



Mae Brechu yn achub bywydau
Vaccination saves lives



COVID-19 **vaccination**

**A guide for children
and young people**

August 2021



GIG
CYMRU
NHS
WALES

This leaflet explains the coronavirus (COVID-19) vaccination programme for children and young people.

What is COVID-19 or coronavirus?

COVID-19 is a very infectious respiratory disease caused by the SARS-CoV-2 virus. Very few children and young people with COVID-19 infection go on to have severe disease. There is no cure for COVID-19 although some newly tested treatments do help to reduce the risk of complications.

Am I able to have the COVID-19 vaccine?

The NHS is offering COVID-19 vaccine to some children and young people. This includes those aged 12-17 years at increased risk from infection who will need 2 doses of the vaccine 8 weeks apart. All young people aged 16 and 17 years will be offered a first dose of vaccine. The timing of a second dose for these 16-17 year olds will be confirmed later.



Are you at risk from COVID-19 infection?

Coronavirus can affect anyone. Some children and young people are at greater risk. This includes those who live with severe neurodisabilities, severe learning difficulties, Down's syndrome and other serious conditions. For an up to date list of conditions go to: phw.nhs.wales/topics/immunisation-and-vaccines/covid-19-vaccination-information/eligibility-for-the-vaccine.

For most children and young people COVID-19 is usually a milder illness that rarely leads to complications. For a very few the symptoms may last for longer than the usual 2 to 3 weeks.

The vaccination will help to protect you against COVID-19. Currently the vaccine licensed for children and young people is the Pfizer vaccine.

Will the vaccine protect me?

The COVID-19 vaccination will reduce the chance of you suffering from COVID-19 disease. It may take a few weeks for your body to build up some protection from the vaccine. You should get good protection from the first dose, having the second dose should give you longer lasting protection against the virus. Like all medicines, no vaccine is completely effective – some people may still get COVID-19 despite having a vaccination, but this should be less severe.

If you need more information on symptoms visit: 111.wales.nhs.uk

The vaccines do not contain organisms that grow in the body, and so are safe for children and young people with disorders of the immune system. These people may not respond so well to the vaccine but it should offer them protection against severe disease.

What do I need to do?

You will receive information about when and where to get vaccinated.



On the day of the appointment, wear practical clothing so it's easy to get to the top of your arm.



If you have a fear of needles or feel anxious, let the person giving your vaccine know. They will be understanding and support you.





Are there any reasons you should not get the vaccine?

There are very few people who cannot get the COVID-19 vaccine.

The vaccine should not be given to:

- people who have had a confirmed anaphylactic reaction to any of the ingredients of the vaccine
- those who have had a confirmed anaphylactic reaction to a previous dose of the same COVID-19 vaccine.

People with a history of serious allergic reaction to food, an identified drug or vaccine, or an insect sting can get the COVID-19 vaccine, as long as they are not known to be allergic to any component of the vaccine. It's important that you tell the person giving you your vaccine if you've ever had a serious allergic reaction (anaphylaxis).

Can COVID-19 vaccines be given at the same time as other vaccines?

Yes, COVID-19 vaccines can be given at the same time as most other vaccines. For the latest advice on COVID-19 vaccines and co-administration please visit: phw.nhs.wales/covidvaccine

Common side effects

Like all medicines, vaccines can cause side effects. Most of these are mild and short term, and not everyone gets them. With the vaccine we use in under-18s, side effects are more common with the second dose.

Very common side effects in the first day or two include:

A heavy feeling or soreness where you had the injection



Feeling achy or like you've got the flu



Feeling tired

ZZZ



Having a headache



You can rest and take paracetamol (follow the advice in the packaging and take the correct dose for your age) to help make you feel better. Although feeling feverish is not uncommon for 2 to 3 days, a high temperature is unusual and may indicate you have COVID-19 or another infection. Symptoms following vaccination normally last less than a week.

If your symptoms seem to get worse or if you are concerned, you or your parents can look at: **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 111 are free from landlines and mobiles. Calls to 0845 46 47 cost 2p per minute plus your telephone provider's usual access charge.

Less common side effects

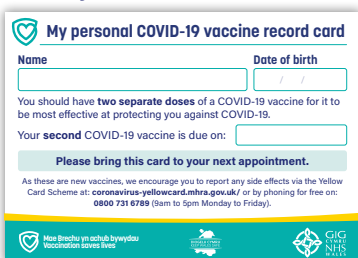
Recently, cases of inflammation of the heart (called myocarditis or pericarditis) have been reported very rarely after COVID-19 vaccines. Most of these cases have been in younger men and usually a few days after the second vaccination.

