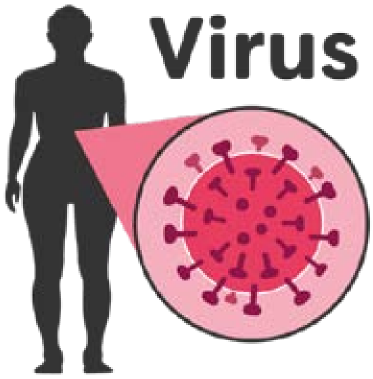
Mae Brechu yn achub bywydau
Vaccination saves lives

GIG CYMRU NHS WALES | Iechyd Cyhoeddus Cymru | Public Health Wales

HPV Vaccination

Protect yourself from cancers caused by HPV



What is a vaccination

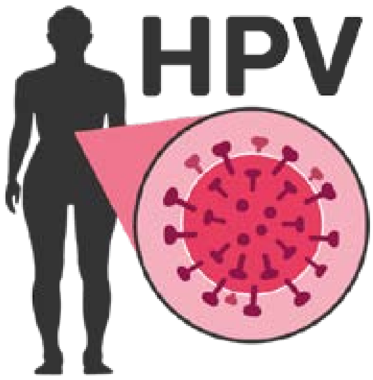
A vaccination is a way of protecting people. It can help stop you from catching a disease.

A small part of the disease is put into your body. It is usually done by giving you an injection.

How do vaccinations work

Your body fights this little bit of disease and now knows how to fight it in the future.

What is HPV

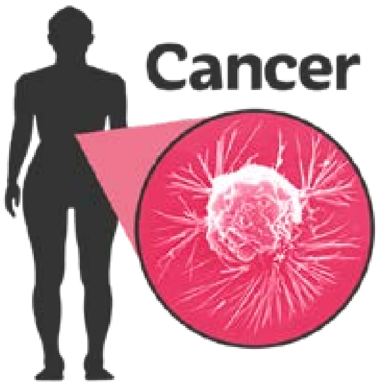


HPV is the short name for viruses called Human Papillomavirus.

HPV is very common. Most people do not know they have it. It can clear up quickly by itself.

It can be spread by sexual contact. This mean touching someone else's private parts. Private parts are places like your penis, vagina or anus.

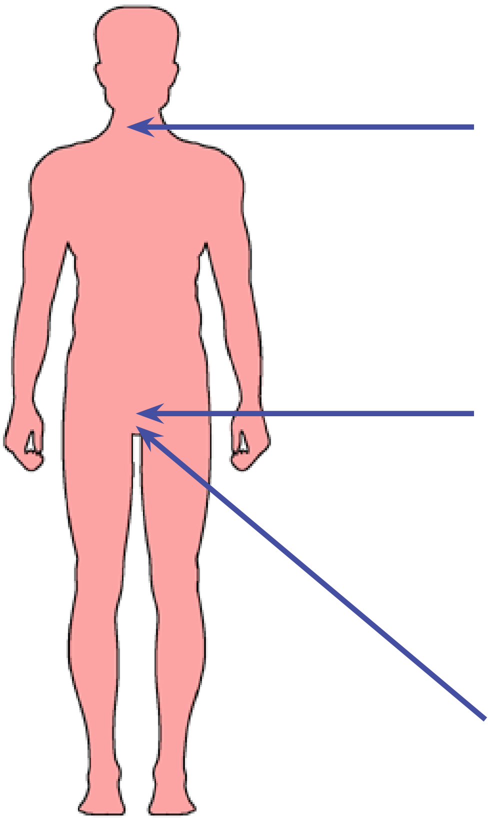
Wearing a condom does not stop you from getting HPV.



If you get HPV you have more chance of getting some cancers.

Cancer is a serious disease, some cancers can kill you.

Cancers that can be caused by HPV



Cancer in your mouth and throat

Cervical cancer in girls

Cancer in your private parts

HPV can also cause warts to grow around your private parts.

Warts are small lumps of extra skin that can grow on your body.

