



Mae Brechu yn achub bywydau
Vaccination saves lives

Gwybodaeth am frechiad COVID-19 i oedolion

Beth yw COVID-19 neu'r Coronafeirws?

Mae COVID-19 yn cael ei achosi gan goronafeirws newydd, a elwir yn SARS-CoV-2. Mae'n heintus iawn a gall arwain at afiechyd anadlol difrifol.

Efallai na fydd gan lawer o bobl sydd wedi'u heintio unrhyw symptomau neu symptomau ysgafn yn unig. Mae'r rhain fel rheol yn dechrau gyda pheswch, tymheredd uchel, cur pen a cholli blas neu arogl.

Bydd rhai pobl yn teimlo'n flinedig iawn, bydd eu cyhyrau'n brifo, byddant yn cael dolur gwddw, dolur rhydd ac yn taflu i fyny, tymheredd uchel a dryswch. Wedyn, mae nifer bach o bobl yn mynd ymlaen i gael afiechyd difrifol ac efallai y bydd angen mynd i'r ysbyty neu gael eu derbyn i ofal dwys.

Yn gyffredinol, bydd llai nag 1 o bob 100 o bobl sydd wedi'u heintio yn marw o COVID-19, ond mae hyn yn nes at 1 mewn 10 ymhlith pobl dros 75 oed. Nid oes gwellhad i COVID-19 er bod rhai triniaethau sydd newydd eu profi'n helpu i leihau'r risg o gymhlethdodau.

Pa frechiad fyddaf yn ei gael?

Yn y DU, mae dau frechiad COVID-19 (wedi'u gwneud gan Pfizer BioNTech ac AstraZeneca) yn cael eu cynnig yn gyntaf. Mae angen dau ddos ar y ddau ohonynt i ddarparu'r amddiffyniad gorau. Mae pob brechiad wedi'i brofi ar tua 20,000 o bobl mewn sawl gwlad wahanol a gwelwyd ei fod yn ddiogel ac yn effeithiol. Byddwch yn cael un o'r brechiadau hyn gan ddibynnu ar ba un sydd ar gael.

Ni fydd gan y brechiadau cyntaf a fydd ar gael i'w defnyddio yn y DU awdurdodiad marchnata (trwydded) y DU eto ond maent wedi cael eu

hawdurdodi gan yr MHRA ar gyfer cyflenwad dros dro yn y DU yn seiliedig ar asesiad llawn o ddiogelwch ac effeithiolrwydd.

Pwy ddylai gael brechiad COVID-19?

Bydd y brechiad yn cael ei gynnig yn gyntaf i'r rhai sydd fwyaf tebygol o ddal yr haint ac sy'n debygol o ddiodef cymhlethdodau difrifol o COVID-19. Os ydych chi wedi cael apwyntiad brechu, y rheswm yw am eich bod mewn grŵp blaenoriaeth.

Rwy'n feichiog neu'n bwydo ar y fron, neu efallai fy mod yn feichiog, a allaf gael y brechlyn?

Nid yw'r brechiadau'n cael eu hargymell yn ystod beichiogrwydd. Os ydych yn feichiog neu'n bwydo ar y fron, **ni ddylech** gael y brechiad Pfizer-BioNTech COVID-19. Os ydych chi'n meddwl y gallech fod yn feichiog neu'n cynllunio beichiogrwydd o fewn tri mis i'r dos cyntaf, dylech aros nes bod eich beichiogrwydd wedi'i gwblhau cyn i chi gael eich brechu. Dylech gael y brechlyn cyn gynted â phosibl wedi hynny os yw'n gymwys. Dylech osgoi beichiogi am o leiaf deufis ar ôl ail ddos y brechiad.

Pwy arall na ellir ei frechu?

Nid yw'r brechiadau'n cynnwys organebau byw, ac felly maent yn ddiogel i bobl ag anhwylderau'r system imiwnedd. Efallai na fydd y bobl hyn yn ymateb mor dda i'r brechiad. Ni all nifer bach iawn o bobl gael y brechiad – mae hyn yn cynnwys pobl sydd ag alergedd difrifol i gynhwysyn yn y brechiad.

Os ydych chi'n sâl gyda thymheredd uchel ar hyn o bryd, neu wedi cael brechiad arall yn ystod y 7 diwrnod cyn eich apwyntiad arfaethedig, neu brawf COVID-19 positif neu

symptomau COVID-19 newydd yn ystod y 28 diwrnod diwethaf, neu ddirywiad yn dilyn symptomau COVID-19 estynedig, dylech drefnu apwyntiad diweddarach.

A fydd y brechiad yn fy ngwarchod i?

