlo'n flinedig iawn, a
- peswch sych, dolur gwddf a thrwyn llawn.

Am ragor o wybodaeth am symptomau'r ffliw, ewch i **GIG 111 Cymru - Iechyd A - Y : Y ffliw** (safle allanol).

Ffeithiau allweddol

Amddiffynnwch eich hun ac eraill trwy gael eich brechlyn fflw.

Mae fflw yn cael ei achosi gan feirws a all arwain at salwch difrifol a hyd yn oed gofal ysbyty.

Mewn gaeaf arferol, bydd miloedd o bobl yn y DU yn marw o broblemau iechyd a achosir gan y fflw.

Mae fflw yn fwy tebygol o achosi salwch difrifol os oes gennych gyflwr iechyd hirdymor, os ydych chi'n feichiog, neu'n oedolyn hŷn. Gall hefyd fod yn ddifrifol i fabanod o dan chwe mis oed.

Mae cael y brechlyn fflw yn ffordd gyflym, syml a diogel o amddiffyn eich hun. Drwy gael eich brechu, rydych hefyd yn lleihau'r siawns o ledaenu'r fflw i eraill.

Hyd yn oed os ydych wedi cael eich brechu o'r blaen, bydd eich amddiffyniad yn pylu a bydd mathau'r feirysau'n newid dros amser. Dyna pam mae'r brechlyn fflw yn cael ei gynnig bob blwyddyn.

Bob blwyddyn yng Nghymru, mae tua miliwn o bobl yn cael eu brechlyn fflw. Mae hynny'n fwy nag un o bob pedwar o bobl.

Gweithredwch nawr!

Ewch i gael eich brechlyn fflw pan gaiff ei gynnig i chi.



Mae Brechu yn achub bywydau
Vaccination saves lives



Ffliw Cael eich amddiffyn

Gwybodaeth i bobl sy'n cael y
brechlyn fflw trwy bigiad



GIG
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Iechyd Cyhoeddus
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Wales



Sgania fi am ragor
o wybodaeth ar y
Ffliw