



Mae Brechu yn achub bywydau
Vaccination saves lives



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Flu and COVID-19 vaccinations

A guide for adults autumn/winter 2024-2025

Flu and COVID-19 are caused by viruses that spread very easily and can cause some people to become seriously ill and die.

Older people and those with certain health conditions are more at risk. This winter, we expect flu and COVID-19 to circulate at the same time, so it is very important to get protected to reduce the risk of needing hospital care from these infections.

You will be offered the most suitable vaccine for your age and condition. Make sure you don't delay getting your flu or COVID-19 vaccine if you're advised to.

For more information about the signs and symptoms of flu and COVID-19, visit **Guidance for people with symptoms of a respiratory infection, including COVID-19 | GOV.WALES** (external site).

Will these vaccines protect me?

Having a yearly flu vaccine is one of the best ways to protect against catching and spreading flu.

People at higher risk of severe COVID-19 will be offered a vaccination this autumn. A COVID-19 vaccine reduces the chance of you being seriously ill or dying from COVID-19.

Protection from both vaccines generally starts around two weeks after having them.

Vaccination is one of the most effective ways to prevent severe illness from flu and COVID-19. No vaccine is 100% effective, so it is still important to know the signs and symptoms of flu and COVID-19, even if you are vaccinated.

Who needs these vaccines?





If you have a long-term health condition, are pregnant or are an older adult, flu and COVID-19 are both more likely to be serious.

The flu and COVID-19 vaccination programmes continue to reduce severe disease in the UK. As a result, both vaccines are being offered this autumn to people at higher risk of serious illness.

People eligible for the flu and COVID-19 vaccines in Wales

	Flu vaccine	COVID-19 vaccine
Pregnant women	✓	✓
People aged 65 or over	✓	✓
People with long-term health conditions that put them at risk	✓ (from 6 months of age – see note below)	✓ (from 6 months of age)
People who live in a care home or who are in long-stay care	✓	✓ (care homes for older adults)
People with a learning disability	✓	✓
People who are homeless	✓	✓

People working with, caring for or living with vulnerable people

	Flu vaccine
People who live with someone who has a weakened immune system	 (from 6 months of age – see note below)
Paid and unpaid carers	 (from 16 years of age)
Frontline health and social care workers	
Care home staff who have regular contact with clients	

Note: All children aged two to 16 can have a free flu vaccine in 2024-2025.

In 2024, vaccination experts in the UK advised that giving the COVID-19 vaccine to those working with and caring for vulnerable people offered only limited protection to the people in their care. As a result, they do not advise including these groups in the programme.

However, in Wales for 2024, the following groups can ask for a COVID-19 vaccine this autumn if they would like one.

- Unpaid carers
- Frontline health and social care workers
- Care home staff

These groups are all advised to have the seasonal flu vaccine because it gives extra protection to people in their care.

For the latest information, including who is eligible for the flu and COVID-19 vaccines, visit phw.nhs.wales/vaccines

When will the flu and COVID-19 vaccines be offered?

Flu and COVID-19 vaccination appointments will be offered to eligible adults during autumn and winter.

You may be offered both vaccines at the same time. If not, go ahead with whichever one is offered first and have the other vaccine later.

! NHS Wales strongly recommends you get the vaccines as soon as they are offered to you.

Is there anyone who should not have a flu or COVID-19 vaccine?

There are very few people who cannot have these vaccines. The vaccines should not be given to anyone who has had a confirmed serious allergic reaction (anaphylaxis) to:

- any of the ingredients of the vaccines, or
- a previous dose of the same flu or COVID-19 vaccine.

If you are eligible for the flu vaccine and you have a serious egg allergy, let the person giving you the vaccine know. You can still have a flu vaccine, but special arrangements might be needed.

If I am unwell, should I have the vaccines?

If you are ill, it is best to wait until you are better to have the vaccines, but you should try to have them as soon as possible. If you are unable to attend your vaccination appointment, please cancel and rearrange the appointment.

A cold or other minor illness is not a reason to delay your vaccine.