Bydd brechiad COVID-19 yn lleihau'r siawns y byddwch yn cael afiechyd COVID-19 difrifol. Gall gymryd wythnos neu ddwy ar ôl eich ail ddos i'ch corff fagu amddiffyniad. Nid yw unrhyw frechiad 100% yn effeithiol - efallai y bydd rhai pobl yn cael COVID-19 yr un fath ar ôl cael y brechiad, ond dylai fod yn llai difrifol.

Oes gan y brechiad sgil-effeithiau?

Fel pob meddyginiaeth, gall brechiadau achosi sgil-effeithiau. Mae'r rhain fel rheol yn ysgafn a dim ond yn para ychydig ddyddiau, ac nid yw pawb yn eu cael.

Mae'r sgil-effeithiau cyffredin iawn yn cynnwys:

- teimlad trwm a phoenus yn y fraich, a'r fraich yn teimlo'n anghyfforddus, ar ôl y pigiad am sawl diwrnod
- teimlo'n flinedig
- cur pen
- poenau cyffredinol, neu fân symptomau tebyg i'r fflw

Gallwch gael ychydig o dymheredd am ddau i dri diwrnod ond mae tymheredd uchel yn anarferol a gall ddynodi bod gennych chi COVID-19 neu haint arall. Gallwch gymryd y dos arferol o baracetamol (dilynwch y cyngor yn y pecyn) a gorffwyso i'ch helpu i deimlo'n well. Peidiwch â chymryd mwy na'r dos arferol. Un sgil-ffaith anghyffredin yw'r chwarennau lleol yn chwyddo.

Mae'r symptomau hyn yn para llai nag wythnos fel rheol. Os yw'n ymddangos bod eich symptomau'n gwaethgu neu os ydych yn pryderu, edrychwch ar <https://111.wales.nhs.uk> arlein, os angen ffoniwch GIG Cymru ar 111 neu eich meddygfa. Os nad yw 111 ar gael yn eich ardal chi, ffoniwch 0845 46 47. Mae galwadau i GIG 111 Cymru am ddim o linellau tir a ffonau symudol. Mae galwadau i 0845 46 47 yn costio 2c y funud a hefyd ffi fynediad arferol eich darparwr ffôn.

Gallwch roi gwybod am unrhyw sgil-effeithiau arlein yn: coronavirus-yellowcard.mhra.gov.uk/ neu drwy ap y Cerdyn Melyn.

Ydw i'n gallu dal COVID-19 o'r brechiad?

Nac ydych, ni allwch ddal COVID-19 o'r brechiad. Ond mae'n bosib eich bod wedi dal COVID-19 a heb sylweddoli bod gennych y symptomau tan ar ôl eich apwyntiad ar gyfer y brechiad.

Symptomau pwysicaf COVID-19 yw'r canlynol:

- peswch newydd parhaus
- tymheredd uchel
- colli neu newid yn eich synnwyr arogli neu flasu
- hefyd mae rhai pobl yn cael dolur gwddw, cur pen, y trwyn yn llawn, dolur rhydd, teimlo'n sâl a thafu i fyny

Os oes gennych chi'r symptomau uchod, arhoswch gartref a threfnu i gael prawf. Os oes arnoch chi angen mwy o wybodaeth am y symptomau ewch i <https://111.wales.nhs.uk/>

Beth ddylwn i ei wneud os wyf yn sâl ar ddiwrnod yr apwyntiad?

Os ydych yn sâl iawn gyda tymheredd uchel, ffoniwch i ganslo ac aros nes eich bod wedi gwella i gael y brechiad. Hefyd ni ddylech fynychu apwyntiad brechiad os ydych yn hunanynysu neu'n aros am brawf neu ganlyniad COVID-19.

Ydw i'n gallu rhoi COVID-19 i unrhyw un ar ôl i mi gael y brechiad?

Bydd dau ddos yn lleihau eich siawns o fod yn ddifrifol wael. Nid ydym yn gwybod eto a fydd yn eich atal chi rhag dal a throsglwyddo'r feirws. Felly, mae'n bwysig o hyd eich bod yn diogelu'r rhai o'ch cwmpas drwy ddilyn canllawiau COVID-19 <https://gov.wales/coronavirus>.

Mwy o wybodaeth

Gallwch gael mwy o wybodaeth am frechiadau COVID-19, a'u cynnwys a'r sgil-effeithiau posib, yn [https://111.wales.nhs.uk/coronavirus\(2019ncov\)](https://111.wales.nhs.uk/coronavirus(2019ncov)) a www.gov.uk/government/collections/mhra-guidance-on-coronavirus-covid-19

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Information on COVID-19 vaccination for adults

What is COVID-19 or Coronavirus?

COVID-19 is caused by a new coronavirus, known as SARS-CoV-2. It is very infectious and can lead to severe respiratory disease.

Many people who are infected may not have any symptoms or only have mild symptoms. These commonly start with cough, fever, headache and loss of taste or smell.

