



Mae Brechu yn achub bywydau
Vaccination saves lives



COVID-19 vaccination

What to expect after your child's
COVID-19 vaccination - advice
for parents of children and young
people aged five to 17

May 2022



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The NHS is offering the COVID-19 vaccine to all eligible children and young people. This leaflet tells you what to expect after they have had their vaccination.

Side effects

Like all medicines, vaccines can cause side effects. Most of these are mild and short term and not everyone gets them. The very common side effects should only last a day or two. The Pfizer vaccine tends to cause more side effects after the second dose.

Very common side effects that your child may have in the first day or two include:

A heavy feeling or soreness where they had the injection



Feeling achy or like they have got the flu



Feeling tired

ZZZ



Having a headache



Your child may get a mild fever shortly after their vaccination, which can last for a day or two. However, a high temperature could also show that they have COVID-19 or another infection.

An uncommon side effect is swollen glands in the armpit or neck on the same side as the arm where they had the vaccine. This can last for around 10 days, but if it lasts longer contact your GP surgery for advice.

If your child has any side effects after their vaccine they should rest. You can give them the correct dose of paracetamol for their age (follow the advice in the packet) to help them feel better.

What to do if you are concerned about your child's symptoms

These symptoms normally last less than a week. If your child's symptoms seem to get worse or if you are concerned, you can visit **111.wales.nhs.uk** online, call NHS 111 Wales by dialling **111**, or contact your GP surgery.

If you do ask a doctor or a nurse for advice, make sure you tell them about your child's vaccination (show them the vaccination card) so they can assess them properly.

You can report any side effects online through the Yellow Card Scheme at **coronavirus-yellowcard.mhra.gov.uk** or on the Yellow Card app.

Are there more serious side effects?

Cases of inflammation of the heart (called myocarditis or pericarditis) have been reported very rarely after COVID-19 vaccines.

Most children and young people recover from this and feel better following rest and simple treatment.

In the USA, where the vaccine has been used for longer, all side effects have been reported much less commonly after the children's dose of vaccine.

Get medical advice urgently if your child has any of these side effects:

Chest pain



Shortness of breath



Feelings that their heart is fluttering or pounding or beating very fast



How is COVID-19 spread?

COVID-19 is spread through droplets breathed out from the nose or mouth, particularly when speaking or coughing. It can also be picked up by touching your eyes, nose and mouth after contact with contaminated objects and surfaces.



Can your child catch COVID-19 from the vaccine?

Your child cannot catch COVID-19 from the vaccine but it is possible to have caught COVID-19 and not realise that they have the symptoms until after their vaccination appointment. The most important symptoms of COVID-19 are:

- a new continuous cough;
- a high temperature; or
- a loss of, or change in, normal sense of taste or smell.

Your child may get a mild fever within a day or two of being vaccinated. If they have any other COVID-19 symptoms or their fever lasts longer, stay at home and arrange for them to have a test.

What to do next

After your child has had their first dose they will be given a second appointment. Their vaccine record card will show the details of the first dose. Keep their vaccine record card safe and make sure they

go to their appointment for their second dose.

My personal COVID-19 vaccine record card

Name Date of birth

You should have **two separate doses** of a COVID-19 vaccine for it to be most effective at protecting you against COVID-19.

Your **second** COVID-19 vaccine is due on:

Please bring this card to your next appointment.

As these are new vaccines, we encourage you to report any side effects via the Yellow Card Scheme at: coronavirus-yellowcard.mhra.gov.uk/ or by phoning for free on: **0800 731 6789** (9am to 5pm Monday to Friday).

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Keep your child's record card safe and remember to take it to their next appointment.

If your child is not well for their appointment

If your child is unwell, it is better to wait until they have recovered before they have their vaccination. Your child should not attend a vaccine appointment if they are self-isolating or waiting for a COVID-19 test or result.

If your child has had COVID-19 and is in a group that is at greater risk of serious illness, you should wait four weeks after a positive test before getting their vaccine.

For all other children you should wait at least 12 weeks before getting their vaccine.



Will the vaccine protect your child?

The Pfizer vaccine that is being offered produces a strong immune response and will provide some short-term protection against infection. There is good evidence that the vaccine will provide longer-term protection against severe illness.

It may take a few weeks to build up some protection from the vaccine. Like all medicines, no vaccine is completely effective – some people may still get COVID-19 despite having a vaccination, but the effects should be less severe.

What your child can do after they've had the vaccine

The vaccine cannot give your child COVID-19 infection, and it will reduce their chance of becoming ill.

It is still important to continue to follow current national guidance. Your child can continue going to school after they have had the vaccine.

More information

You can find out more information about COVID-19 vaccines, including their contents and possible side effects at: **coronavirus-yellowcard.mhra.gov.uk/productinformation**

You can report suspected side effects online at: **coronavirus-yellowcard.mhra.gov.uk** or by downloading the Yellow Card app.