You should seek medical advice urgently if you experience:

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

Most of these people recovered and felt better following rest and simple treatments.

If you or your parents or carers do seek advice from a doctor or nurse, make sure you tell them about your vaccination (show them your vaccine



The image shows a 'My personal COVID-19 vaccine record card'. It has a white background with a green border. At the top left is a shield icon with a heart inside. The title is 'My personal COVID-19 vaccine record card'. Below the title are two input fields: 'Name' and 'Date of birth'. The 'Date of birth' field has a format of ' / / '. Below these fields is a paragraph: 'You should have **two separate doses** of a COVID-19 vaccine for it to be most effective at protecting you against COVID-19.' Below that is another input field: 'Your **second** COVID-19 vaccine is due on:'. Below this is a green box with white text: 'Please bring this card to your next appointment.' At the bottom, there is a small paragraph: 'As these are new vaccines, we encourage you to report any side effects via the Yellow Card Scheme at: coronavirus-yellowcard.mhra.gov.uk/ or by phoning for free on: 0800 731 6789 (9am to 5pm Monday to Friday)'. At the very bottom, there are three logos: 'Hose Brechu yn achub bywydau Vaccination saves lives', 'NHS.uk', and 'GIG SŴTH NHS HEALTH'.

record card, if possible) so that they can assess you properly.

Make sure you keep your vaccine record card safe.

You or your parents and carers can also report suspected side effects to vaccines and medicines online through the Yellow Card scheme. The Coronavirus Yellow Card system is a website where you can report any side effects from the vaccine. You may need support to access this website: coronavirus-yellowcard.mhra.gov.uk

Can you catch COVID-19 from the vaccine?

You cannot catch COVID-19 from the vaccine but it is possible to have caught COVID-19 and not 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

If you have the symptoms above, stay at home and arrange to have a test by phoning **119** (calls are free) or online at: **gov.wales/get-tested-coronavirus-covid-19**

What to do next

After you have had the first dose you may be given a second appointment sometime later. Your vaccine record card will show the details of the first dose. You will be advised on the right timing for your second dose to help give the best, and longest lasting protection for you. Keep your vaccine record card safe and make sure you keep your next appointment to get your second dose.

If you are not well when your appointment is due

You should not attend a vaccine appointment if you are self-isolating, waiting for a COVID-19 test or within 4 weeks of having a positive COVID-19 test. You or your parents or carers should call to cancel and wait until you have recovered to have the vaccine.



How is COVID-19 spread?

COVID-19 is spread through droplets breathed out from the nose or mouth, particularly when speaking or coughing. It can also be picked up by touching your eyes, nose and mouth after contact with contaminated objects and surfaces.

You MUST still follow any national or local restrictions and:

- when advised wear a face mask
- wash your hands regularly
- open windows to let fresh air in
- follow the current guidance at **gov.wales/coronavirus**.

More information

You can find out more information about COVID-19 vaccines, including their contents and possible side effects at: **coronavirus-yellowcard.mhra.gov.uk/productinformation**

You can report suspected side effects online at: **coronavirus-yellowcard.mhra.gov.uk** or by downloading the Yellow Card app.

To find out how the NHS uses your information, visit: **111.wales.nhs.uk/AboutUs/Yourinformation**

For other formats of this leaflet visit: **phw.nhs.wales/covid-19-vaccination**



© Public Health Wales, August 2021
(with acknowledgement to Public Health England)

Version 1
ISBN 978-1-78986-154-450



Rhagor o wybodaeth

Gallwch gael rhagor o wybodaeth am frechlynnau COVID-19, gan gynnwys eu cynnwys a sgil-ffeithiau posibl yn: **coronavirus-yellowcard.mhra.gov.uk/productioninformation**

Gallwch roi gwybod am unrhyw sgil-ffeithiau ar-lein yn: **coronavirus-yellowcard.mhra.gov.uk** neu drwy lawrlwytho'r ap Cerdyn Melyn.