If in doubt, discuss this with the person giving you your vaccine.

How to get your flu vaccine

If you are an adult in a risk group, are pregnant or are aged 65 or over, you can get your flu vaccine at your GP surgery or at some community pharmacies.

Frontline healthcare workers should receive the flu vaccine through their employer as part of occupational health care. If you are unsure, ask your employer where to get your vaccine.

Social workers (those in contact with residents or service users), care home staff and domiciliary carers should talk to their manager about getting the flu vaccine.

In some areas in Wales, the vaccine may be given in some community pharmacies. If you think you might have missed the invitation for a flu vaccine, contact your GP or your community pharmacy.

How to get your COVID-19 vaccine

The NHS will let you know when and where to have the vaccine. It's important to attend your appointment. If you need more information on how to get your vaccine contact your local health board.

For more details, visit www.gov.wales/get-your-covid-19-vaccination (external site)

Pregnant women

If you are pregnant, having your flu and COVID-19 vaccines will help protect you and your unborn baby from the known risks of flu and COVID-19 infection. The flu and COVID-19 vaccines also help protect your baby in the first four to six months of life, when these infections can be very serious.

As soon as you know you are pregnant, make sure you are fully up to date with your flu and COVID-19 vaccinations (which are available during autumn and winter). You can have the vaccines at the same time as the whooping cough vaccine, which is given to women from 16 weeks of pregnancy. However, don't delay your vaccines simply so you can have them at the same time.

Pregnant women are now also offered a vaccine against respiratory syncytial virus (RSV). The RSV vaccine can be given from 28 weeks of pregnancy.

You can find more details about vaccinations for pregnant women at phw.nhs.wales/vaccines

Can these vaccines be given at the same time as other vaccines?

Flu and COVID-19 vaccines can be given at the same time as most other vaccinations. In older adults, the RSV vaccination should ideally be given at a different time from the flu and COVID-19 vaccines. Your healthcare professional will discuss this with you at your appointment.

Will I get any side effects from these vaccines?

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

In the first day or two after the flu and COVID-19 vaccines, some of the most common side effects include:

- pain, redness, bruising, hardness or swelling where you had the injection
- general aches or flu-like symptoms
- tiredness
- feeling or being sick
- diarrhoea, and
- headache.

You may also get a mild fever for two to three days after having a 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.

Other side effects from the COVID-19 vaccine include:

- 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 rare side effects from the COVID-19 vaccine include:

- inflammation of the heart (myocarditis or pericarditis).

Most cases of myocarditis or pericarditis have been seen 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 get advice from a doctor or nurse, make sure you tell them what vaccines you have had so they can assess you fully.

You can find out more about the side effects of the vaccine at **[medicines.org.uk/emc](https://www.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 should report any side effects of the vaccine through the Yellow Card scheme 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 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.

Key points

- Flu and COVID-19 can both be very serious.
- Vaccination is one of the best ways to protect against these viruses.
- Flu and COVID-19 vaccines are available in autumn and winter for eligible adults.
- If you are eligible, get your vaccines. Don't miss out!

Did you know?

From 1 September 2024, older adults turning 75 years will be offered a vaccine against respiratory syncytial virus (RSV).

For more information, visit phw.nhs.wales/vaccines

Information 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, 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). Enter the name of the vaccine in the search box. You can also see the patient leaflet online.

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, visit 111.wales.nhs.uk/AboutUs/Yourinformation (external site)



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Rhagor o wybodaeth

Os oes gennych unrhyw gwestiynau neu os hoffech gael rhagor o wybodaeth, ewch i **GIG 111 Cymru** (safle allanol), siaradwch â'ch meddyg neu nys, neu cysylltwch â GIG 111 Cymru drwy ffonio **111**.

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

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

Dylech roi gwybod ar-lein am sgil-ffeithiau a amheuir 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, 9am i 5pm).

I ddarganfod sut maer GIG yn defnyddio eich gwybodaeth, ewch i **111.wales.nhs.uk/amdanomni/eichgwybodaeth** (safle allanol).