What is the HPV vaccine

The HPV vaccine is an **injection** you can have to help stop you from getting cancers caused by HPV.

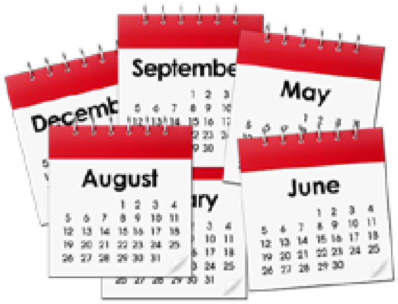
Who can have the HPV injection

All children aged 12 to 13 years old can have the injection at school in year 8.

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

Having the HPV injection

A nurse will give you 1 injection in the top of your arm. It is quick to have the injection.



You will need to have another injection some time later. The nurse will tell you when it is time to have it.

Side effects

Side effects are things that might happen to you after you have had the injection.

The nurse will talk to you about this.

Your arm might be a bit sore, red or swollen where you had the injection. It should get better in a couple of days.

You might feel ill or a bit hot. You can take **paracetamol** to help.

Remember to read the instructions on the packet.

Do not take **aspirin** if you are under 16.

If you feel ill and you are worried you can call **NHS 111 Wales**:

Phone
111. It is free to call this number.

Choosing to have the injections

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

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

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

Return the form straight away. If you lose the form, ask your school nurse for another one.

What happens if I miss an injection

If you miss any of your injections speak to your school nurse or local doctor.

They will talk to you about how to get the injection you missed.

It is really important to get all of your injections to help protect you.

More information

If you want more information about the injections you can speak to your school nurse or local doctor.

You can also contact **NHS 111 Wales**:

Phone
111. It is free to call this number.

There is more information on the
NHS 111 Wales website:

111.wales.nhs.uk/livewell/vaccinations

To order more copies of this leaflet, go to our website:

publichealthwales.org/HealthInformationResources

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

111.wales.nhs.uk/AboutUs/Yourinformation

Published March 2022
© 2022 Public Health Wales NHS Trust

ISBN 978-1-78986-154-578

Easy Read version by Easy Read UK

Cyhoeddwyd Mawrth 2022
© 2022 Ymddiriedolaeth GIG Iechyd Cyhoeddus Cymru

ISBN 978-1-78986-154-578

Fersiwn Hawdd ei Ddeall gan Easy Read UK

I archebu mwy o gopïau o’r daflen yma, edrycha ar ein gwefan ni:

icc.gig.cymru/gwasanaethau-a-thimau/adnoddau-gwybodaeth-iechyd/

I gael gwybod sut mae’r GIG yn defnyddio dy wybodaeth di, edrycha ar:

111.wales.nhs.uk/AboutUs/Yourinformation

Mwy o Wybodaeth

Os wyt ti eisiau mwy o wybodaeth am y pigiadau, galli siarad gyda'r nyrs ysgol neu feddyg lleol.

Mae'n bosibl i ti hefyd gysylltu â **GIG 111 Cymru**:

Ffôn
111. Mae'n bosib ffonio'r rhif yma am ddim.

Mae rhagor o wybodaeth ar wefan **GIG 111 Cymru:**

111.wales.nhs.uk/livewell/vaccinations

Beth sy’n digwydd os byddaf yn colli pigiad

Os byddi di’n colli unrhyw bigiad siarada gyda’r nyrs ysgol neu’r meddyg lleol.

Bydd yn siarad gyda ti am sut i gael y pigiad rwyt ti wedi’i golli.

Mae’n bwysig dy fod di’n cael dy holl bigiadau er mwyn helpu i dy warchod di.

Dewis cael y pigiadau

Pan mae'n amser i ti gael y pigiadau, byddi'n cael ffurflen i'w llenwi gyda dy riant neu dy ofalwr.

Bydd y ffurflen yn gofyn i ti gytuno i gael y pigiadau.

Dylet siarad gyda dy riant neu dy ofalwr cyn cytuno i gael y pigiad.

