



Mae Brechu yn achub bywydau
Vaccination saves lives



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Cael eich brechu yn erbyn clefyd niwmococol

Gwybodaeth i oedolion hŷn a phobl sy'n wynebu risg fawr

Ffeithiau allweddol

Clefyd niwmococol yw'r enw ar grŵp o heintiau a achosir gan germ o'r enw niwmococws. Gall yr heintiau hyn fod yn ysgafn, fel heintiau sinws neu haint yn y glust, ond mae rhai yn ddifrifol iawn ac yn gallu arwain at:

- **Niwmonia** – haint yn eich ysgyfaint
- **Sepsis** – ymateb i haint sy'n peryglu bywyd ac yn gallu niweidio'ch corff cyfan
- **Llid yr ymennydd** – chwydd o amgylch eich ymennydd a llinyn asgwrn y cefn, sy'n gallu achosi problemau iechyd hirdymor neu farwolaeth

Ffaith!

Mae heintiau niwmococol yn fwy cyffredin yn y gaeaf.



Sganiwch fi am ragor o wybodaeth am glefyd niwmococol

Rydych chi mewn mwy o berygl o fynd yn sâl iawn o glefyd niwmococol os ydych chi'n:

- 65 oed neu'n hŷn
- ddwy flwydd oed neu'n hŷn ac yn dioddef o gyflwr iechyd hirdymor penodol
- dod i gysylltiad rheolaidd â mwg metel yn y gwaith

Gallwch helpu i amddiffyn eich hun trwy gael y brechlyn niwmococol. Cysylltwch â'ch meddyg teulu i wirio a ydych chi'n gymwys.

Rydych chi'n ynganu niwmococol fel hyn: 'niw-mo-coc-ol!'

Sut mae heintiau niwmococol yn lledaenu?

Mae'r germau sy'n achosi haint niwmococol yn lledaenu'n hawdd trwy beswch a thisian, neu drwy gysylltiad agos â phoer neu fwcws.

I gael rhagor o wybodaeth am symptomau heintiau niwmococol, ewch i **Pneumococcal infections | NHS inform** (safle allanol, Saesneg yn unig).

Pwy ddylai gael y brechlyn niwmococol?

Gall unrhyw un gael haint niwmococol, ond mae rhai pobl yn fwy tebygol o fynd yn sâl iawn.

Dylech chi gael y brechlyn - hyd yn oed os ydych chi'n teimlo'n iach - os ydych chi'n:

- 65 oed neu'n hŷn, neu'n
- Ddwy flwydd oed neu'n hŷn ac yn dioddef o gyflwr iechyd hirdymor, yn cynnwys:
 - Problem hirdymor gyda'r galon (fel methiant y galon neu glefyd y galon sydd angen triniaeth reolaidd)
 - Problem hirdymor gyda'r frest neu broblem anadlu (fel clefyd rhwystrol cronig yr ysgyfaint (COPD) neu asthma difrifol sydd angen steroidau rheolaidd)
 - Diabetes (os ydych chi'n cymryd meddyginiaeth ar ei gyfer)
 - Clefyd cronig (hirdymor) yr arennau neu'r afu

- System imiwnedd wan (o ganlyniad i gyflwr genetig, anhwylder sy'n effeithio ar y system ategol, salwch fel HIV, neu driniaeth fel cemotherapi neu steroidau)
- Hylif serebro-sbinol yn gollwng (hylif o amgylch eich ymennydd a'ch asgwrn cefn yn gollwng o ganlyniad i anaf neu lawdriniaeth)
- Dued ar goll neu broblem gyda'ch duwg (mae hyn yn cynnwys pobl â chlefyd seliag sy'n effeithio ar y dduwg a'r rhai â chyflyrau gwaed fel clefyd y crymangelloedd)
- Mewnblaniad yn y cochlea (math o ddyfais clyw)

Nid yw hon yn rhestr gynhwysfawr. Cysylltwch â'ch meddyg teulu os oes gennych gyflwr iechyd hirdymor ac nad ydych yn siŵr a ddylech gael y brechlyn.