I gael gwybod sut y ma'r GIG yn defnyddio eich gwybodaeth, ewch i: **111.wales.nhs.uk/aboutus/yourinformation/?locale=cy**

I gael y datfen hon mewn fformatau eraill ewch i: **icc.gig.cymru/pynciau/imiwneiddio-a-brechlynnau/gwybodaeth-brechlyn-covid-19**



Fersiwn 1
ISBN 978-1-78986-154-450

GIG
CYMRU
NHS
WALES



- RHAID i chi barhau i ddilyn unrhyw gyfyngiadau cenedlaethol neu leol a:**
- gwisgo masg wneud pan gewch eich cynghori i wneud hynny
 - golchi eich dwylon rheolaidd
 - agor ffenestri i adael awyr iach i mewn
 - dilyn y canllawiau presennol yn llw.cymru/coronafeirws.

Mae COVID-19 yn cael ei ledaenu drwy ddatnau sy'n cael eu hanadiu allan o'r trwyn neu'r geg, yn enwedig wrth siarad neu besychu. Gellir ei ddal hefyd drwy gyffwrdd â'ch llygaid, eich trwyn a'ch ceg ar ôl dod i gysylltiad â gwrthrychau ac arwynebau halogedig.

Sut y mae COVID-19 yn lledaenu?



A allwch ddal COVID-19 o'r brechlyn?

Ni allwch ddal COVID-19 o'r brechlyn ond mae'n bosibl eich bod wedi dal COVID-19 a heb gael y symptomau tan ar ôl eich apwyntiad brechu. Symptomau pwysicaf COVID-19 yw ymddangosiad diweddar unrhyw rai o'r canlynol:

- peswch cyson newydd
- tymheredd uchel
- coll, neu newid, yn eich synnwyr blasu neu arglï arferol

Os oes gennych y symptomau uchod, arhoswch gartref a threfnu i gael prawf drwy ffonio **119** (mae'r galwadau am ddim) neu ar-lein yn: [llyw.cymru/](https://yw.cymru/) **cael-prawf-coronafeirws-covid-19**

Beth i'w wneud nesaf

Ar ôl i chi gael y dos cyntaf, efallai y cewch ail apwyntiad rywbryd yn ddiweddarach. Bydd eich cerdyn cofnod brechlyn yn dangos manylion y dos cyntaf. Byddwch yn cael cyngor ar yr amseru cywir ar gyfer eich ail dos i helpu i roi'r amddiffyniad gorau, a'r un sy'n para hiraf i chi. Cadwch eich cerdyn cofnod brechlyn yn ddiogel a sicrhewch eich bod yn cadw'ch apwyntiad nesaf i gael eich ail dos.

Os nad ydych yn iach pan fydd angen i chi fynd i'ch ail apwyntiad

Ni ddylech fynd i apwyntiad brechu os ydych yn hunanyysu, yn aros am brawf COVID-19 neu o fewn 4 wythnos i gael prawf COVID-19 positif. Dylech chi neu'ch rhieni neu ofalwyr ffonio i ganslo ac aros nes eich bod wedi gwella cyn cael y brechiad.

Sgîl-effeithiau llai cyffredin

Yn ddiweddar, mae achosion o lid y galon (o'r enw myocarditis neu bericarditis) wedi'u nodi'n anaml iawn ar ôl brechlynnau COVID-19. Mae'r rhan fwyaf o'r achosion hyn wedi bod mewn dynion iau ac fel arfer ychydig ddyddiau ar ôl yr ail frechriad.

Dylech geisio cyngor meddygol ar frys os byddwch yn profi:

- poen yn y frest
- prinder anadl
- teimlo'r galon yn curo'n gyflym, yn dirgrynu neu'n curo fel gordd

Roedd y rhan fwyaf o'r bobl hyn wedi gwella ac yn teimlo'n well ar ôl gorffwys a thriniaethau syml.

Os byddwch chi neu'ch rhieni neu ofalwyr yn ceisio cyngor gan feddyg neu nys, sicrhewch eich bod yn dweud wrthynt am eich brechriad (dangoswch eich cerdyn cofnod brechlyn iddynt, os oes modd) er

mwyn iddynt allu eich asesu'n iawn.

Gwnewch yn

**siwr eich bod yn
cadw'ch cerdyn
cofnod brechlyn
yn ddiogel.**

The screenshot shows a form titled 'Fy ngherbyn cofnod brechriad COVID-19 personol' (My personal COVID-19 infection record). It includes a header with the NHS logo and the text 'Mae Brechu yn achub bywydau' (Vaccination saves lives). The form contains several sections: 'Dylech gael ddau dos ar wahân o frechlyn COVID-19 er mwyn i ddo fod yn fwyaf effeithiol wrth eich amddiffyn rhag COVID-19.' (You should get two separate COVID-19 vaccines to be most effective in protecting you from COVID-19.), 'Mae eich ail frechriad COVID-19 i gael ei roi ar:' (Your second COVID-19 vaccine will be given on:), and 'Dewch â'r cerdyn hwn i'ch apwyntiad nesaf.' (Bring this card to your next appointment.). There are input fields for dates and a section for 'Dyddiad Geni:' (Date of birth:).

