



# Protection against tetanus, diphtheria and polio

**This leaflet is for young people and their parents or guardians. It explains the vaccination that is offered at around 13 to 14 years of age (school year 9) to provide protection against tetanus, diphtheria and polio. This vaccine is sometimes called the Td/IPV, or 3-in-1 teenage booster.**

## What is tetanus?

Tetanus is a painful disease affecting the nervous system. It can lead to muscle spasms and breathing problems and can kill. Tetanus is caused, for example, when germs found in soil and manure get into the body through open cuts or burns. Tetanus cannot be passed from person to person.

## What is diphtheria?

Diphtheria is a serious disease that usually begins with a sore throat and can quickly cause breathing problems. It can damage the heart and nervous system, and in severe cases it can kill.

## What is polio?

Polio is a virus that attacks the nervous system and can cause permanent paralysis of muscles. If it affects the chest muscles or the brain, it can kill.

# If I was vaccinated against tetanus, diphtheria and polio as a child, am I still protected?

Yes. You will have some protection, but you need this booster to complete your routine vaccinations and to give you longer-term protection.

## How many doses do I need to make sure I am protected?

You need five doses of tetanus, diphtheria and polio vaccines to build up and keep your immunity.

**You should have had:**

**The first three doses** as a baby

**The fourth dose** at around three to four years old  
(before you started school)

**The fifth dose** at around 13 to 14 years old (school year 9)

You may need more doses for certain jobs or travel.

If you think you have missed any of the routine doses, speak to your nurse or doctor.

It will still be important to know the signs and symptoms of tetanus, diphtheria and polio even if you are vaccinated, because no vaccine is 100% effective. Information about signs and symptoms is available at [111.wales.nhs.uk](https://www.111.wales.nhs.uk) (external site).



**It's not too late to get up to date.**

## When and where will I get the booster?

In most areas of Wales, the 3-in-1 teenage booster is routinely offered in school year 9. In a few areas, where the vaccine is not given in school, you will be invited to have it at your GP surgery.

Young people who are not in school or who are educated at home can make an appointment to have the vaccine from their GP surgery when it is due.

## What do I need to do?

If you receive a consent form from school, make sure you and your parent or guardian read the information, fill in the form and return it as soon as possible.

It's best to involve your parent or guardian in your decision about having the vaccine, but in some circumstances you can give permission yourself if you fully understand what is being offered.

## How will I be given the vaccine?

This vaccine is given as an injection in your upper arm, at the same time as the MenACWY vaccine that helps to protect against meningitis and septicaemia. If you are a bit nervous about having injections, tell the nurse or doctor.

## Are there any other vaccinations I need to have now?

The 3-in-1 teenage booster and MenACWY vaccines are likely to be the last of your childhood vaccines. It's a good idea to check with the person giving you the injections that all your other vaccinations, for example, MMR (measles, mumps and rubella), are up to date. If you have never had the MMR vaccine, you should have one dose now and another a month later.

## Are there any reasons why I should not be vaccinated?

There are very few teenagers who cannot have the 3-in-1 booster. You should not have the vaccine if you have had a severe (life-threatening) reaction to any ingredient of the vaccine or to a previous dose of diphtheria, tetanus or polio vaccine.

## What if I am ill on the day of the appointment?

If you have a minor illness without a fever, such as a cold, you should still have the vaccination. If you are ill with a fever, put the vaccination off until you are better.

Also, speak to your doctor or nurse before having the vaccination if you have a bleeding disorder.

## Are there any side effects?

Your arm may be sore with some swelling, redness or tenderness where you have had the injection. Sometimes a small painless lump develops, but this usually disappears within a few weeks. More serious effects are rare but can include fever, headache, dizziness, feeling sick and swollen glands.

If you have a fever and feel unwell after the vaccination, take paracetamol or ibuprofen. Read the instructions on the bottle or packet carefully and take the correct dose for your age.

