



Mae Brechu yn achub bywydau  
Vaccination saves lives



# Get vaccinated against COVID-19

## A guide to COVID-19 vaccination

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



**GIG**  
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Scan me for more  
information  
on COVID-19

**Some people are at greater risk of serious illness from COVID-19. This leaflet explains what the COVID-19 vaccine is, and how to get it.**

## What is COVID-19?

COVID-19 is a very infectious respiratory disease caused by a virus. It is more serious in older people and those with certain health conditions. People at greater risk who catch COVID-19 are more likely to need hospital treatment.

## Why do some people need to have the vaccine?

Like some other vaccines, levels of protection may begin to reduce over time. People who are at risk of getting seriously ill from COVID-19 are offered a vaccination twice a year. These doses will help protect you for longer.

Having the vaccine can help to reduce the risk of you needing to go to hospital due to COVID-19 infection.

## Who will be offered a COVID-19 vaccine?

The vaccine will be offered to people who are at greater risk if they get COVID-19. These are:

- people aged 75 and older
- residents in care homes for older people, and
- anyone aged six months and over who has a weakened immune system.



## How does the vaccine work?

Vaccines work by telling your immune system how to fight a disease. Your immune system responds to the vaccine and makes antibodies. Antibodies help your body to fight an illness when you catch it. Your immune system will remember how to make these antibodies if you come into contact with the disease.

The type of COVID-19 virus that circulates can change, and protection from the vaccine may weaken over time. Having a COVID-19 vaccine is the best way to stay protected and prevent getting seriously unwell from COVID-19.

**The COVID-19 vaccine cannot cause or spread COVID-19.**

## Which vaccine will I be offered?

You will be offered the most appropriate vaccine, which may be the same or different from the vaccines you have had before. Vaccines are a safe and effective way to protect yourself.

# How is the vaccine given?

The vaccine is given as an injection in the upper arm. For babies under 12 months, the vaccine is given by injection into the thigh.

## When will the vaccine be offered?

You will be offered the vaccine twice a year, usually in the spring and autumn. You should be invited to have your vaccine around six months (and not before three months) after your last dose of the vaccine.

If you are unwell when you are due to receive your vaccine, you may have the vaccine later, or as soon as you are feeling better.

If you are not yet 75 but will be turning 75 during the time the vaccine is being offered, you will still be called for your vaccination. You do not need to wait for your birthday.

## Do I need the vaccine if I've had COVID-19 infection before?

Yes. If you have already had COVID-19 this won't always protect you against future infections, so you should still have the vaccine to make sure you are properly protected.

## Is the COVID-19 vaccine safe?

Yes, the COVID-19 vaccine is safe. It meets all safety standards. Once a vaccine is in use, its safety is closely monitored.

All medicines and vaccines have passed strict safety standards for use in the UK and are very safe. Any reports of side effects from the COVID-19 vaccine are closely monitored and reviewed.



# What if I have a weakened immune system?

People with a weakened immune system may not make a strong immune response to the vaccine, but it should offer them protection against serious illness. People with a severely weakened immune system may be offered additional COVID-19 vaccines to strengthen their protection. Your GP or nurse will advise you.

## Did you know?

It is safer for your immune system to learn how to protect itself from a vaccine, rather than by catching a disease.

# How will I get the vaccine?

The NHS will contact you to let you know when and where to have the vaccine. It's important to attend the appointment when invited. If you can't attend, please let the booking team know so they can give your appointment to someone else and give you a new appointment to get the vaccine as soon as possible. The team's contact details are on the appointment letter.

If you aren't contacted, or you think you might have missed the invitation, speak to your GP surgery or health board immunisation team.

You can find more information on how to get the vaccination at: [gov.wales/covid-19-vaccination-programme](https://gov.wales/covid-19-vaccination-programme) (external site).

# What about giving consent?

Consent means that you give permission for something to happen.