Dylech hefyd gael y brechlyn os ydych chi'n gweithio mewn swydd lle rydych chi'n anadlu mwg metel yn rheolaidd. Er enghraifft, os ydych chi'n gweithio fel weldiwr.

Babanod hyd at ddwy flwydd oed sy'n wynebu mwy o risg o glefyd niwmococol

Cynigir y brechlyn niwmococol i fabanod fel mater o drefn pan fyddant yn: 16 wythnos oed, ac yn 12 mis oed.

Efallai y bydd angen brechlynnau niwmococol ychwanegol ar rai babanod sy'n wynebu mwy o risg. Er enghraifft, y rhai sydd â:

- Dued ar goll neu dduwg nad yw'n gweithio'n iawn
- System imiwnedd wan iawn (oherwydd cyflwr genetig, anhwylder sy'n effeithio ar y system ategol, neu o ganlyniad i driniaeth fel cemotherapi neu steroidau)

Os nad ydych chi'n siŵr a oes angen y brechlynnau ychwanegol hyn ar eich plentyn, siaradwch â'i feddyg neu nyrs arbenigol.

Faint o ddosau sydd eu hangen arnaf?

Dim ond **un** dos o'r brechlyn sydd ei angen ar y rhan fwyaf o bobl dros 65 oed a phobl â chyflyrau iechyd penodol. Mae'r brechlyn yn cael ei roi fel pigiad yn rhan uchaf y fraich.

Efallai y bydd nifer fach o bobl sy'n wynebu risg angen dosau pellach. Mae hyn yn cynnwys pobl sydd â:

- Chlefyd yr arenau cronig (hirdymor)
- Dim dueg, neu ddueg nad yw'n gweithio'n dda iawn
- System imiwedd wan iawn (oherwydd cyflwr genetig, anhwylder ategol, neu driniaeth fel cemotherapi neu steroidau)

Gofynnwch i'ch meddyg neu nyrs os nad ydych chi'n siŵr faint o ddosau sydd eu hangen arnoch chi.

A ellir rhoi'r brechlyn niwmococol ar yr un pryd â brechlynnau eraill?

Gall. Gellir rhoi'r brechlyn niwmococol ar yr un pryd â'r rhan fwyaf o frechlynnau eraill. Bydd yr unigolyn sy'n rhoi eich brechlyn i chi yn rhoi gwybod i chi pa frechlynnau y gellir eu rhoi gyda'i gilydd.

A allaf i gael clefyd niwmococol hyd yn oed os ydw i wedi cael y brechlyn?

Brechu yw un o'r ffyrdd gorau o helpu i atal salwch difrifol (fel niwmonia, sepsis neu lid yr ymennydd) a achosir gan glefyd niwmococol. Nid oes yr un brechlyn yn 100% yn effeithiol, felly mae'n dal yn bwysig bod yn ymwybodol o arwyddion a symptomau clefyd niwmococol, hyd yn oed os ydych chi wedi cael y brechlyn.

I gael rhagor o wybodaeth am symptomau niwmonia, sepsis a llid yr ymennydd, ewch i:

GIG 111 Cymru - Iechyd A-Y: Niwmonia (safle allanol)

GIG 111 Cymru - Iechyd A-Y: Sepsis (safle allanol)

GIG 111 Cymru - Iechyd A-Y: Meningitis (safle allanol)

Ydy'r brechlyn yn ddiogel?

Ydy, mae'r brechlyn niwmococol yn ddiogel. Mae'n bodloni'r holl safonau diogelwch. Unwaith y bydd brechlyn yn cael ei ddefnyddio, mae ei ddiogelwch yn parhau i gael ei fonitro.

Ni all y brechlyn niwmococol achosi na lledaenu clefyd niwmococol.

A oes unrhyw un na ddylai gael y brechlyn?

Ychydig iawn o bobl na all gael y brechiad niwmococol. Ni ddylech gael y brechlyn os ydych wedi cael adwaith difrifol (sy'n peryglu bywyd) i'r canlynol:

- dos blaenorol o'r brechlyn, neu
- gynhwysyn yn y brechlyn.