Dychwela'r ffurflen ar unwaith. Os byddi di'n colli'r ffurflen, gofynna i'r nyrs ysgol am un arall.

Efallai y bydd dy fraich di’n brifo ychydig, yn goch neu wedi chwyddo lle cefais ti’r pigiad. Dylai wella mewn diwrnod neu ddau.

Efallai y byddi di’n teimlo’n sâl neu braidd yn boeth. Mae’n iawn cymryd **paracetamol** i helpu.

Cofia ddarllen y cyfarwyddiadau ar y pecyn.

Paid â chymryd **aspirin** os wyt ti dan 16 oed.

Os wyt ti’n teimlo’n sâl ac yn poeni, ffonia **GIG 111 Cymru**:

Ffôn
111. Mae’n bosib ffonio’r rhif yma am ddim.

Cael y pigiad HPV

Bydd nyrs yn rhoi 1 pigiad i ti yn nhop dy fraich. Mae cael y pigiad yn broses gyflym.

Bydd angen i ti gael pigiad arall rywbryd eto. Bydd y nyrs yn dweud pryd mae'n amser ei gael.

Sgil-effeithiau

Sgil-effeithiau yw pethau sy'n gallu digwydd ar ôl i ti gael y pigiad.

Bydd y nyrs yn siarad gyda ti am hyn.

Beth ydi brechiad HPV

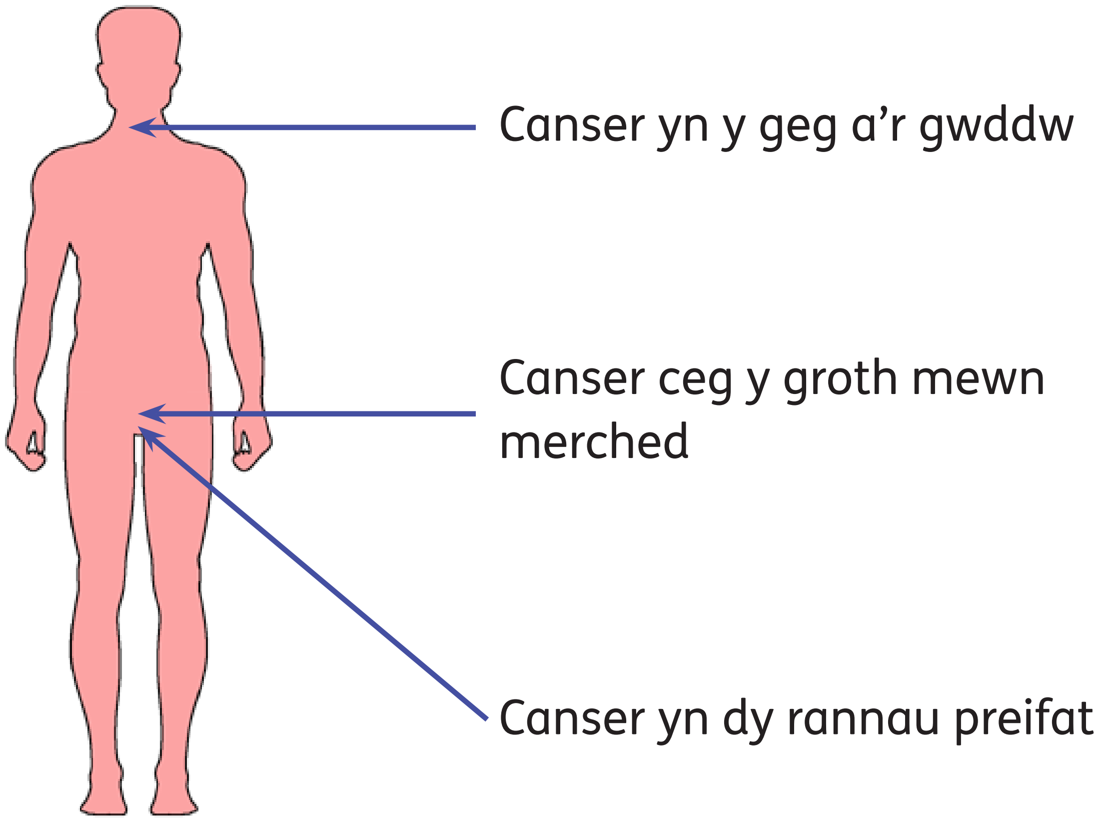
Mae brechiad HPV yn **bigiad** y galli di ei gael i helpu i dy stopio di rhag cael canserau sy'n cael eu hachosi gan HPV.