If you are a parent or guardian with parental responsibility for a child or young person, you will be asked to give informed consent for them to have the vaccine.

In some cases, 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. 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 the necessary consent first. They will be able to discuss the vaccine at the appointment and answer any questions.

# What if I have fear of needles?

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

# Is there anyone who should not have the COVID-19 vaccine?

There are very few people who should not have a COVID-19 vaccine. Most people with allergies can have the vaccine with no problems. The vaccine should not be given to anyone who has had a serious (life-threatening) reaction to:

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

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

# Are there any side effects?

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

- a heavy feeling or soreness where you had the injection
- general aches or mild flu-like symptoms
- feeling sick or vomiting
- diarrhoea
- tiredness
- headache, and
- mild fever.

You may have a mild fever for two to three days after having the vaccine. However, a high temperature is unusual and may be because you have another infection or illness. If you are worried, speak to your doctor or nurse.

You can take paracetamol (follow the advice in the packet and do not take more than the recommended dose), and rest to help you feel better.

For young babies, a dose of the correct-strength liquid paracetamol may help reduce your child's fever. Read the instructions on the bottle very carefully and give the correct dose for your child's age. It is not recommended to give liquid paracetamol before vaccination to prevent a fever.

Children under 16 should not be given medicines that contain aspirin.

An uncommon side effect after the COVID-19 vaccine is swollen glands in the armpit or neck, on the same side as the arm where you had the vaccine. This can last for around 10 days, but if it lasts longer contact your GP surgery for advice. If you are due for breast screening (a mammogram) in the few weeks after the vaccine, mention you've had the COVID-19 vaccine when you attend.

Very rarely cases of inflammation of the heart have been reported after some COVID-19 vaccines. This is called myocarditis or pericarditis. These cases have been seen mostly in younger men within several days after vaccination. Most of these people recovered and felt better following rest and simple treatment.

You should get medical advice urgently if you have:

- chest pain
- shortness of breath, or
- a fast beating, fluttering or pounding heart.

Other side effects are uncommon or very rare.

If your symptoms seem to get worse or if you are concerned, call NHS 111 or your GP surgery. If you do get advice from a doctor or nurse, make sure you tell them what vaccines you have had so they can assess you fully.

Fact!

Hundreds of thousands of COVID-19 vaccines have been given in Wales.  
COVID-19 vaccines are safe!



# Reporting side effects

Please read the product information leaflet for more details on your vaccine, including possible side effects.

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

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

If you are worried about yourself or your child after the vaccination, you should speak to your GP or practice nurse.

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.

## Will the COVID-19 vaccine stop me from catching the virus?

Vaccination is one of the best ways to help prevent severe illness from COVID-19. It may take a few weeks for your body to build up protection against COVID-19 after the vaccination.

Like all medicines, no vaccine is 100% effective – some people may still get COVID-19 despite having a vaccination, but their symptoms should be less severe.

# Are there any other vaccinations I need to have now?

It's important to catch up on most missed vaccinations. If you or your child has missed a vaccination and is older than the recommended age, talk to your GP, practice nurse or health visitor.

The COVID-19 vaccines can be given at the same time as other vaccines. For the latest advice on this, please visit [phw.nhs.wales/covidvaccine](http://phw.nhs.wales/covidvaccine)

To see the routine immunisation schedules for Wales, visit: [phw.nhs.wales/Completeschedule](http://phw.nhs.wales/Completeschedule)

## 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](http://phw.nhs.wales/vaccines)

# Further information

If you have any questions or want more information, you can go to [111.wales.nhs.uk](https://www.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](https://www.phw.nhs.wales/vaccines)

To find out more about the vaccine, including its contents and possible side effects, go to [medicines.org.uk/emc](https://www.medicines.org.uk/emc) (external site). 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/covidvaccine](https://www.phw.nhs.wales/covidvaccine)

You should report suspected side effects online at [www.mhra.gov.uk/yellowcard](https://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](https://www.111.wales.nhs.uk/AboutUs/Yourinformation) (external site).