Gallwch chi neu'ch rhieni a gotalwyr hefyd roi gwybod am unrhyw sgîl-effeithiau tybiedig i frechlynnau a meddygiaethau ar-lein drwy'r cynllun Cerdyn Melyn. Mae system Cerdyn Melyn Coronafeirws yn wetan lle gallwch roi gwybod am unrhyw sgîl-effeithiau o'r brechlyn. Efallai y bydd angen cymorth arnoch i gael mynediad at y wetan hon: coronavirus-yellowcard.mhra.gov.uk

Sgîl-effeithiau cyffredin

Fel pob meddyginiath, gall brechiadau achosi sgîl-effeithiau. Mae'r rhain fel rheol yn ysgafn ac yn para ychydig ddyddiau yn unig, ac nid yw pawb yn eu cael. Gyda'r brechlyn a ddefnyddiwn yn y rhai dan 18 oed, mae sgîl-effeithiau yn fwy cyffredin gyda'r ail ddos.

Mae sgîl-effeithiau cyffredin iawn yn y diwrnod cyntaf neu ddau yn cynnwys:

	Teimlad trwm neu ddolur lle cawsoch y pigiad
	Teimlo poenanau neu fel bod gennyh chi'r ffilw

	Teimlo'n flinedig ZZZ
	Pen tost/ cur pen

Gallwch orffwys a chymryd parasetamol (dilynwch y cyngor yn y pecyn a chymryd y dos cywir ar gyfer eich oedran) i helpu i wneud i chi deimlo'n well. Er nad yw'n anghyffredin teimlo twymyn am 2 neu 3 diwrnod, mae tymheredd uchel yn anarferol a gall fod yn arwydd bod gennyh COVID-19 neu haint arall. Mae'r symptomau yma'n para llai nag wythnos fel rheol.

Os yw'n ymddangos bod eich symptomau'n gwaethygu neu os ydych yn pryderu, gallwch chi neu eich rhieni edrych ar: 111.wales.nhs.uk ar-lein, ac os oes angen ffoniwch GIG 111 Cymru ar 111 neu eich meddygfa. Os nad yw 111 ar gael yn eich ardal chi, ffoniwch **0845 46 47**. Mae galwadau i 111 am ddim o linellau tir a ffonau symudol. Mae galwadau i 0845 46 47 yn costio 2c y funud ynghyd â thâl arferol eich darparwr ffon.

A oes unrhyw resymau pam na ddylech gael y brechlyn?

Prin iawn yw'r bobl na allant gael y brechlyn COVID-19. Ni ddylid rhoi'r brechlyn i'r canlynol:

- pobl sydd wedi cael adwaith anaflyactig wedi'i gadarnhau i unrhyw un o gynhwysion y brechlyn
- y rhai sydd wedi cael adwaith anaflyactig wedi'i gadarnhau i ddos blaenorol o'r un brechlyn COVID-19.

Gall pobl sydd â hanes o adwaith alergaidd difrifol i'w yd, cyffur neu frechlyn a nodwyd, neu bigiad pryfed gael brechlyn COVID-19, ar yr amod nad yw'n hysbys bod ganddynt alergedd i unrhyw ran o'r brechlyn. Mae'n bwysig eich bod yn dweud wrth y person sy'n rhoi eich brechlyn i chi os ydych chi erioed wedi cael adwaith alergaidd difrifol (anaflyacsis).

A ellir rhoi brechlynnau COVID-19 ar yr un pryd â brechlynnau eraill?

Gellir, mae modd rhoi brechlynnau COVID-19 ar yr un pryd â'r rhan fwyaf o frechlynnau eraill. I gael y cynngor diweddaraf ar frechlynnau COVID-19 a'u rhoi gyda brechlynnau eraill ewch i: [icc.gig.cymru/pynciau/imiwneiddio-a-brechlynnau/gwybodaeth-brechlyn-covid-19](https://www.icc.gig.cymru/pynciau/imiwneiddio-a-brechlynnau/gwybodaeth-brechlyn-covid-19)

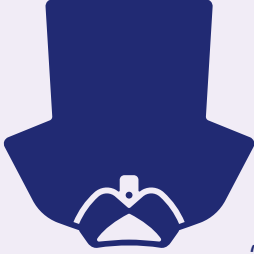


Beth sydd angen i mi ei wneud?

