Mae Brechu yn achub bywydau
Vaccination saves lives

Beth i'w ddisgwyl ar ôl eich brechiad COVID-19

Mae'r brechiad COVID-19 rydych chi wedi'i gael ymhlith y cyntaf i gael ei gymeradwyo fel brechiad diogel ac effeithiol gan yr Asiantaeth Rheoleiddio Meddyginiaethau a Chynhyrchion Gofal Iechyd (MHRA) annibynnol. Mae pob brechiad wedi'i brofi ar tua 20,000 o bobl mewn sawl gwlad wahanol a gwelwyd ei fod yn ddiogel. Isod mae rhai o'r sgil-effeithiau y gallech eu profi.

Beth yw'r sgil-effeithiau posib?

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 ffliw

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-effaith anghyffredin yw'r chwarennau lleol yn chwyddo.

Mae symptomau sy'n dilyn brechiad yn para llai nag wythnos fel rheol. Os yw'n ymddangos bod eich symptomau'n gwaethygu neu os ydych yn pryderu, edrychwch ar 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.

Os ydych yn gofyn am gyngor gan feddyg neu nyrs, gwnewch yn siŵr eich bod yn dweud wrthynt am eich brechiad (dangoswch y cerdyn brechu iddynt) fel eu bod yn gallu eich asesu'n iawn.

Gan fod y rhain yn frechiadau newydd, rydym yn eich annog i roi gwybod am unrhyw sgil-effeithiau ar-lein yn: **coronavirus-yellowcard.mhra.gov.uk/** neu drwy ap y Cerdyn Melyn.

Ydw i'n cael ailddechrau gwneud gweithgareddau normal ar ôl fy mrechiad?

Ydych, dylech allu parhau â gweithgareddau sy'n normal i chi cyn belled â'ch bod yn teimlo'n iawn. Os yw eich braich yn boenus iawn, efallai y bydd codi pethau trwm yn anodd. Os ydych chi'n teimlo'n sâl neu'n flinedig iawn, dylech orffwys ac osgoi gweithredu peiriannau neu yrru cerbydau.

Beth ddylwn i ei wneud nesaf?

Cynlluniwch i fynychu eich ail apwyntiad. Dylech gael cerdyn cofnod gyda'ch apwyntiad nesaf wedi'i ysgrifennu arno. Mae'n bwysig cael y ddau ddos o'r brechiad i roi'r amddiffyniad gorau i chi. Cofiwch fynd â'ch cerdyn i'r apwyntiad nesaf.

Beth ddylwn i ei wneud os wyf yn sâl pan mae'n amser fy apwyntiad nesaf?

Os ydych yn sâl iawn gyda thymheredd uchel, mae'n well aros nes eich bod wedi gwella i gael eich brechiad. Ffoniwch i aildrefnu a cheisio ei gael cyn gynted â phosib. Ni ddylech fynychu apwyntiad brechiad chwaith os ydych chi'n hunanynysu, neu'n aros am brawf COVID-19, neu'n dioddef dirywiad yn dilyn symptomau COVID-19 estynedig. Eto, ffoniwch i aildrefnu.

A fydd y brechiad yn fy ngwarchod i?

Bydd brechiad COVID-19 yn lleihau'r siawns y byddwch yn cael afiechyd COVID-19. Gall gymryd ychydig wythnosau i'ch corff fagu amddiffyniad o'r brechiad. Fel pob meddyginiaeth, nid yw unrhyw frechiad 100% yn effeithiol felly dylech barhau i ddilyn y rhagofalon a argymhellir, fel cadw pellter cymdeithasol, hylendid dwylo a masgiau wyneb er mwyn osgoi haint. Efallai y bydd rhai pobl yn cael COVID-19 yr un fath ar ôl cael y brechiad, ond dylai fod yn llai difrifol.

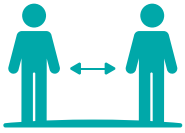
Ydw i'n gallu rhoi COVID-19 i unrhyw un, nawr fy mod i wedi cael y brechiad?

Ni all y brechiad roi haint COVID-19 i chi. 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 dilyn y canllawiau yn eich ardal leol i ddiogelu'r rhai o'ch cwmpas. Gellir dod o hyd i wybodaeth yn **https://gov.wales/coronavirus.**

Tair rheol er mewn DIOGELU CYMRU

Golchi **dywlo**

Gwisgo **gorchudd wyneb**



Cadw **2m ar wahân**

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icc.gig.cymru/brechlyn-covid-19
phw.nhs.wales/covid-19-vaccination

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KEEP WALES SAFE

Mae Brechu yn achub bywydau
Vaccination saves lives

What to expect after your COVID-19 vaccination

The COVID-19 vaccine you have received is amongst the first to be approved as safe and effective by the independent Medicines and Healthcare products Regulatory Agency (MHRA). Each vaccine has been tested in about 20,000 people in several different countries and shown to be safe. Below are some of the side effects that you may experience.

What are the possible 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 after the injection for several days after the vaccine
- feeling tired
- a 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. An uncommon side effect is swelling of the local glands.

Symptoms following vaccination normally last less than a week.

If your symptoms seem to get worse or if you are concerned, look at 111.wales.nhs.uk online, and if necessary call NHS 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.

If you do seek advice from a doctor or nurse, make sure you tell them about your vaccination (show them the vaccination card) so that they can assess you properly.

As these are new vaccines, we encourage you to report any side effects online at:

coronavirus-yellowcard.mhra.gov.uk/ or via the Yellow Card app.

Can I go back to normal activities after having my vaccine?

Yes, you should be able to carry on activities that are normal for you as long as you feel well. If your arm is particularly sore, you may find heavy lifting difficult. If you feel unwell or very tired you should rest and avoid operating machinery or driving.

What do I do next?

Plan to attend your second appointment. You should have a record card with your next appointment written on it. It is important to have both doses of the vaccine to give you the best protection. Remember to take your card to the next appointment.

What should I do if I am not well when it is my next appointment?

If you are acutely unwell with a fever, it is better to wait until you have recovered to have your vaccine, call to re-arrange it and try to have it as soon as possible. You should also not attend a vaccine appointment, and call to re-arrange, if you are self-isolating, or waiting for a COVID-19 test, or suffer a deterioration following prolonged COVID-19 symptoms.

Will the vaccine protect me?

The COVID-19 vaccination will reduce the chance of you getting COVID-19 disease. It may take a few weeks for your body to build up protection from the vaccine. Like all medicines, no vaccine is 100% effective so you should continue to take the recommended precautions such as social distancing, hand hygiene and face masks to avoid infection. Some people may still get COVID-19 after having a vaccination, but this should be less severe.

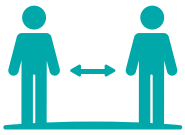
Can I give COVID-19 to anyone, now I have had the vaccine?

The vaccine cannot give you COVID-19 infection. Two doses will reduce your chance of becoming seriously ill. We do not yet know whether it will stop you from catching and passing on the virus. So, it is still important to follow the guidance in your local area to protect those around you. Information can be found at **https://gov.wales/coronavirus.**

Three rules to KEEP WALES SAFE

Wash your **hands**

Wear a **face covering**



Keep **2m apart**

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