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Gwybodaeth gywir adeg cyhoeddi. I gael yr wybodaeth ddiweddaraf, ewch i icc.gig.cymru/brechlynnau

I gael rhagor o wybodaeth, ewch i icc.gig.cymru/brechlynnau yn erbyn feirws syncytiol anadlol (RSV). O 1 Medi 2024, bydd oedolion hŷn sy'n troi'n 75 oed yn cael cynnig brechlyn

Oeddech chi'n gwybod?

- Os ydych chi'n gymwys, mynnwch eich brechlynnau. Peidiwch â cholli allan!
- Mae brechlynnau'r fflw a COVID-19 ar gael i oedolion cymwys yn yr hydref a'r gaeaf.
- Mae cael eich brechu yn un o'r ffyrdd gorau o roi amddiffyniad rhag dal y feirysau hyn.
- Gall y fflw a COVID-19 fod yn ddifrifol iawn.

Pwntiau allweddol

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

Daliwch e



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

Biniwch e



Golchwch eich dwylo neu defnyddiwch hylif diheintio dwylo.

Lladdwch e



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

Mae sgil-ffeithiau eraill brechlyn COVID-19 yn cynnwys y canlynol:

- chwarentau chwyddedig yn y gesail neu'r gwddf ar yr un ochr â'r fraich lle cawsoch y brechlyn.

Gall hyn bara am tua 10 diwrnod, ond os yw'n para'n hirach cysylltwch â'ch Practis Meddyg Teulu am gyngor. Os ydych i fod i gael prawf sgrinio'r tron (mamogram) yn yr ychydig wythnosau ar ôl cael y brechlyn, cofiwch sôn wrth fynd i'ch apwyntiad eich bod wedi cael y brechlyn COVID-19.

Mae sgil-ffeithiau prin iawn sy'n gysylltiedig â brechlyn COVID-19 yn

cynnwys y canlynol:

- lliid y galon (myocarditis neu pericarditis).

Gwelwyd y rhan fwyaf o achosion o myocarditis neu pericarditis ymhlith dynion iau o fewn sawl diwrnod ar ôl iddynt gael y brechiad. Gwnaeth y rhan fwyaf o'r bobl hyn wella ac roedden nhw'n teimlo'n well ar ôl gorffwys a chael triniaeth syml.

Dylech gael cyngor meddygol ar frys os ydych yn profi'r canlynol:

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

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

Os yw'n ymddangos bod eich symptomau'n gwaethygu neu os ydych chi'n bryderus, ffoniwch GIG 111 neu eich Practis Meddyg Teulu. Os byddwch yn cael cyngor gan feddyg neu nyrs, gwnewch yn siŵr eich bod yn dweud wrthyn nhw pa frechlynnau rydych chi wedi'u cael fel y gallan nhw eich asesu'n llawn.

Gallwch gael rhagor o wybodaeth am sgil-ffeithiau'r brechlyn yn

[medicines.org.uk/emc](https://www.nhs.uk/medicines.org.uk/emc) (safle allanol, Seasneg yn unig). Bydd angen i chi nodi enw'r brechlyn yn y blwch chwilio. Gallwch hefyd weld y datlen i gleifion ar-lein.

Dylech roi gwybod am unrhyw sgil-ffeithiau'r brechlyn drwy'r cynllun Cerdyn Melyn ar-lein yn www.nhs.gov.uk/yellowcard (safle allanol, Seasneg yn unig), drwy lawrlwytho ap y Cerdyn Melyn, neu drwy ffonio 0800 731 6789 (dydd Llun i ddydd Gwener, 9am i 5pm).

Erbyn hyn, mae menywod beichiog hefyd yn cael cynnig brechlyn rhag y feirws syncytiol anadlol (RSV). Gellir rhoi'r brechlyn RSV o 28 wythnos o feichiogrwydd.

Gallwch ddod o hyd i ragor o fanylion am frechiadau i fenywod beichiog yn icc.gig.cymru/brechlynnau

A ellir rhoi'r brechlynnau hyn yr un pryd â brechlynnau eraill?