Scan me to go to  
the Public Health  
Wales website

Crystal  
Mark  
24405



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Fersiwn 1 | Awst 2025

Cymru  
Cyhoeddus  
i wefan lechyd  
Sganiwrch ff i fynd



amdanomni/eichgwybodaeth (safle allanol).

gwybodaeth, e Welch i <https://wales.nhs.uk/>

i gael gwybod sut mae'r GIG yn defnyddio'ch

(Dydd Llun i Dydd Gwener, 9yb i 5yh).

Credyd yn Mellyn, neu drwy ffonio **0800 731 6789**

allanol, Saesneg yn unig), drwy lawrwytho ap y

ar-lein yn [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard) (safle

Dylch roi gwybod am sgil-effeithiau a amheuri

[icc.gig.cymru/brechlyncovid](http://icc.gig.cymru/brechlyncovid)

Gallwrch ddedd o hyd i enw'r brechlyn yn

glafion ar-lein.

yn y blwch chwilio. Gallwrch hefyd wfeld y dafffen i

yn unig). Bydd angen i chi nodi enw'r brechlyn

[medicines.org.uk/emc](http://medicines.org.uk/emc) (safle allanol, Saesneg

ei gynnwys a'i sgil-effeithiau posibl, e Welch i

i gael rhagor o wylodaeth am y brechlyn,

gyngir yng Nghymru o [icc.gig.cymru/brechlynnau](http://icc.gig.cymru/brechlynnau)

Gallwrch gael rhagor o wylodaeth am frechlynnau a

drwy ffonio **111**.

meddyg neu nyr's, neu gysylltu â GIG **111** Cymru

<https://wales.nhs.uk> (safle allanol), siaradwrch âch

rhagor o wylodaeth, gallwrch fynd i

Os oes gennych gwestiynau neu os hoffech gael

**Rhagor o wylodaeth**

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

diheintio dwylo.  
neu defnyddiwrch hyll  
gochwrch eich dwylo

### Lladdwch e

Rhawnch yr hances  
barpur yn y bin cyu  
gynted a phosibl.



### Binwch e

Defnyddiwrch hances  
barpur pan fyddwrch chi'n  
tisian neu'n pesswch.



### Dalwch e



Er mwyn helpu i atal feirybau rag  
lledavenu, cofiwch wneud y canlynol:

I weld yr amserlen ni imiwneddi arferol ar gyfer  
Cymru, ewch i: [icc.gig.cymru/AmserlenGyflawn](http://icc.gig.cymru/AmserlenGyflawn)

Gellir rhoi brechlynnau COVID-19 yr un pryd a  
ewch i [icc.gig.cymru/brechlynnocovid](http://icc.gig.cymru/brechlynnocovid)  
brechlynnau eraill. I gael y cyngor diweddaraf ar hyn,

Mae'n bwysig dal i fynd ar rhan fwyaf o frechiniadau  
a ffeithir. Os ydych chi neu eich plentyn wedi metheu  
siaradwrch a'ch meddyg teulu, nyrs practis neu  
brechriad ac yn hyn naf oedran a argymhellir,  
ymwelydd iechyd.

## EU CAEL NEWYR?

## A OES BRECHIADAU ERAILL Y DYLUW

Fel pob meddyginiateth, nid oes yr un brechlyn yn 100% effeithiol – gall rhai pobl ddatl i gael COVID-19 er gwaethaf cael brechriad, ond dyli i eu symptomau fod yn llai diffrifol.

COVID-19 ar ol y brechriad. Wythnosau i'ch corff adeliadau amdiffyniad rhag diffrifol o ganlyniad i COVID-19. Gall gyrryd ychydig Brechu yw un o'r ffyrdd gorau o helpu i atal salwch

## A fydd y brechlyn COVID-19 yn fy atal rhag dali y feirws?

Gall pobl sy'n cael adwath anaffylactig gael eu trin yn llwyddianus ac fel arfer mae nt yn gwella o fewn ychydig oriau.