Siaradwch â'r sawl sy'n rhoi'r brechlyn i chi os ydych wedi cael adwaith alergaidd difrifol i'r brechlyn neu ei gynhwysion yn y gorffennol.

Os ydw i'n sâl, a ddylwn i gael y brechlyn?

Nid yw annwyd neu fân salwch arall yn rheswm dros ohirio eich brechlyn.

Os ydych chi'n sâl gyda thymheredd uchel (twymyn) dros 38.5C, mae'n well aros nes eich bod wedi gwella cyn cael y brechlyn, ond dylech geisio ei gael cyn gynted â phosibl. Os na allwch fynd i'ch apwyntiad brechu, canslwch ef a gwnewch apwyntiad newydd.

Beth os oes ofn nodwyddau arna i?

Os oes ofn nodwyddau arnoch chi, rhowch wybod i'r sawl sy'n rhoi'r brechlyn i chi. Bydd yn eich cefnogi chi.

A oes unrhyw sgil-ffeithiau yn gysylltiedig â'r brechlyn?

Fel pob meddyginiaeth, gall brechlynnau achosi sgil-ffeithiau, ond ni fydd pawb yn eu profi. Mae'r rhan fwyaf o'r sgil-ffeithiau yn ysgafn a byddant fel arfer yn gwella ar ôl diwrnod neu ddau. Mae'r sgil-ffeithiau mwyaf cyffredin yn cynnwys:

- Dolur, cochni, chwydd neu galedu lle rhoddwyd y pigiad
- Twymyn
- Pen tost/cur pen
- Poenau yn y cymalau neu'r cyhyrau
- Blinder

Yn ogystal â hyn, gall sgil-ffeithiau mewn plant gynnwys:

- Newid mewn arferion bwyta
- Tymer flin
- Cysgadurwydd neu'n cysgu mwy nag arfer

Yn anaml, gall pobl gael adwaith difrifol yn fuan ar ôl cael eu brechu, sy'n achosi anawsterau anadlu a gall beri iddynt lewygu. Gelwir hyn yn adwaith anaffylactig. Gall ddigwydd hefyd gyda meddyginiaethau eraill a bwyd. Mae'r adweithiau hyn yn hynod o anghyffredin, ac yn effeithio ar lai nag un mewn miliwn o bobl. Mae staff sy'n rhoi brechiadau wedi'u hyfforddi i reoli'r adweithiau hyn.

Gall pobl sy'n cael adwaith anaffylactig gael eu trin yn llwyddiannus ac fel arfer maent yn gwella o fewn ychydig oriau.

Gweler tudalen gefn y daflen hon i gael rhagor o fanylion am:

- y brechlyn, gan gynnwys yr holl sgil-ffeithiau posibl, ac
- adrodd am sgil-ffeithiau a amheuir trwy gynllun y Cerdyn Melyn.

Os bydd gennych gwestiynau am sgil-ffeithiau, gallwch ofyn i'r unigolyn a fydd yn rhoi'r brechlyn i chi.

Sut y byddaf yn cael fy mrechllyn?

Dylai eich meddygfa gysylltu â chi i wneud apwyntiad pan fyddwch yn gymwys. Os nad ydyn nhw'n gwneud hynny, neu os ydych chi'n meddwl efallai eich bod wedi colli'r gwahoddiad, cysylltwch â nhw a dywedwch wrthynt eich bod yn meddwl y dylech fod yn gymwys i gael brechllyn niwmococol.

Ffaith!

Gallwch gael y brechllyn niwmococol ar unrhyw adeg o'r flwyddyn.

Defnyddiwch y tabl isod i gofnodi eich bod wedi cael brechllyn niwmococol.