Gellir rhoi brechlynnau'r ffliw a COVID-19 yr un pryd â'r rhan fwyaf o frechiadau eraill. Mewn oedolion hŷn, dylid rhoi'r brechiad RSV yn ddeltrydol ar adeg wahanol i frechlynnau'r ffliw a COVID-19. Bydd eich gweithiwr gofal iechyd profesiynol yn trafod hyn gyda chi yn eich apwyntiad.

A fyddaf yn cael unrhyw sgil-ffeithiau o'r brechlynnau hyn?

Fel pob meddyginiaeth, gall brechlynnau achosi sgil-ffeithiau. Mae'r rhan fwyaf o'r rhain yn ysgafn ac yn rhai tymor byr, ac nid yw pawb yn eu cael. Yn ystod y diwrnod cyntaf neu ddau ar ôl cael brechlynnau'r ffliw a COVID-19, mae rhai o'r sgil-ffeithiau mwyaf cyffredin yn cynnwys y canlynol:

- poen, cochni, cleisio, calledwch neu chwydd lle cawsoch y pigiad
- poenau cyffredinol neu symptomau tebyg i'r ffliw
- blinder
- teimlo'n gyfogydd neu chwyddu
- dolur rhydd, a
- phen tost/cur pen

Efallai y byddwch hefyd yn cael twymyn ysgafn am ddau neu dri diwrnod ar ôl cael y brechlyn. Fodd bynnag, mae tymheredd uchel yn anarferol a gall fod oherwydd bod gennyhch haint neu salwch arall. Os ydych chi'n poeni, siaradwch â'ch meddyg teulu neu nyrs. Gallwch gymryd paracetamol (dilynwch y cynngor ar y pecyn a pheidiwch â chymryd mwy na'r dos a argymhellir). Dylech orffwys i'ch helpu i deimlo'n well.

Cyn gynted ag y byddwch yn gwybod eich bod yn feichlog, gwnewch yn siŵr eich bod yn gwbl gyfredol o ran brechiadau'r fflw a COVID-19 (sydd ar gael yn ystod yr hydref a'r gaeaf). Gallwch gael y brechlynnau yr un pryd â brechlyn y pas, sy'n cael ei roi i fenywod o 16 wythnos o feichlogrwydd. Fodd bynnag, peidiwch ag oedi rhag cael eich brechlynnau dim ond er mwyn eu cael yr un pryd.

Os ydych chi'n feichlog, bydd cael brechlynnau'r fflw a COVID-19 yn helpu i'ch amddiffyn chi a'ch baban heb ei eni rhag y risgiau hysbys o'r fflw a haint COVID-19. Mae brechlynnau'r fflw a COVID-19 hefyd yn helpu i amddiffyn eich baban yn ystod y pedwar i chwe mis cyntaf o'i fywyd, pan y gall yr heintiau hyn fod yn ddifrifol iawn.

Menywod beichlog

Bydd y GIG yn rhoi gwybod i chi pryd a ble i gael y brechlyn. Mae'n bwysig eich bod yn mynd i'ch apwyntiad. Os oes angen rhagor o wybodaeth arnoch am sut i gael eich brechlyn, cysylltwch â'ch bwrdd iechyd lleol. I gael rhagor o fanylion, ewch i **Rhaglen brechu rhag COVID-19** (safle allanol).

Sut i gael eich brechlyn COVID-19

Mewn rhai ardaloedd yng Nghymru, gellir rhoi'r brechlyn mewn rhai apwyntiad i gael brechlyn y fflw, cysylltwch â'ch meddyg teulu neu eich fferyllfa gymunedol. Dylai gweithwyr cymdeithasol (y rhai sydd mewn cysylltiad â phreswylwyr neu ddefnyddwyr gwasanaeth), staff cartrefi gofal a gofalwyr cartref siarad â'u rheolwr ynghylch cael brechlyn y fflw. Dylai gweithwyr gofal iechyd rheng flaen gael brechlyn y fflw trwy eu gofynnwch i'ch cyflogwr ble y gallwch gael eich brechlyn. Os nad ydych yn siŵr, fferyllfeydd cymunedol. Os ydych chi'n meddwl y gallech fod wedi colli'r fferyllfeydd cymunedol. Os ydych chi'n meddwl y gallech fod wedi colli'r fferyllfeydd cymunedol.