It is not recommended that you take these medicines before or after the vaccination just because you think you might get a fever.

**!** Remember, don't take medicines that contain aspirin if you are under 16 years old.

Very rarely, some people have an allergic reaction soon after the vaccination. This may be a rash or itching affecting part or all of the body.

Even more rarely, some people can have a severe reaction soon after the vaccination, which causes breathing difficulties and may cause them to collapse. This is called an anaphylactic reaction and can happen with other medicines and food. These reactions are extremely rare and nurses are trained to manage them. People who have an anaphylactic reaction can be successfully treated and generally recover within a few hours.

## Further information

If you have any questions or want more information, you can go to [111.wales.nhs.uk](https://111.wales.nhs.uk) (external site), talk to your doctor or nurse, or contact NHS 111 Wales by calling 111.

You can find more information on vaccines offered in Wales at [phw.nhs.wales/vaccines](https://phw.nhs.wales/vaccines)

To find out more about the vaccine, including its contents and possible side effects, go to [medicines.org.uk/emc](https://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 can report suspected side effects online at [www.mhra.gov.uk/yellowcard](https://www.mhra.gov.uk/yellowcard) (external site) or by downloading the Yellow Card app or 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](https://111.wales.nhs.uk/AboutUs/Yourinformation) (external site)





Wydod sut mae'r GIG yn ddefnyddio eich gwybodaeth, e Welch i <https://wales.nhs.uk/amdanomni/eichgwybodaeth> (safle allanol) a gwybodaeth, e Welch i <https://wales.nhs.uk/amdanomni/eichgwybodaeth> (safle allanol).

ddarganfod mwy am y brechlyn, gan gyrraedd y gynnwys ei gyrraedd. Gallwr brechlynn yn y blwch chwilio. Gallwr hefyd wled y daflein i gleifion ar-lein. Dosebl, e Welch i [medicines.org.uk/emc](http://medicines.org.uk/emc) (safle allanol). Bydd angen i chi nodi enw'r brechlyn yn y safle allanol. Gallwr roi gwybod am sgil-effeithiau tybiadig ar-lein yn [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard) (safle allanol) neu drwy lawrwytho'r ap Card neu ffônio 0800 731 6789 (dydd Llun i ddwyd Gwener, gam i

Gallwch dded o hyd i ragor o wybodaeth am frechlynnau a gyntigir yng Nghymru yn [icc.cymru/brechlynnau](#)

Os oes gennych chi unrhyw gwestybau neu os ydych chi eisiau rhagor o wybodaeth, ewch i <https://wales.nhs.uk> (safle allanol), siaradwch â'ch meddyg neu nrys, neu gyffiliu â GIG i'r Gymru drwy ffônio 111.

## Rhagor o wybodaeth

Yn anaml iawn, mae rhai pobl yn cael adwraith alergaidd yn fuan ar ôl y  
brechriad. Gall hy'n fod yn frech neu'n gosi sy'n effeithio ar ran o'r corff neu'r  
corff i gyd.

Yn fwy anaml fyith, mae rhai pobl yn gallu cael adwraith difrifol yn fuan ar  
ôl y brechriad, sy'n achosi anawsiterau anadlu a gwneud iddynt gwympo  
neu lewygu efallai. Gelwir hy'n adwraith anaffylactig a gall ddigwydd  
gyda meddyginiattha u erall a bwyd. Mae'r adwreithiau hyn yn brin iawn ac  
mae nyr sy'n cael eu hyfforddi i'w rheoli. Gelir trin pobl sy'n cael adwraith  
anaffylactig yn llwyddiannus ac mae'n nhw'n gwell a o fewn ychydig oriau fel  
afrer.

Cofiwch, pediwrch a chyrryd meddyginiadethau sy'n cynnwys aspirin os ydych chi o dan i 6 oed.

