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Mae Brechu yn achub bywydau
Vaccination saves lives

Teenage 3 in 1 vaccine

Protect yourself against tetanus,
diphtheria and polio



Mae'r daflen hon ar gael yn Gymraeg. You can get this leaflet in Welsh.

Protecting yourself from serious illnesses



Tetanus, diphtheria and polio are 3 illnesses that can make you very poorly.



They can cause problems with your **nervous system**.

Your **nervous system** sends messages between your brain and parts of your body.



The messages tell your body what to do. Things like:

- Breathing and moving.
- Laughing and talking.





- Thinking, remembering and making decisions.



Problems with your nervous system can be very serious. You may need to go to hospital.

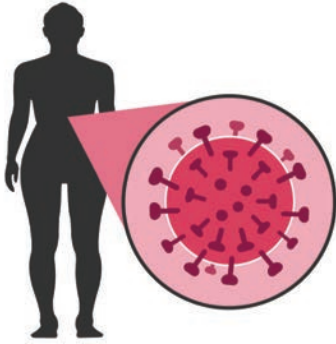


Some people might die.



It is really important to protect yourself from these illnesses.

What is a vaccine



A **vaccine** is a medicine that helps to keep you safe from catching an illness.



Getting a vaccine is usually done by giving you an injection at the top of your arm.



Your body then knows how to fight the illness if you catch it in the future.



A vaccine may not always stop you from catching an illness. But it can make you less poorly if you do catch it.

About the 3 in 1 vaccine



You can have a 3 in 1 vaccine to protect you from tetanus, diphtheria and polio.



You need 5 injections for the vaccine to protect you.



Most people have the first 3 injections when they are a baby.

They have the 4th injection when they are around 3 or 4 years old.



You have the 5th injection and last injection when you aged between 13 and 14 years old.



If you go to school then you will be in year 9 when you have the vaccine.



Most children have the vaccine at school or at their doctors.



If you are not in school you can ask your local doctor about it.

What happens if you have missed an injection



If you think you have missed 1 of your injections, contact your doctor or nurse.



If you did not have the injections when you were a child, you can still have them when you are older.

Having the vaccine



It is quick to have the vaccine.

A nurse will give you 1 injection in the top of your arm.



You can have the vaccine at the same time as other vaccines.



If you are worried about the vaccine, speak to your doctor or nurse.

Choosing to have the vaccine



When it is time for you to have the vaccine you will get a form to fill in with your parent or carer.



The form will ask if you agree to have the vaccine.



You should talk to your parent or carer before you agree to have the vaccine.



If you cannot fill in the form or have questions, speak to your doctor or nurse.

Who should not have the vaccine



Most people with allergies can have the vaccine with no problems.



You should not have the vaccine if you:



- Have a serious allergy to anything that the vaccine is made from

or



- Have had a serious reaction to a vaccine for tetanus, diphtheria or polio before.



A **serious reaction** is when:

- You find it hard to breathe.



- You feel confused, faint and you cannot be woken up.



- Your face, neck or tongue start to swell up.



If you have problems with your blood, speak to your doctor or nurse before you have the vaccine.

What to do if you are ill when it is time to have the vaccine



If you are unwell or have a **high temperature**, it is better to wait until you feel better.



A **high temperature** is a temperature more than 38 degrees on a thermometer.



It is really important to get your vaccine to help protect you.



If you miss your vaccine, speak to your school nurse or local doctor.

Side effects



Side effects are things that might happen to you after you have had the vaccine. Not everyone has side effects.



Side effects usually get better in a few days.



After the injection you might have a sore arm. Your arm might be red, swollen or have a small lump where you had the injection.



Other side effects you might have are:

- Feeling sick.



- Feeling dizzy.



- Having a high temperature of more than 38 degrees on a thermometer.



- Having a headache.



- Having lumps in your throat and neck.



If you have a high temperature and feel unwell, you can take paracetamol to help.



Remember to read the instructions on the packet.



Do not take aspirin if you are under 16.

Rare side effects



Rare means that it does not happen to many people.



Some people might have an allergic reaction to the vaccine. They might have a rash or be itchy on part or all over their body.



Very few people have a serious allergic reaction. If they do they may find it hard to breathe.



Not very many children have a serious allergic reaction.



The nurse who gives you the vaccine has had special training.

They will know what to do straight away if you are allergic to the vaccine.

More information



If you want more information about the vaccine, you can speak to your doctor.



You can also phone NHS 111 Wales.

Phone 111

It is free to call this number.