Sut i gael eich brechlyn fflw

Os ydych chi'n oedolyn mewn grŵp risg, yn feichlog neu'n 65 oed neu hyn, gallwch gael eich brechlyn fflw yn eich Practis Meddyg Teulu neu mewn rhai

Pryd fydd brechlynnau'r fflw a COVID-19 yn cael eu cynnig?

Bydd apwyntiadau brechu rhag y fflw a COVID-19 yn cael eu cynnig i oedolion cymwys yn ystod yr hydref a'r gaeaf.

Efallai y bydd y ddau frechlyn yn cael eu cynnig i chi yr un pryd. Os na fyddant yn cael eu cynnig yr un pryd, ewch ati i gael pa un bynnag sy'n cael ei gynnig gyntaf a gallwch gael y brechlyn arall yn ddiweddarach.

Mae eigi Cymru yn argymhell yn gryf eich bod yn cael y brechlynnau cyn gynted ag y cânt eu cynnig i chi.

A oes unrhyw un na ddylai gael brechlyn y fflw neu COVID-19?

Prin iawn yw'r rhai na allant gael y brechlynnau hyn. Ni ddylid rhoi'r gadarnhau (anaflyacsis) i'r canlynol:

- unrhyw un o gynhwysion y brechlynnau, neu
- ddos blaenorol o'r un brechlyn y fflw neu COVID-19.

Os ydych chi'n gymwys i gael brechlyn y fflw a bod gennych chi alergedd difrifol i wya, rhowch wybod i'r un sy'n rhoi'r brechlyn i chi. Gallwch gael brechlyn y fflw o hyd, ond efallai y bydd angen gwneud trefniadau arbennig.





Os ydwi'n sâl, a ddylwn i gael y brechlynnau?

Os ydych chi'n sâl, mae'n well aros nes eich bod yn well i gael y brechlynnau, ond dylech geisio eu cael cyn gynted â phosibl. Os na allwch ddod i'ch apwyntiad brechu, dylech ei ganslo ac aildefnu'r apwyntiad.

Nid yw annwyd neu fân salwch arall yn rheswm dros ohirio eich brechlyn. Os oes gennych unrhyw amheuaeth, trafodwch hyn gyda'r un sy'n rhoi eich brechlyn i chi.

Pobl sy'n gweithio gyda phobl agored i niwed, yn gofalu amdanynt neu'n byw gyda nhw

Brechlyn y ffliw

<p>Pobl sy'n byw gyda rhywun â system imiwedd gwan</p> <p>(o 6 mis oed - gweler y nodyn isod)</p> 	<p>Gofalwyr cyflogedig a gofalwyr di-dâl</p> 
<p>Gweithwyr iechyd a gofal cymdeithasol rheng flaen</p> 	<p>Staff cartrefi gofal sydd mewn cysylltiad rheolaidd â chleientiaid</p> 

Noder: Gall pob plentyn dwy i 16 oed gael brechlyn y ffliw am ddim yn 2024-2025.

Yn 2024, cynghorodd arbenigwyr y DU ar frechu fod rhoir brechlyn COVID-19 i'r rhai sy'n gweithio gyda phobl agored i niwed a'r rhai sy'n gofalu amdanynt yn cynnig amddiffyniad cyfyngedig yn unig i'r rhai a oedd yn eu gofal. O ganlyniad, nid ydynt yn cynghori cynnwys y grwpiau hyn yn y rhaglen.

Fodd bynnag, yng Nghymru ar gyfer 2024, gall y grwpiau canlynol ofyn am frechlyn COVID-19 yr hydref hwn os ydynt yn dymuno cael un.