Hyfforddi i reoli'r adwethiau hy'n. Milliwn o bobl. Mae staff sy'n rhoi brechriadau wedi'u yn hynd o brin, ac yn effeithio ar lai nag un mewu meddyginiatethau eraill a bwyd. Mae'r adwethiau hy'n adwath anaffylactig. Gall ddiwydd hefyd gyda anadlu a gall beri iddynt lewygu. Gelwir hy'n yn ar ol cael eu brechu, sy'n achosi anawsferau yn anam, gall pobl gael adwath diffrifol yn fuan

teulu neu nrys practisi. Os ydych yn poeni amdanoch chi'ch hun neu eich plentyn ar ol y brechriad, dylid siarad âch meddyg Cerdyn Mellyn.

- arrodd am sgil-effeithiau a amheuir trwy gyfullun y
- y brechlyn, yn cynnwys yr holl sgil-effeithiau posibl, ac Gweler tudalen genn y dafffen hon i gael rhagor o fanillion am:

Darllenwch y dafffen wybodaeth am y cynnrych i gael rhagor o fanillion am eich brechlyn, gan gynnwys sgil-effeithiau posibl.

## Rhoi gwybod am sgil-effeithiau



Mae cannoedd o flodedd o frechlynnau COVID-19 wedi cael eu rholi yng Nghymru.



Os yw'n ymddanegos bod ei'n galasant eich asesu'n llawn, gweithgyu neu os ydych chi'n bryderus, ffoniwch GIG 111 neu eich Practis meddyg tenu. Os byddwch yn cael cyngor gan feddyg neu nyr, gwnenwch yn siwr eich bod yn dwyud wrth ynt pa frechlynnau a galasant eich asesu'n llawn.

Mae sgil-effeithiau eraill yn anghyffredin neu'n brin iawn.

- galon sy'n curu'n gyflym, yn afreolaidd neu'n curu'n drwm.
- diffyg anadl, neu
- poen yn y frest

Dylid gael cyngor meddygol ar frys os ydych yn profi'r canlynnol:

Mewn achosion prin, aroddwyd am lid y galon wedi'u gwellid yn benna'r ymhilith dynion iau o fewn sawl diwrnod ar ol y brechriad. Gwnaeth y rhain fwyaf o'r bobl hyn wella ac roeddent nhw'n temi lo'n well ar ôl gorffwys a chael triniaeth syml.

Ar ôl rhai brechlynnau COVID-19, gelwir hyn yn myocardiitis neu pericarditis. Mae'r achosion hyn wedi'u gwellid yn pernaf ymhilith dynion iau o fewn sawl diwrnod ar ôl y brechriad. Gwnaeth y rhain fwyaf o'r bobl hyn wella ac roeddent nhw'n temi lo'n well ar ôl gorffwys a chael triniaeth syml.

bod wedi cael y brechlyn COVID-19. brechlyn, cofiwch sŵn wrth fynd i'ch awyntiad ei'n (mamogram) yn yr ychydig wythnosau ar ôl cael y gyngor. Os ydych i fod i gael prawn sgrinio'r tron hirach cysylltwch â'r Practis Meddyg. Tewlui am hyn bar a m tu a 10 diwrnod, ond os yw'n para'n ar yr un ochr ar ffraich lle cawscoch y brechlyn. Gall yw chwarennau chwyddedig yn y gesail neu'r gwddf. Sgil-effaith anghyffredin ar ôl y brechlyn COVID-19 i blant dan 16 oed.