To find out how the NHS uses your information, visit: **111.wales.nhs.uk/AboutUs/Yourinformation**

To order extra copies or alternative formats of this leaflet, visit: **phw.nhs.wales/covid-19-vaccination**



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Rhagor o wybodaeth

Gallwch gael rhagor o wybodaeth am frechlynnau COVID-19, gan gynnwys eu cynnwys a sgil-ffeithiau posibl yn: **coronavirus-yellowcard.mhra.gov.uk/productinformation**

Gallwch roi gwybod am unrhyw sgil-ffeithiau ar-lein yn: **coronavirus-yellowcard.mhra.gov.uk** neu drwy lawrlwytho'r ap Cerdyn Melyn. I gael gwybod sut y ma'r GIG yn defnyddio eich gwybodaeth, ewch i: **111.wales.nhs.uk/aboutus/yourinformation/?locale=cy**



I archebu copïau ychwanegol neu fformatau amgen o'r daflen hon, ewch i: **icc.gig.cymru/pynciau/imiwneiddio-a-brechlynnau/gwybodaeth-brechlyn-covid-19**

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Beth y gall eich plentyn ei wneud ar ôl iddo gael y brechlyn

Ni all y brechlyn roi haint COVID-19 i'ch plentyn, a bydd yn lleihau ei siawns o fynd yn sâl. Mae'n dal yn bwysig parhau i ddilyn y canllawiau cenedlaethol presennol. Gall eich plentyn barhau i fynd i'r ysgol ar ôl cael y brechlyn.

Gall gymryd ychydig wythnosau i ddatblygu rhywfaint o amddiffyniad o'r brechlyn. Fel pob meddyginaeth, nid oes unrhyw frechlyn yn gwbl effeithiol – etallai y bydd rhai pobl yn dal i gael COVID-19 er iddynt gael brechiad, ond dylai'r effeithiau fod yn llai difrifol. Mae'r brechlyn Pfizer sy'n cael ei gynnyg yn creu ymateb imiwnyddol cryf a bydd yn rhoi rhywfaint o amddiffyniad tymor byr yn erbyn haint. Mae tystiolaeth dda y bydd y brechlyn yn rhoi amddiffyniad tymor hwy rhag salwch difrifol.

A fydd y brechlyn yn amddiffyn eich plentyn?



Beth i'w wneud nesaf

Ar ôl i'ch plentyn gael ei ddos cyntaf bydd yn cael ail apwyntiad. Bydd ei gerdyn cofnod brechlyn yn dangos manylion y dos cyntaf. Cadwch eu cerdyn cofnod brechlyn yn ddiogel a sicrhewch eu bod yn mynd i'w hapwyntiad nesaf i gael eu hail ddos.

Fy ngherdyn cofnod brechiod COVID-19 personol

Enw:

Dyddiad Geni:

Dylech gael **ddau dos ar wahân** o frechlyn COVID-19 er mwyn lloddod fod yn fwyaf effeithiol wrth eich amddiffyn rhag COVID-19.

Mae eich ail frechiod COVID-19 i gael ei roi ar:

Deuoch ar cerdyn hwn i'ch apwyntiad nesaf.

Gan fod y naen yn fechledau newydd, rylm yn eich amnogi i roi gwybodaeth am unrhyw sŵm eiddo gwaith neu ddiwydiol yn eiddo gwaith neu ddiwydiol. **cefnwys-ysbectorddau/gwaith/** neu ddiwydiol am ddim ar: **0800 731 8789** (darn 15min Llun - Gwmi).

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GWYBODAETH

Os nad yw eich plentyn yn iach ar gyfer ei apwyntiad

Os yw eich plentyn yn sâl, mae'n well aros nes ei fod wedi gwella cyn iddo gael ei frechiod. Ni ddylai eich plentyn fynd i apwyntiad brechiod os yw'n hunanyysu, neu'n aros am brawf neu ganlyniad COVID-19.

Os yw eich plentyn wedi cael COVID-19 ac mewn grŵp sy'n wnebu risg uwch o salwch difrifol, dylech aros pedair wythnos ar ôl prawf positif cyn cael ei frechlyn.

Ar gyfer pob plentyn arall, dylech aros o leiaf 12 wythnos cyn brechu.



A all eich plentyn ddal COVID-19 o'r brechlyn?

Ni all eich plentyn ddal COVID-19 o'r brechlyn ond mae'n bosibl dal COVID-19 a heb sylweddoli bod ganddynt y symptomau tan ar ôl eu hapwntiad brechu. Symptomau pwysicaf COVID-19 yw:

- peswch cyson newydd;
- tymheredd uchel; neu
- colli, neu newid, yn y synnwyr blasu neu arogl i arferol.