Some people will feel very tired, have aching muscles, sore throat, diarrhoea and vomiting, fever and confusion. A small number of people then go on to have severe disease which may require hospitalisation or admission to intensive care.

Overall less than 1 in 100 people who are infected will die from COVID-19, but this is closer to 1 in 10 of those over 75 years of age. There is no cure for COVID-19 although some newly tested treatments do help to reduce the risk of complications.

Which vaccine will I get?

In the UK, there are two COVID-19 vaccines being offered first (made by Pfizer BioNTech and AstraZeneca). They both require two separate doses to provide the best protection. Each vaccine was tested in about 20,000 people in several different countries and was shown to be safe and effective. You will be given one of these vaccines depending on which one is available.

The first vaccines available for use in the UK will not have a UK marketing authorisation (license) yet but have been authorised by the MHRA for temporary supply in the UK based on a full assessment of safety and effectiveness.

Who should have a COVID-19 vaccine?

The vaccine will be offered first to those at highest risk of catching the infection and likely to suffer serious complications from COVID-19. If you have received a vaccination appointment it is because you are in a priority group.

I am pregnant or breastfeeding, or might be pregnant, can I have the vaccine?

The vaccines are not recommended during pregnancy. If you are pregnant or breastfeeding you **should not** have the Pfizer-BioNTech COVID-19 vaccine. If you think you may be pregnant or are planning a pregnancy within three months of the first dose you should wait until your pregnancy is completed before you are vaccinated. You should have the vaccine as soon as possible afterwards if eligible. You should avoid becoming pregnant until at least two months after the second dose of the vaccine.

Who else cannot have the vaccine?

The vaccines do not contain living organisms, and so are safe for people with disorders of the immune system. These people may not respond so well to the vaccine. A very small number of people cannot have the vaccine – this includes people who have a severe allergy to an ingredient in the vaccine.

If you are currently unwell with a fever, or have had another vaccine in the 7 days before your planned appointment, or a positive COVID-19 test or new COVID-19 symptoms in the last 28 days, or a deterioration following prolonged COVID-19 symptoms you should book a later appointment.

Will the vaccine protect me?

The COVID-19 vaccination will reduce the chance of you getting severe COVID-19 disease. It may take a week or two after your second dose for your body to build up protection. No vaccine is 100% effective – some people may still get COVID-19 after having a vaccination, but this should be less severe.

Does the vaccine have side effects?

Like all medicines, vaccines can cause side effects. These are usually mild and only last a few days, and not everyone gets them.

Very common side effects include:

- having a painful, heavy feeling and tenderness in the arm where you had your injection for several days after the vaccine
- feeling tired
- headache
- general aches, or mild flu like symptoms

A mild fever may occur for two to three days but a high temperature is unusual and may indicate you have COVID-19 or another infection. You can take the normal dose of paracetamol (follow the advice in the packaging) and rest to help you feel better. Do not exceed the normal dose. A less common side effect is swelling of the local glands.

These symptoms normally last less than a week. If your symptoms seem to get worse or if you are concerned, look at <https://111.wales.nhs.uk> online, and if necessary call NHS 111 Wales on 111 or your GP surgery. If 111 is not available in your area, call 0845 46 47. Calls to NHS 111 Wales are free from landlines and mobiles. Calls to 0845 46 47 cost 2p per minute plus your telephone provider's usual access charge.

You can report any side effects online at: coronavirus-yellowcard.mhra.gov.uk/ or via the Yellow Card app.

Can I catch COVID-19 from the vaccine?

No, you cannot catch COVID-19 from the vaccine. But it is possible to have caught COVID-19 and not realise you have the symptoms until after your vaccination appointment.

The most important symptoms of COVID-19 are recent onset of any of the following:

- a new continuous cough
- a high temperature
- a loss of, or change in, your normal sense of taste or smell
- some people also have a sore throat, headache, nasal congestion, diarrhoea, nausea and vomiting

If you have the symptoms above, stay at home and arrange to have a test.

If you need more information on symptoms visit <https://111.wales.nhs.uk/>

What should I do if I am unwell on the appointment day?

If you are acutely unwell with a fever, call to cancel and wait until you have recovered before having the vaccine. You should also not attend a vaccine appointment if you are self-isolating or waiting for a COVID-19 test or result.

Can I give COVID-19 to anyone after I have had the vaccine?

Two doses will reduce your chance of becoming seriously ill. We do not know yet if it will stop you from catching and passing on the virus. So, it is important you continue to protect those around you by following the COVID-19 guidance <https://gov.wales/coronavirus>.

More information

You can find out more information about COVID-19 vaccines, including their contents and possible side effects at

[https://111.wales.nhs.uk/coronavirus\(2019ncov\)](https://111.wales.nhs.uk/coronavirus(2019ncov))
and www.gov.uk/government/collections/mhra-guidance-on-coronavirus-covid-19

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