Enw'r brechllyn	Dyddiad a roddwyd
Brechllyn niwmococol	

Mae'r wybodaeth yn y daflen hon yn gywir ar adeg ei chyhoeddi. I gael yr wybodaeth ddiweddaraf, ewch i icc.gig.cymru/brechlynnau

Rhagor o wybodaeth

Os oes gennych gwestiynau neu os hoffech gael rhagor o wybodaeth, gallwch fynd i **111.wales.nhs.uk** (safle allanol), siarad â'ch meddyg neu nysr, neu gysylltu â **GIG 111 Cymru drwy ffonio 111**.

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

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

Gallwch ddod o hyd i enw'r brechlyn yn **icc.gig.cymru/niwmococol-oedolion-hyn-grwpiau-risg**

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

I gael gwybod sut mae'r GIG yn defnyddio'ch gwybodaeth, ewch i **111.wales.nhs.uk/amdanomni/eichgwybodaeth** (safle allanol).



Sganiwch fi i fynd i wefan Iechyd Cyhoeddus Cymru

Rhagfyr 2025

Iechyd Cyhoeddus Cymru yw asiantaeth iechyd y cyhoedd cenedlaethol Cymru. Rydym yn gweithio i amddiffyn a gwella iechyd a llesiant a lleihau anghydraddoldebau iechyd ar gyfer pobl Cymru.

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(gyda chydabyddiaeth i Iechyd Cyhoeddus yr Alban)

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Further information

If you have any questions or want more information, you can 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). You will need to enter the name of the vaccine in the search box. You can also see the patient leaflet online.

You can find the name of the vaccine at

phw.nhs.wales/pneumococcal-older-adults-risk-groups

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, go to 111.wales.nhs.uk/AboutUs/YourInformation (external site).

Scan me to go to the Public Health Wales website



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Public Health Wales is the national public health agency in Wales. We work to protect and improve health and well-being and reduce health inequalities for the people of Wales.

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How will I get my vaccine?

Your GP surgery should get in touch with you to make an appointment when you are eligible. If they don't, or you think you might have missed the invitation, contact them and tell them you think you are due for a pneumococcal vaccine.

Fact!

You can have the pneumococcal vaccine at any time of the year.

Use the table below to record your pneumococcal vaccine.

Date given	Name of vaccine
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	Pneumococcal vaccine
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The information in this leaflet is correct at the time of publication. For the most up-to-date information, please visit phw.nhs.wales/vaccines

Are there any side effects from the vaccine?

Like all medicines, vaccines can cause side effects, but not everyone gets them. Most side effects are mild and may last a day or two. The most common side effects include:

- Soreness, redness, swelling or hardening where the injection was given
- Fever
- Headache
- Joint or muscle pain
- Tiredness

In addition to this, side effects in children may include:

- A change in eating habits
- Irritability
- Drowsiness or more sleep than usual

Rarely, 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 it can also happen with other medicines and food. These reactions are extremely rare, affecting less than one in a million people. Staff who give vaccinations are trained to manage these reactions. People who have an anaphylactic reaction can be successfully treated and usually recover within a few hours.

See the back page of this leaflet for further details on:

- the vaccine, including all possible side effects, and
- reporting suspected side effects through the Yellow Card scheme.

If you have any questions about side effects, you can ask the person giving you the vaccine.

Is the vaccine safe?

Yes, the pneumococcal vaccine is safe. It meets all safety standards. Once a vaccine is in use, its safety continues to be monitored.

The pneumococcal vaccine cannot cause or spread pneumococcal disease.

Is there anyone who should not have the vaccine?

Very few people cannot have the pneumococcal vaccination. You should not have the vaccine if you have had a serious (life-threatening) reaction to:

- a previous dose of the same vaccine, or
- any ingredient in the vaccine.

Speak to the person giving you the vaccine if you have had a serious allergic reaction to the vaccine or its ingredients in the past.

If I am unwell, should I have the vaccine?

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

If you are unwell with a high temperature (fever) above 38.5C, it is better to wait until you have recovered to have the vaccine, but you should try to have it as soon as possible. If you cannot go to your vaccination appointment, please cancel and make a new appointment.

What if I have a fear of needles?

If you have a fear of needles, let the person giving you the vaccine know. They will support you.

How many doses do I need?