Pwy sy'n gallu cael y pigiad HPV

Mae pob plentyn 12 i 13 oed yn gallu cael y pigiad yn yr ysgol ym mlwyddyn 8.

Os nad wyt ti mewn ysgol, fe alli di ofyn i dy feddyg lleol amdano.

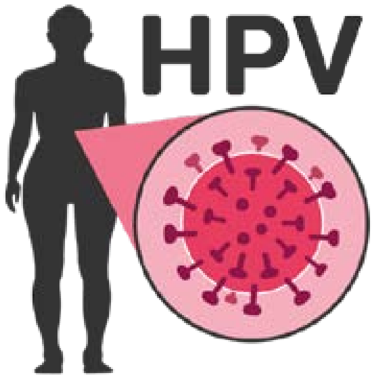
Canserau sy'n gallu cael eu hachosi gan HPV



Hefyd mae HPV yn gallu achosi defaid sy'n tyfu o amgylch dy rannau preifat di.

Lympiau bychain o groen ychwanegol sy'n gallu tyfu ar dy gorff di yw defaid.

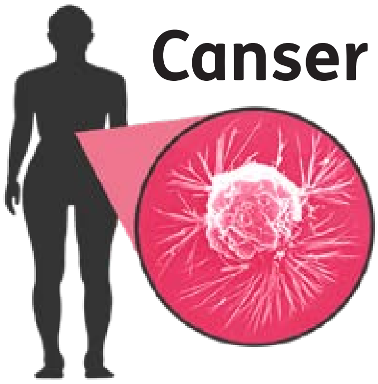
Beth ydi HPV



HPV ydi'r enw byr am feirysau o'r enw Papilomafirws Dynol. Mae HPV yn gyffredin iawn. Dydi'r rhan fwyaf o bobl ddim yn gwybod ei fod ganddyn nhw. Mae'n gallu diflannu'n gyflym ar ei ben ei hun.

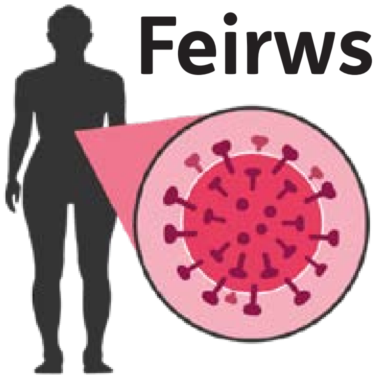
Mae posib ei ledaenu drwy gyswllt rhywiol. Mae hyn yn golygu cyffwrdd rhannau preifat rhywun arall. Rhannau preifat yw llefydd fel y penis, y fagina neu'r anws.

Dydi gwisgo condom ddim yn dy stopio rhag cael HPV.



Os cei di HPV, mae gen ti fwy o siawns o gael rhai canserau.

Mae canser yn afiechyd difrifol ac mae rhai canserau yn gallu dy ladd di.



Beth ydi brechiad

Mae brechiad yn ffordd o warchod pobl. Mae’n gallu helpu i dy stopio di rhag dal afiechyd.

Mae darn bach o’r afiechyd yn cael ei roi yn dy gorff di. Fel arfer mae’n cael ei wneud drwy roi pigiad i ti.

Sut mae brechiadau’n gweithio

Mae dy gorff di’n brwydro yn erbyn y darn bach yma o’r afiechyd a nawr mae’n gwybod sut i frwydro yn ei erbyn yn y dyfodol.

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Brechiad HPV

Gwarchod dy hun rhag canserau sy'n cael eu hachosi gan HPV