Byddwch yn derbyn
gwybodaeth ynghylch pryd
a ble i gael eich brechu.



Ar ddiwrnod yr apwyntiad,
gwisgwch ddillad
ymarterol fel ei bod yn
hadd cyrraedd rhan
uchaf eich braich.



Os oes ofn nodwyddau
arnoch neu os ydych
yn teimlo'n bryderus,
rhoch wybod i'r sawl
sy'n rhoi eich brechlyn.
Bydd yn deall ac
yn eich cefnogi!



A ydych yn wnebu risg o haint COVID-19?

Gall y coronafeirws effeithio ar unrhyw un. Mae rhai plant a phobl ifanc yn wnebu risg uwch. Mae hyn yn cynnwys y rhai sy'n byw gyda niwroanabledau difrifol, anawsterau dysgu difrifol, syndrom Down difrifol, a chyflyrau difrifol eraill. Am y rhestr ddiweddaraf o gyflyrau ewch i: iccgig.cymru/pynciau/imiwneiddio-a-brechlynau/gwybodaeth-brechlyn-covid-19/cymhwysra-ar-gyfer-y-brechlyn

Ar gyfer y rhan fwyaf o blant a phobl ifanc mae COVID-19 fel arfer yn salwch ysgafnach ac yn anaml y mae'n arwain at gymhlethdodau. I ychydig iawn gall y symptomau bara am fwy o amser na'r 2 i 3 wythnos arferol.

Bydd y brechiad yn helpu i'ch amddiffyn rhag COVID-19. Ar hyn o bryd y brechlyn sydd wedi'i drwyddedu i blant a phobl ifanc yw brechlyn Pfizer.

A fydd y brechlyn yn fy amddiffyn?

Bydd brechiad COVID-19 yn lleihau'r siawns y byddwch yn dioddef o glefyd COVID-19. Gall gymryd ychydig wythnosau i'ch corff ddatblygu rhywfaint o amddiffyniad o'r brechlyn. Dylech gael amddiffyniad da o'r dos cyntaf, dylai cael yr ail ddos roi amddiffyniad sy'n para'n hirach i chi rhag y feirws. Fel pob meddyginiath, nid oes unrhyw frechlyn yn gwbl effeithiol – etallai y bydd rhai pobl yn dal i gael COVID-19 er iddynt gael brechiad, ond dylai hyn fod yn llai difrifol.

Os oes angen rhagor o wybodaeth arnoch am symptomau ewch i: 11.wales.nhs.uk

Nid yw'r brechlynau'n cynnwys organebau sy'n tyfu yn y corff, ac felly maent yn ddiogel i blant a phobl ifanc ag anhwylderau'r system imiwneidd. Etallai na fydd y bobl hyn yn ymateb cystal i'r brechlyn ond dylai gynnig amddiffyniad iddynt rhag clefyd difrifol.



Mae'r GIG yn cynnig brechlyn COVID-19 i rai plant a phobl ifanc. Mae hyn yn cynnwys y rhai 12-17 oed sy'n wynebu risg uwch o haint y bydd angen iddynt gael 2 ddos o'r brechlyn 8 wythnos ar wahân. Bydd pob person ifanc 16 a 17 oed yn cael cynnig dos cyntaf o'r brechlyn. Bydd amseriad ail ddos ar gyfer y bobl ifanc 16-17 oed hyn yn cael ei gadarnhau'n ddiweddarach.

A allaf gael y brechlyn COVID-19?

Mae COVID-19 yn glefyd anadliol heintus iawn a achosir gan feirws SARS-CoV-2. Prif iawn yw'r plant a'r bobl ifanc sydd â haint COVID-19 sy'n mynd ymlaen i gael clefyd difrifol. Nid oes gwellhad i COVID-19 er bod rhai triniaethau sydd wedi'u profi o'r newydd yn helpu i leihau'r risg o gymhlethdodau.

Beth yw COVID-19 neu'r coronafeirws?

Mae'r daflen hon yn egluro rhaglen trechu'r coronafeirws (COVID-19) i blant a phobl ifanc.

Awst 2021

Canllaw i blant
a phobl ifanc

Brechu

COVID-19



Mae Brechu yn achub bywydau
Vaccination saves lives