Efallai y bydd eich brach yn brieto ychydig ac wedi chwyddo, neu fyrryn yn goch neu'n temilon dyner lle rydych chi wedi cael y brechriad. Weithiau mae lwmmp bach di-boen yn ymddangos, ond mae'n diffannu fel arfer o fewn ychydig wytynosau. Mae effeithiau mwy difrifol yn bri ond gallan nhw gynwys tymheredd uchel, cur pen, pendro, temilon sâl a chwarennau wedi ôl y brechriad, cymerwch paracetamol neu ibuprofen. Darllenwch y gyfarwyddiadau ar y botel neu'r peccyn yn ofalus a chyrryd y dos cywir ar Nid ydym yn argymhell eich bod yn cymryd y meddyginiatethau hy'n cyn neu ar ôl y brechriad dim ond am eich bod yn meddwl y gall ech chi gael gyfer eich oedran.

## Oes unrhyw sgil-effeithiau?

Hefyd, siaradwch â’ch meddyg neu urys cyn cael y brechriad os oes gennych chi anhwylder gwaeedu.

Os oes gennych chi tan salwch, heb dymheredd uchel, fel anwyd, dylech  
gael y brechriad yr un fath. Os ydych chi'n sâl gyda thymheredd uchel, dylech  
chi ohirior brechriad nes eich bod chi'n well.

Beth os ydw i'n sâl ar ddilwraod yr a gwyltiaid?

Ychydig iawu o bobl ifranc yn eu hardddegau sy'n methu â chael y pigiaid atgyfnerthu 3-mewm-1. Ni ddylid chi gall y brêchlyn os ydych chi wedi cael adwaith diffrifol (sy'n pergyglu bwyd) i unrhyw gyanhwyasyn o'r brêchlyn neu i ddos blaenorol o frechlyn difftheria, tetanws neu boilo.

Does unrhyw resymau pam na ddyliw i gael fy mrechhu?

Y pigiad atgyfnerthu 3-mewni a'r brechlynnau MenACWY fydd y rhai ola'r brechliadau plentyndod fwy na thhebyg. Mae'n syniad da gofyn i'r person o'ch brechliadau chi a ydych chi wedi cael eich brechliadau erall i gyd, er sy'n rhoi'r pigiadau i chi a ydych chi wedi cael eich brechliadau erall i gyd, er enghraifft, MMR (y frech goch, clwy'r pennau a rwbela), yn gyfraddol. Os nad ydych chi wedi cael y brechliad MMR erioed, dy�ech gael un dos nawr ac un arall ymhene mis.

Dees unrhyw frechidadau eraill y dyliwn i eu cael nawr?

Mae'r brechriad yn cael ei roi fel pigiad yn rhian uchaf eich bracich, ar yr un  
pryd a'r brechriad MenACWY sy'n helpu i amddiffyg yn rhag lliid yr ymenniad a  
septisemia. Os ydych chi ychydig yn nerfus am gael brechriadau, dywedwch  
wrth y nyrs neu'r meddyg.

Sut fydd a i'n cael y brechriad?

Mae'n well cynnwys eich rhiant neu warcheidwad yn eich pendrefyndiad ynglych cael y brechriad, ond mewn rhai amgylchriadau gallwch roi caniatâd eich hun os ydych chi'n deall beth sy'n cael ei gyrraing yn llawn.

Os ydych chi'n dderby'n ffurflen ganiantad gan yr ysgol, gwnewch yn siwr ei ch-bod chi a'ch rhiant neu warcheidwad yn darllen y wybodaeth, yn llenwi'r ffurflen a'i dychwelyd cyn gynted â phosibl.

## Beth sydd a ngeen i mi ei wneud?

Gall pobl ifanc nad ydyn nhw yn yr ysgol neu sy'n cael eu haddysgu gartref weud aphyntiad i gael y brechlynn gan eu medd y gfa ar yr adeg brodol.

!W gal yn eich meddygfa.