Ni ddyliid rhoi meddyginiatebau sy'n cynnwys aspirin

mwy'n atal twymyn cy'n cael brechriad. eich plensty'n. Ni argymhellir rhoi hyffit paracetamol er ofalws iawn a rhoewch y dos cywir ar gyfer oedran plensty'n. Darllenwch y cyfarwyddiadau ar y botel yn o hyffit paracetamol helpu i leihau twymyn eich yn achos babaoned ifanc, gall dos o'r cryfder cywir aргymhellir). Dylech orffwys i'ch helpu i deimlo'n well.

ar y peccyn a phediwch â chymryd mwy na'r dos a gallwch gyrryd y dosymwch y cyngor poeni, siaradwch â'r meddyg teulu neu'n yrr. bod gennych haint neu salwch arall. Os ydych chi'n tymeredd uchel yn anarferol a gall fod oherwydd dr i diwrnod ar ôl cael brechlyn. Fodd bynnag, mae Efallai y bydd gennych dwymyn ysgafn am ddau neu

- thwymyn ysgafn.
- pen/tost cur pen, a
- blinder
- dolur rhudd
- teimlo'n gyfogyd neu'n chwydu ffiliw
- poenau cyffredinol neu symptomau ysgafn tebyg i pigiaid

Fel pob meddyginiatech, gall brechlynnau achosi sgil-effaithiau. Mae'r rhain fwyaf o sgil-effaithiau yn rhai ysgafn a thymor byr, ac nid yw pawb yn eu cael. Mae sgil-effaithiau cyffredin yn cynnwys:

## Deus sgil-effaithiau?

Gwneuc hyn siwr eich bod yn dweud wrth y sawl

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

(sy'n perffiglu bywyd) i:

brechlyn i unigolyn sydd wedi cael adwath ditterfol cael y brechlyn heb gael problemau. Ni ddylid rhoi'r Mae'r rhain fwyaf o bobl ag alegreddau yn gallu

Prin iawn yw'r bobl na ddyli gallu brechlyn COVID-19.

## A oes unrhyw un na ddyli gallu brechlyn COVID-19?

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

## Beth os oes gen i ofn nodwyddau?

Bydd y sawl sy'n rhoi'r brechlyn bob amser yn gwirio bod ganddo'r cydysyniaid anghenreidiol yn gyntaf. Bydd yn gallu trafod y brechlyn yn yr apwyntiad ac ateb cwestiynau.

Mewn rhai achosion, efallai y bydd pobl ifanc o dan addigion aeddfeid i dddeall yn llawn yr hyn sy'n cael ei gyrrhwyseid yng Nghymru. Mae'n well bod rhieni neu warchedwaid yn addigion aeddfeid i dddeall yn llawn yr hyn sy'n cael ei rhian o'u pennderfyniad yng Nghymru.

Os ydych yn rhiant neu'n warchedwad sydd â chyfrifoldeb rhiant dros blentyn neu bereson ifanc, gofynnir i chi gydysyniau ar sail gwylbodaeth iddynt gael y brechlyn.

Mae cydysyniau yn gofylu eich bod chi'n rhoi caniatâd i rywbedd ddiigwydd.

## Beth am gydysyniau?

Gallwrch ddedd o hyd i ragor o wybodaeth am sut i gysylltu â chi, neu os byddwch yn meddwl eich bod wedi methu'r gwahoddiaid i gael y brechlyn. Siaradwrch â'ch practis meddyg teulu neu dim i'r tim ar y llythyr apwyntiad. Mae'r manylion cywswilt brechlyn cy'n gynted â phosibl. Mae'r manylion cywswilt chi, a gallwrch chi gael apwyntiad newydd i gael y archebu fel y gall rhywun arall gael eich apwyntiad yn bresennol yn yr apwyntiad, rhwch wybod i'r tim apwyntiad pan gwech gwahoddiaid. Os na allwrch fod pryd a ble i gael y brechlyn. Mae'n bwysig dod i'r Bydd y GIG yn cysylltu â chi i roi gwypod i chi ariechyd.

## Sut fyddaf yn cael y brechlyn?

Mae'n fwy diogel i'ch system imiwnedd tręchlyn yn hylarch na thryw y ddal ddysgu sut mae amddiffyn ei hun drwy

Oeddecth chi'n gwypod?