Efallai y bydd eich plentyn yn cael twymyn ysgafn o fewn diwrnod neu ddau ar ôl cael ei frechu. Os oes ganddynt unrhyw symptomau COVID-19 eraill neu os bydd eu twymyn yn parhau hirach, arhoswch gartref a threfnu iddynt gael prawf.

A oes sgil-effeithiau mwy difrifol?

Mae achosion o lid y galon (o'r enw myocarditis neu bericarditis) wedi'u nodi'n anaml iawn ar ôl brechlynnau COVID-19.

Maer rhan fwyaf o blant a phobl ifanc yn gwella o hyn ac yn teimlo'n well ar ôl gorffwys a thriniaeth syml.

YnUDA, lle maer brechlyn wedi'i ddefnyddio am fwy o amser, rhoddwyd gwybod am yr holl sgil-effeithiau yn llawer llai cyffredin ar ôl dos y plant o'r brechlyn.

Mynnwch gyngor meddygol ar frys os oes gan eich plentyn unrhyw rai o'r sgil-effeithiau hyn:



Poen yn y frest



Prinder anadl



Teimlad bod eu calon yn dirgrynu neu'n curo'n gyflym iawn

Sut y mae COVID-19 yn lledaenu?

Mae COVID-19 yn cael ei lledaenu drwy ddatfnau sy'n cael eu hanadlu allan o'r trwyn neu'r geg, yn enwedig wrth siarad neu besychu. Hefyd gellir ei ddal drwy gyffwrdd eich llygaid, eich trwyn a'ch ceg ar ôl cyswilt â gwrthrychau ac arwynnebâu wedi'u llygru.

Efallai y bydd eich plentyn yn cael twymyn ysgafn ar ôl ei frechriad, a all bara am ddiwrnod neu ddau. Fodd bynnag, gallai tymheredd uchel hefyd ddangos bod ganddynt COVID-19 neu haint arall.

Un sgil-ffraith anghyffredin yw chwarennau chwyddedig yn y gesail neu'r gwddf ar yr un ochr â'r fraich lle y cawsant y brechlyn. Gall hyn bara tua 10 diwrnod, ond os yw'n para'n hirach cysylltwch â'ch meddygfa i gael cyngor.

Os bydd eich plentyn yn cael unrhyw sgil-ffethiau ar ôl ei frechlyn, dylai orffwys. Gallwch roi'r dos cywir o barasetamol iddynt ar gyfer eu hoedran (dilynwch y cyngor yn y pecyn) i'w helpu i deimlo'n well.

Beth i'w wneud os ydych yn pryderu am symptomau eich plentyn

Mae'r symptomau hyn fel arfer yn para llai nag

wythnos. Os yw symptomau eich plentyn fel pe baent yn gwaethgu neu os ydych yn pryderus, gallwch fynd i 111.wales.nhs.uk ar-lein, ffonio GIG 111 Cymru drwy ddeialu **111**, neu cysylltwch â'ch meddygfa.

Os byddwch yn gofyn i feddyg neu nyrs am gyngor, sicrhewch eich bod yn dweud wrthynt am frechriad eich plentyn (dangoswch y cerdyn brechu iddynt) er mwyn iddynt allu eu hasesu'n iawn.

Gallwch roi gwybod am unrhyw sgil-ffethiau a amheuir ar-lein drwy'r Cynllun Cerdyn Melyn yn coronavirus-yellowcard.mhra.gov.uk neu ar yr ap Cerdyn Melyn.



Pen tost/
cur pen



Teimlo'n
ffinedig



Teimlo poenau
neu fel bod
ganddynt
y ffliw



Teimlad trwm
neu ddolur
lle cawsant y
pigiad

Mae sgil-ffeithiau cyffredin iawn y gallai eich plentyn eu cael yn y diwrnod cyntaf neu ddau yn cynwys:

Fel pob meddyginiaeth, gall brechiadau achosi
sgil-ffeithiau. Mae'r rhain fel rheol yn ysgafn ac yn
para ychydig ddyddiau yn unig, ac nid yw pawb yn eu
cael. Dylai'r sgil-ffeithiau cyffredin iawn bara diwrnod
neu ddau yn unig. Mae'r brechlyn Pfizer yn tueddu i
achosi mwy o sgil-ffeithiau ar ôl yr ail ddos.

Sgil-ffeithiau

Mae'r GIG yn cynnig y brechlyn
COVID-19 i bob plentyn a pherson
ifanc cymwys. Mae'r datlen hon yn
dweud wrthyb beth i'w ddisgwyl ar
ôl iddynt gael eu brechiad.





Mai 2022

Beth i'w ddisgwyl ar ôl brechiad
COVID-19 eich plentyn - cynngor i rieni!
plant a phobl ifanc pump i 17 oed

Brechu COVID-19



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