Yn y rhain fwyaf o ardaloredd Gymru, mae'r pigiaid atgyfnerthu 3-mewn-1 i bobl ifanc yn eu harddeggau yn cael ei roi yn yr ysgol, cewch wahanoddiaid ardaloredd, lle nad yw'r brechlyn yn cael ei roi yn yr ysgol, cewch wahanoddiaid

## Pryd a ble fyddai'n cael y pigiaid atgyfnerthu?

 Dyd i hi dim yn rhwng hwy i gal y brechriadau diweddaraf.

Bydd yn dal i fod yn bwy sing i chi wybod beth yw arwyddion a symptomau tetanws, difftheria a polio hyd yn oed os ydych wedi cael eich brechu, gan nad oes unrhyw frechlyn 100% yn effeithiol. Mae gwyloddaeth am arwyddion a symptomau ar gal yn <https://wales.nhs.uk> (safle allanol).

Os ydych chi'n meddwl eich bod wedi colli unrhyw un o'r dosau arferol, siaradwch â'ch nyrs neu'ch meddyg.

Efallai y bydd angen mwy o ddosau ar gyfer rhai swyddi neu i deithio.

Y pumed dos tua 13 i 14 oed (blwyddyn ysgol 9)

Y pedwerydd dos tua 3 i 4 oed (cyfn i chi ddechrau yn yr ysgol)

Y tri dos cynntaf yn fabi

Dylich fod wedi cael y canlynol:

Rhaid i chi gal yn amlwg i ddilysu'r gweled.

Rhaid i chi gal yn amlwg i ddilysu'r gweled.

Mod i wedi cael fy amddiffyn?

Faint o ddosau sydd raid i mi eu cael i wneud yn siwr fy

Ydych. Bydd gennych chi ryw faint o amddiffyniad, ond mae angen y

Ydych. Bydd gennych chi ryw faint o amddiffyniad, ond mae angen y

Polio fel plentyn, ydwi wedi fy amddiffyn o hyd?

Os ydwi wedi cael fy mrechu rhag tetanws, difftheria a

Mae polio'n feirws sy'n ymosod ar y system nerfol a gall achosi parlys parhaol y cyhyrau. Os yw'n effeithio ar gyhyrau'r frest neu'r ymenniadd, mae'n gallu ladd.

## Beth yw polio?

Mae difftheria'n glafydd difrifol sydd fel arfer yn dechrau gyda dolur gwddf a gall achosi problemau anadlu yn gyflym. Gall niwedio'r galon ar y system nerfol, ac mewn achosion difrifol gall ladd.

## Beth yw difftheria?

Mae tetanws yn glefyd poenus sy'n effeithio ar y system nerfol. Gall arwain at wingo neu sbasmâu yn y cyhyrau a phroblemau anadlu, ac mae'n gallu losgiadu. Ni ellir trosglwyddo tetanws o berson i berson.

Yn y pridd ac mewn tail yn mynd i mewn i'r corff drwy friwiau agored neu ladd. Mae tetanws yn cael ei achosi, er enghraifft, pan mae'r germau sydd yn y pridd ac mewn tail yn mynd i mewn i'r corff drwy friwiau agored neu ladd. Mae tetanws yn y cyhyrau a phroblemau anadlu, ac mae'n gallu losgiadu. Ni ellir trosglwyddo tetanws o berson i berson.

## Beth yw tetanws?

Mae'r datlen hon ar gyfer pobl ifanc a'u rhieni neu eu gwarchediwdiad. Mae'n esbonio'r brechriad sy'n cael ei gyrring pan mae'n tua 13 i 14 oed (blwyddyn ysgol 9) i amddiffyn rhag tetanws, difftheria a pholio. Weithiau gelwir y brechlyn hwn yn Td/IPV, neu'n bigiad atgyfnerthu 3-mewn-1 i bobl ifanc yn eu hardegau.

# Amddiffyn rhag tetanws, difftheria a polio

Mae Brechu yn achub bywydau  
Vaccination saves lives



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