Efallai na fydd pobl a system imiwnedd wan yn cynhyrchu ymateb imiwnyddol cryf i'r brechlyn, ond dyllai eu diogelu rhag salwch difrifol. Efallai y bydd crynnig brechlynnau COVID-19 ychwanegol er mwyn cryfau eu hamddiffyniadaid. Bydd eich meddyg teulu neu nyrs yn eich cyngorion.

## Imiwnedd wan?

## Beth os oes gen i system



Mae'r brechlynn yn cael ei roi fel pigiaid yn rhan uchaf Mae'r brechlynn yn cael ei roi fel pigiaid yn rhan uchaf y fraich. Mae'r brechlynn yn cael ei roi i fabanod dan 12 mis oed trwy bigiad i'r glun.

Sut mae'r brechlynn yn cael ei roi?

Pryd fydd y brechlynn yn cael ei gyrraedd?

A oes angen i mi gael y brechlynn os ydw i wedi dal?

Yn siŵr eich bod wedi eich diogelu'n iawn.

COVID-19 yn elich diogelu bob amser rhag heniintau yn dyfodol. Dyllek, felly, gael y brechlynn o hyd i wneud Oes. Nid yw'r ffatih eich bod eisoes wedi dal.

Yn siŵr eich bod wedi eich diogelu'n iawn.

Mae'r brechlynn COVID-19 yn diogelu'r iawn. Pan fydd y brechlynn maent yn ddiogeleli iawn. Bydd arroddiadau am sglif-safonau diogelwch llym i'w defnyddio yn y DU ac ar waith, bydd ei diogelwch yn cael ei fonitro'n agos. Mae pob meddyginiadeth a brechlynn wedi bodoli'n agos. Mae'r brechlynn COVID-19 yn diogelu'r iawn.

agos a'u hadolgyu.

## A yw'r brechlynn COVID-19 yn diogelu?

Yn siŵr eich bod wedi eich diogelu'n iawn.

COVID-19 yn elich diogelu bob amser rhag heniintau yn dyfodol. Dyllek, felly, gael y brechlynn o hyd i wneud Oes. Nid yw'r ffatih eich bod eisoes wedi dal.

## A oes angen i mi gael y brechlynn os ydw i wedi dal?

Yn siŵr eich bod wedi eich diogelu'n iawn.

Os nad ydych chi'n 75 oed efo ond yn troi'n 75 yn byddwch yn dal i gael elich gwahodd i gael elich ystod y cyfnod y bydd y brechlynn yn cael ei gyrraedd. neu cyn gynted ag y byddwch yn temiolo'n well.

Os byddwch yn sâl pan fyddwch chi i fod i gael elich brechlynn, gallwrch gael y brechlynn yn diwedd arach, (ac nid cyn tri mis) ar ôl eich dos ola'r brechlynn. fywyd ynganwyd yn ar hydref fel arfer. Dyllek gael gwahoddiaid i gael elich brechlynn tua chwes mis fywyd ynganwyd, yn y gwanwyn ar hydref fel arfer. Dyllek Byddwch yn cael cyrraedd y brechlynn ddywydwaith y

## Pryd fydd y brechlynn yn cael ei gyrraedd?

Mae'r brechlynn yn cael ei roi fel pigiaid yn rhan uchaf y fraich. Mae'r brechlynn yn cael ei roi i fabanod dan 12 mis oed trwy bigiad i'r glun.

Sut mae'r brechlynn yn cael ei roi?

Pryd fydd y brechlynn yn cael ei gyrraedd?

A oes angen i mi gael y brechlynn os ydw i wedi dal?

Yn siŵr eich bod wedi eich diogelu'n iawn.

Os nad ydych chi'n 75 oed efo ond yn troi'n 75 yn byddwch yn dal i gael elich gwahodd i gael elich ystod y cyfnod y bydd y brechlynn yn cael ei gyrraedd. neu cyn gynted ag y byddwch yn temiolo'n well.