You can look on the Public Health Wales website:

phw.nhs.wales/vaccines



To find out how the NHS uses your information, visit:

111.wales.nhs.uk/AboutUs/Yourinformation

Rhagor o wybodaeth

Os ydych chi eisiau rhagor o wybodaeth am y brechlyn rydych chi'n gallu siarad â'ch meddyg.



Rydych chi'n gallu ffonio GIG 111
Ffonio 111
Cymru hefyd.

Mae'n rhad ac am ddim i ffonio'r rhif
hwn.



Rydych chi'n gallu edrych ar wefan
Iechyd Cyhoeddus Cymru:
icc.gig.cymru/brechlynnau



Ewch i'r wefan hon i gael gwybod sut
mae'r GIG yn defnyddio eich
gwybodaeth chi:
111.wales.nhs.uk/amdanomni/
eichgwybodaeth



Sgîl-effeithiau anghyffredin

Mae **anghyffredin** yn golygu nad yw'n digwydd i lawer o bobl.

Efallai y bydd rhai pobl yn cael adwaith alergaidd i'r brechlyn. Efallai y bydd ganddyn nhw frech neu gosi ar ran o'u corff neu'r corff cyfan.

Ychydig iawn o bobl sy'n cael adwaith alergaidd difrifol. Os bydd hynny'n digwydd, efallai y byddant yn ei chael hi'n anodd anadlu.

Nid oes llawer o blant yn cael adwaith alergaidd difrifol.

Bydd y nyrs a fydd yn rhoi'r brechlyn i chi wedi cael hyfforddiant arbennig. Bydd yn gwybod beth i'w wneud ar unwaith os bydd gennych alergedd i'r brechlyn.





- Tymheredd uchel sy'n uwch na 38 gradd ar thermometr.



- Cur pen/pen tost.



- Cael lymphiau yn eich gwddf.



Os bydd gennyhych dymheredd uchel ac yn teimlo'n sâl, gallwch gymryd paracetamol i helpu.



Cofiwch ddarllen y cyfarwyddiadau ar y pecyn.



Peidiwch â chymryd aspirin os ydych yn iau na 16 oed.

Sgîl-effeithiau

Sgîl-effeithiau yw pethau a allai ddigwydd i chi ar ôl i chi gael y brechlyn. Fydd pawb ddim yn cael sgîl-effeithiau.

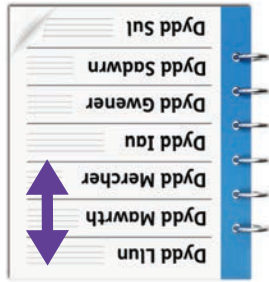
Bydd y sgîl-effeithiau fel arfer yn gwella mewn ychydig ddyddiau.

Ar ôl y pigiad efallai y bydd eich braich yn gwneud dolur. Efallai y bydd eich braich yn goch, wedi chwyddo neu â lwmp bach lle cawsoch y pigiad.

Sgîl-effeithiau eraill y gallech eu cael yw:

- Teimlo'n gyfoglyd.

- Teimlo'n benysgafn.



Beth ddylech chi ei wneud
os byddwch yn sâl pan fydd
yn bryd i chi gael y brechlyn

Os byddwch chi'n sâl neu os bydd
gennyhch **dymheredd uchel**, mae'n
well aros nes y byddwch chi'n
teimlo'n well.



Mae'n bwysig iawn cael eich brechlyn
i helpu i'ch diogelu.

Os byddwch yn methu eich brechlyn,
siaradwch â'ch nyrs ysgol neu'ch
meddyg lleol.



Adwaith difrifol yw pan fydd y canlynol yn digwydd:

- Byddwch chi'n ei chael hi'n anodd anadlu.



- Byddwch chi'n teimlo'n ddryslyd, yn llewgu a dydych chi ddim yn gallu cael eich deffro.



- Bydd eich wneb, gwddf neu da fod yn dechrau chwyddo.



Os ydych chi'n cael problemau gyda'ch gwaged, siaradwch â'ch meddyg neu nysr cyn i chi gael y brechlyn.



Pwy na ddylai gael y brechlyn

Mae'r rhan fwyaf o bobl ag alergeddau yn gallu cael y brechlyn heb gael problemau.



Ni ddylech gael y brechlyn os oes gennych:



- Alergedd difrifol i unrhyw beth y mae'r brechlyn wedi'i wneud ohono



neu

- Os ydych wedi cael adwaith difrifol i frechlyn ar gyfer tetanus, difftheria neu bolio o'r blaen.



Dewis cael y brechlyn

Pan ddaw'n amser i chi gael y brechlyn, byddwch yn cael ffurflen i'w llenwi gyda'ch rhiant neu ofalwr.