Most people over the age of 65 and people with certain health conditions only need **one** dose of the vaccine. This is given as an injection in the upper arm.

A few people at risk may need further doses. This includes people who have:

- Chronic (long-term) kidney disease

- No spleen, or a spleen that does not work very well

- A very weak immune system (due to a genetic condition, complement disorder, or treatment such as chemotherapy or steroids)

If you are not sure how many doses you need, ask your doctor or nurse.

Can the pneumococcal vaccine be given at the same time as other vaccines?

Yes, the pneumococcal vaccine can be given at the same time as most other vaccines. The person giving you your vaccine will let you know which vaccines can be given together.

Can I still get pneumococcal disease even if I have the vaccine?

Vaccination is one of the best ways to help prevent severe illness (such as pneumonia, sepsis or meningitis) caused by pneumococcal disease. No vaccine is 100% effective, so it is still important to know the signs and symptoms of pneumococcal disease, even if you have the vaccine.

For more information about the symptoms of pneumonia, sepsis and meningitis, go to:

[NHS 111 Wales - Health A-Z: Pneumonia](#) (external site)

[NHS 111 Wales - Health A-Z: Sepsis](#) (external site)

[NHS 111 Wales - Health A-Z: Meningitis](#) (external site)

Babies up to two years of age at higher risk from pneumococcal disease

- A weak immune system (due to a genetic condition, complement disorder, illness such as HIV, or treatment such as chemotherapy or steroids)
 - A cerebrospinal fluid leak (fluid around your brain and spine leaking due to injury or surgery)
 - A missing spleen or a problem with your spleen (this includes people with coeliac disease that affects the spleen and those with blood conditions like sickle cell disease)
 - A cochlear implant (a type of hearing device)
- This isn't a full list. If you have a long-term health condition and you are not sure whether you should get the vaccine, contact your GP.
- You should also get the vaccine if you work in a job where you regularly breathe in metal fumes. For example, if you work as a welder.

All babies are routinely offered the pneumococcal vaccine at:

16 weeks of age, and 12 months of age.

Some babies at higher risk may need extra pneumococcal vaccines. For example, those with:

- A missing spleen or a spleen that does not work properly
 - A very weak immune system (due to a genetic condition, complement disorder, or treatment such as chemotherapy or steroids)
- If you are not sure whether your child needs these extra vaccines, speak to their specialist doctor or nurse.

- Long-term kidney or liver disease
 - Diabetes (if you take medicine for it)
 - A long-term chest or breathing problem (such as chronic obstructive pulmonary disease (COPD) or severe asthma that needs regular steroids)
 - A long-term heart problem (such as heart failure or heart disease that needs regular treatment)
 - Two years or over with a long-term health condition, including:
 - 65 or over, or
- You should have the vaccine - even if you feel healthy - if you are aged:

Anyone can get a pneumococcal infection, but some people are more likely to become seriously ill.

Who should have the pneumococcal vaccine?

For more information about the symptoms of pneumococcal infections, go to [Pneumococcal infections | NHS inform](#) (external site).

The germs that cause pneumococcal infection spread easily through coughs and sneezes, or through close contact with spit or mucus.

How do pneumococcal infections spread?

You say pneumococcal like this: 'new-mow-cock-al'

You can help protect yourself by having the pneumococcal vaccine. Contact your GP to check if you are eligible.

- Regularly exposed to metal fumes at work
 - Aged two or older and have a certain long-term health condition
 - Aged 65 or over
- You are at higher risk of getting seriously ill from pneumococcal disease if you are:

Get vaccinated against pneumococcal disease

Information for older adults and people at high risk

Key facts

Pneumococcal disease is the name for a group of infections caused by a germ called pneumococcus. These infections can be mild, like sinus or ear infections, but some are very serious and can lead to:

- **Pneumonia** – an infection in your lungs
- **Sepsis** – a life-threatening reaction to an infection that can harm your whole body
- **Meningitis** – swelling around your brain and spinal cord, which can cause long-term health problems or death

Fact!

Pneumococcal infections are more common in winter.



Scan me for more information on pneumococcal disease