Os byddwch yn sâl pan fyddwch chi i fod i gael elich brechlynn, gallwrch gael y brechlynn yn diwedd arach, (ac nid cyn tri mis) ar ôl eich dos ola'r brechlynn. fywyd ynganwyd yn ar hydref fel arfer. Dyllek gael gwahoddiaid i gael elich brechlynn tua chwes mis fywyd ynganwyd, yn y gwanwyn ar hydref fel arfer. Dyllek Byddwch yn cael cyrraedd y brechlynn ddywydwaith y

ddiogel ac effeithiol o amddiffyn eich hun.  
a gwasoch o'r blaen. Mae brechlynnau yn ffodd  
a all fod yr un fath neu'n wahanol i'r brechlynnau  
Byddwch yn cael cynnig y brechlyn mwyaf periodol,

## Pa frechlyn fydd yn cael ei gyunig i mi?

Ni all y brechlyn COVID-19 achosi COVID-19 nai!  
ledaenu.  
mynd yn sail iawn oherwydd COVID-19.  
sicrhau eich bod yn cael eich diogelu a'ch atal rhag  
amser. Cael brechlyn COVID-19 ywr ffodd orau o  
a gall amddiffyniadau rhag y brechlyn wanhuau dros  
Gall y math o feirws COVID-19 sy'n cychrededig newid,  
mae gwneud y gwrthgyrff hy'n.

afiechyd, bydd eich system imiwinedd yn cofio sut  
chih ei ddal. Os byddwch chih dod i gysylltiad a'r  
eich corff i fwydro yn erbyn salwch pan fyddwch  
yn cynhyrchu gwrthgyrff. Mae gwrthgyrff yn helpu  
Mae eich system imiwinedd yn ymataeb i'r brechlyn ac  
system imiwinedd sut mae bwydro yn erbyn afiechyd.  
Mae'r brechlynnau'n gweithio drwy ddwedu wrth eich

## Sut mae'r brechlyn yn gweithio?



imwinedd wan.

- unrhyw un chwe mis oed a thrasdod sydd â system preswyliwr mewm cartrefi gofal i bobl hŷn, ac
- pobl 75 oed a hŷn

yw:

Bydd y brechlyn yn cael ei gynnig i bobl sydd mewm mwy o berengl os byddant yn dal COVID-19. Y rhain

## Pwy fydd yn cael cynnig brechlyn COVID-19?

Gall cael y brechlyn helpu i leihau'r risg o orfod mynd i'r ysbty oherwydd COVID-19.

Fel rhai brechlynau eraill, gall lefelau amddiffyniad ddechrau lleihau dros ams(er). Cyngir brechyd y ddwywaith y fwyddyti i bobl sydd mewm perengl o fynd yn diffrifol wael oherwydd COVID-19. Bydd y dosau hyn yn helpu i'ch diogelu am gyfnod hirach.

Pam mae angen i roi pobl gael y brechlyn?

Mae COVID-19 yn glefyd anadoli heintus iawn a'r rhai a chyflwynau iechyd penodol. Mae'n fwy tebygol y bydd angen trin iacheth ysbty ar bobl sydd mewm a'r rhai a chyflwynau iechyd penodol. Mae'n fwy tebygol achosir gan feirws. Mae'n fwy diffrifol mewm pobl hŷn

## Beth yw COVID-19?

Mae'r dafffen hon yn egluro beth yr salwch diffrifol oherwydd COVID-19.

Mae'r pobl mewm mwy o berengl o brechlyn COVID-19, pwy sy'n gymwys i'w gael a sut i'w gael.



Wales  
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NHS  
WALESG



# COVID-19

## Cañllaw i frechidau

# rhaag COVID-19

## Cael eich brechu



Mae Brechu yn achub bywydau  
Vaccination saves lives