- Gofalwyr di-dâl
- Gweithwyr iechyd a gofal cymdeithasol rheng flaen
- Staff cartrefi gofal

Cynghorir y grwpiau hyn i gyd i gael y brechlyn ffliw tymhorol am ei fod yn rhoi amddiffyniad ychwanegol i'r rhai sydd yn eu gofal.

I gael yr wybodaeth ddiweddaraf, gan gynnwys pwy sy'n gymwys ar gyfer brechlynnau'r ffliw a COVID-19, ewch i iccgig.cymru/brechlynnau

Brechlyn COVID-19	Brechlyn y ffliw	
^	^	Menywod beichiog
^	^	Pobl 65 oed neu hŷn
^	^	Pobl â chyflyrau iechyd hirdymor sy'n eu rhoi mewn perygl
^	^	Pobl sy'n byw mewn cartref gofal neu mewn gofal arhosiad hir
^	^	Pobl ag anabledd dysgu
^	^	Pobl digartref

Pobl sy'n gymwys i gael brechlynau'r ffliw a COVID-19 yng Nghymru

Os oes gennych gyfiwr iechyd hirdymor, os ydych yn feichiog neu'n oedolyn hŷn, bydd y ffliw a COVID-19 yn fwy tebygol o fod yn ddifrifol. Mae'r rhaglenni brechu rhag y ffliw a COVID-19 yn parhau i leihau atiechydion difrifol yn y DU. O ganlyniad, mae'r ddau frechlyn yn cael eu cynnig yr hydref hwn i bobl sy'n wynebu risg uwch o gael salwch difrifol.

Ar bwy y mae angen y brechlynau hyn?

yn bwysig gwybod am arwyddion a symptomau'r ffliw a COVID-19, hyd yn oed os ydych chi wedi cael eich brechu.

Brechlynnau rhag y ffliw a COVID-19

Canllaw i oedolion hydref/gaeaf 2024-2025

Mae'r ffliw a COVID-19 yn cael eu hachosi gan feirysau sy'n lledaenu'n hawdd iawn ac sy'n gallu achosi i rai pobl fynd yn ddifrifol wael a marw.

Mae pobl hŷn a'r rhai â chyflyrau iechyd penodol mewn mwy o berygl. Y gaeaf hwn, rydym yn disgwyl i'r ffliw a COVID-19 gylchreddeg yr un pryd, felly mae'n bwysig iawn eich bod yn cael eich amddiffyn i leihau'r risg o fod angen gofal ysbty oherwydd yr heintiau hyn. Byddwch yn cael cynnig y brechlyn mwyaf addas ar gyfer eich oedran a'ch cyflwr. Gwnewch yn siŵr nad ydych yn oedi cyn cael eich brechlyn ffliw neu COVID-19 os cewch eich cynghori i wneud hynny.

I gael rhagor o wybodaeth am arwyddion a symptomau'r ffliw a COVID-19, ewch i **Canllawiau i bobl sydd â symptomau haint anadlol, gan gynnwys COVID-19 | LLYWODRAETH CYMRU** (safle allanol).

A fydd y brechlynnau hyn yn fy amddiffyn?

Mae cael brechlyn y ffliw yn flynyddol yn un o'r ffyrdd gorau o'ch amddiffyn rhag dal y ffliw a'i ledaenu.

Bydd pobl sydd â risg uwch o gael COVID-19 difrifol yn cael cynnig brechiad yr hydref hwn. Mae brechlyn COVID-19 yn lleihau'r siawns y byddwch chi'n ddifrifol wael neu'n marw o COVID-19.

Yn gyffredinol, mae'r amddiffyniad o'r ddau frechlyn yn dechrau tua pythefnos ar ôl iddynt gael eu rhoi.

Cael eich brechu yw un o'r ffyrdd mwyaf effeithiol o atal salwch difrifol o'r ffliw a COVID-19. Nid oes unrhyw frechlyn 100% yn effeithiol, felly mae'n dal