Bydd y ffurflen yn gofyn a ydych yn cytuno i gael y brechlyn.



Dylech siarad â'ch rhiant neu ofalwr cyn i chi gytuno i gael y brechlyn.



Os na allwch lenwi'r ffurflen neu os bydd gennych gwestiynau, siaradwch â'ch meddyg neu nysr.



Cael y brechlyn

Mae cael y brechlyn yn gyflym.
Bydd nys yn rhoi 1 pigiad i chi ar dop
eich braich.

Gallwch gael y brechlyn ar yr un pryd
â brechlynnau eraill.

Os ydych chi'n poeni am y brechlyn,
siaradwch â'ch meddyg neu nys.



Os na chwsoch y pigiau pan
oeddech yn blentyn, gallwch eu cael
o hyd pan fyddwch yn hŷn.



Os ydych chi'n credu eich bod wedi
methu 1 o'ch pigiau, cysylltwch
â'ch meddyg neu nysr.



Beth fydd yn digwydd os byddwch yn methu pigiad

Os nad ydych yn yr ysgol gallwch ofyn
i'ch meddyg lleol amdano.



Bydd y rhan fwyaf o blant yn cael y
brechlyn yn yr ysgol neu yn eu practis
meddyg teulu.



Os ydych chi'n mynd i'r ysgol,
byddwch chi'n cael y brechlyn pan
fyddwch chi ym mlwyddyn 9.



Am y brechlyn 3 mewn 1

Gallwch gael brechlyn 3 mewn 1 i'ch diogelu rhag tetanws, difftheria a pholio.

Bydd angen 5 dos o'r brechlyn i'ch diogelu.

Bydd y rhan fwyaf o bobl yn cael y 3 phigiad cyntaf pan fyddant yn fabanod.
Byddant yn cael y 4ydd pigiad pan fyddant tua 3 neu 4 oed.

Rydych chi'n cael y 5ed pigiad a'r pigiad olaf pan fyddwch chi rhwng 13 a 14 oed.



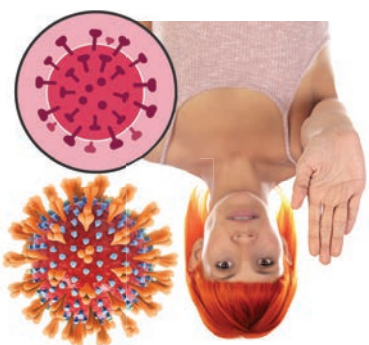
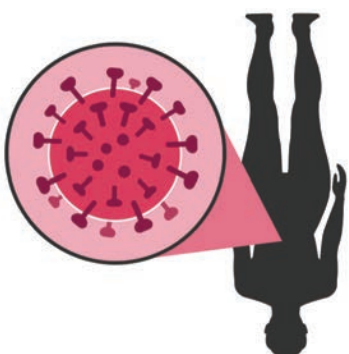
Beth yw brechlyn

Mae **brechlyn** yn feddyginiaeth sy'n helpu i'ch cadw chi'n ddiogel rhag dal salwch.

Fel arfer byddwch chi'n cael brechlyn trwy roi pigiad i chi ar frig eich braich.

Yna bydd eich corff yn gwybod sut y dylai frwydro yn erbyn y salwch os byddwch chi'n ei ddal yn y dyfodol.

Efallai na fydd brechlyn bob amser yn eich atal rhag dal clefyd. Ond mae'n gallu eich gwneud chi'n llai sâl os byddwch chi'n dal clefyd.





- Meddwl, cofio a gwneud penderfyniadau.



Gall problemau gyda'ch system nerfol fod yn ddifrifol iawn. Efallai bydd angen i chi fynd i'r ysbty.



Efallai y bydd rhai pobl yn marw.



Mae'n bwysig iawn diogelu eich hun rhag yr afiechydon hyn.

Diogelu eich hun rhag salwch difrifol

Mae tetanus, diffrtheria a pholio yn 3 salwch a all eich gwneud yn wael iawn.



Gallant achosi problemau gyda'ch **system nerfol**. Mae eich **system nerfol** yn anfon negeseuon rhwng eich ymennydd a rhannau o'ch corff.

Mae'r negeseuon yn dweud wrth eich corff beth i'w wneud. Pethau fel:

- Anadlu a symud.



Brechlyn 3 mewn 1 yn yr ardddegau

Diogelwch eich hun rhag
tetanus, difftheria a pholio

Mae Brechu yn achub bywydau
Vaccination saves lives

