Mae Brechu yn achub bywydau
Vaccination saves lives

Flu

Protecting children and young people with a simple nasal spray flu vaccine

Mae'r gwybodaeth hon ar gael yn Gymraeg.
This information is available in Welsh.

GIG CYMRU NHS WALES | Iechyd Cyhoeddus Cymru Public Health Wales

Scan me for more information on Flu

The nasal spray vaccine is the recommended flu vaccine for most children and young people.

Most children will get the nasal spray vaccine at school. Some children might have an injection instead. Having a flu vaccine is the best way to protect your child from getting seriously unwell if they catch flu. This leaflet explains why it is important to have the flu vaccine and how your child can get it.

What are vaccines and why are they important?

Vaccines teach our bodies how to fight off a disease before we're exposed to the virus or bacteria that causes it. This way, if we are exposed to it in the future, our body's immune system already knows how to fight it to reduce our chance of becoming seriously ill.

All vaccines used in Wales are tested on thousands of people before they are offered to us. Vaccines are safe and effective.

Research from around the world shows that vaccines are one of the best ways you can help to protect yourself, your friends and family against serious disease.

You will be offered different vaccines at different times in your life.

What is flu?

Influenza (flu) is caused by a virus that can spread easily from person to person. It is usually spread by coughs and sneezes. Anyone can get flu, but children have the highest rate of infection. Flu can be serious in children and young people.

What are the symptoms of flu?

Some common symptoms of flu include:

- a stuffy nose, cough and sore throat
- fever and chills
- aching body
- headache or earache, and
- feeling tired or exhausted.

You can find more information about the symptoms of flu at **NHS 111 Wales – Health A-Z: Flu**

For the latest information, visit **phw.nhs.wales/fluvaccine**

What is the flu vaccine?

Most children and young people will have their vaccine as a quick and painless nasal spray, where a fine mist is sprayed up the nose from the tip of each nostril.

The nasal spray vaccine is the recommended flu vaccine for most children and young people.

Children and young people who can't have the nasal spray, or who would prefer a gelatine-free vaccine, can have the flu vaccine by injection instead. This is usually given in the upper arm. Speak to your health visitor, school nurse, immunisation team or GP surgery to discuss with them how to get this injection.

Why should children and young people have the vaccine?

Flu can be serious for children and young people. Some children can develop serious complications such as bronchitis, pneumonia and ear infections. Most years some children in Wales will need treatment in intensive care because of flu.

It is especially important that children and young people with a long-term health condition get vaccinated. This is because they are at greater risk of complications if they catch flu.

When children and young people get flu, they miss school or important opportunities to develop, and parents may need to take time off work or make other childcare arrangements.

Having a flu vaccine will help protect your child from flu. It reduces the spread of the virus and can reduce the chance of it spreading to vulnerable people, such as babies and grandparents.

Does the vaccine work?

The flu vaccine usually offers children good protection against flu. Protection starts around two weeks after having the vaccine.

Some people still get flu even after having a flu vaccine, but often with milder symptoms. Flu vaccines do not protect against colds, other respiratory viruses or other winter illnesses.

Is the vaccine safe?

Yes, the flu vaccine is safe. The nasal spray has been used in Wales since 2013. It meets all safety standards. Once a vaccine is in use, its safety is closely monitored. The flu vaccine has been given to millions of children and young people in the world.

It is safer for your immune system to learn how to fight flu from a vaccine, rather than by catching the virus. The flu vaccine cannot cause or spread flu.

Fact! In the 2023-2024 flu season 262,632 children in Wales had the flu vaccine!

Does this vaccine contain pork gelatine?

The nasal spray flu vaccine contains small traces of highly purified pork gelatine.

The nasal spray vaccine is the recommended flu vaccine for most children and young people.

Some people don't eat pork gelatine because of their faith. Both Muslim and Jewish communities have approved the use of the flu nasal spray vaccine. This is because the flu nasal spray is a non-oral product and a medicine.

If you decide you do not want your child to have the nasal spray, they can have an injection instead. This does not contain pork gelatine. You can highlight this on your consent form. Or you can contact your health visitor, school nurse, immunisation team or GP surgery to discuss with them how to get the injection.

You can find more information about vaccines and pork gelatine at **phw.nhs.wales/PorkGelatine**

Which children and young people can have a flu vaccine?

Children who are aged between two and three on 31 August

Children in primary school

Children in secondary school (years 7 to 11)

Children and young people aged over six months who have a health condition that puts them at greater risk from flu

Children and young people in the age ranges above who are homeschooled or not in mainstream education

Does my child need the vaccine if they've had flu before?

Yes. If your child has had flu or the flu vaccine before, it is important that they still have the flu vaccine when offered it. This is because the type of flu that circulates can change every year. Protection from the virus may weaken over time. Having a flu vaccine every year is the best way to prevent your child from getting seriously unwell from flu.

Can my child have the vaccine if they have a health condition?

If your child is six months or older and has one of the following health conditions, it is important they have a flu vaccine every year. This is because they are at greater risk of complications from flu.

- Diabetes
- A serious heart problem
- Lung problems or breathing difficulties, including asthma that needs regular steroid inhalers or tablets
- Kidney disease (from stage 3)
- Lowered immunity due to disease or treatment (and those in close contact with people in this group)
- Liver disease
- A stroke or mini stroke
- A neurological condition
- A missing spleen or a problem with their spleen
- A learning disability
- Severe mental illness
- Young people with a higher body weight (body mass index of 40 or above)

If your child is under the age of nine and has one of these conditions and they have not had the flu vaccine before, they may need a second dose to build up their immunity. They should be offered a second dose of the flu vaccine at least four weeks after the first.

Who shouldn't have the nasal spray vaccine?

The nasal spray vaccine can't be given to children and young people who:

- are under two years old
- are on long-term aspirin (salicylate) treatment
- have had a severe life-threatening allergic reaction to the vaccine or its ingredients
- have a weakened immune system due to a disease or treatment
- are pregnant
- have a wheezy chest on the day of the vaccination or in the previous three days, or
- have increased the use of their asthma inhalers in the previous three days.

There are some situations where you should get advice about your child having the nasal spray vaccine. Speak to your health visitor, school nurse, immunisation team or GP surgery if your child:

- has asthma that needs regular oral steroids or has needed intensive-care treatment for it
- is having a cochlear implant fitted (it is not ideal if they have the nasal spray vaccine in the week before or two weeks after)
- has an unrepaired craniofacial malformation, or
- is in close contact with someone who has a severely weakened immune system (for example, people who are in a protected environment after having a bone marrow transplant).

In these situations, your child can have the flu vaccine by injection instead.

Can my child have the vaccine if they have allergies?

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

The vaccine should not be given to anyone who has had a serious (life-threatening) reaction to:

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

Make sure you tell the person giving the vaccine if your child has had a serious allergic reaction to the vaccine or its ingredients in the past.

The nasal spray vaccine can be safely given to most children with an egg allergy. If your child has had a serious (life-threatening) reaction to egg that needed intensive-care treatment, they should be offered an appropriate flu vaccine by injection.

What about young carers?

It is extra important that children and young people who care for someone who is vulnerable to flu and its complications have a flu vaccine every year. It helps protect them and the person they care for.

What about consent?

Consent means that you give permission for something to happen. You will fill in a paper or digital consent form to give your consent. The person giving the vaccine will always check your child has the necessary consent first.

You'll have time to consider information sent to you about the vaccine. It is important that you discuss having a vaccine with your child. You should be open and honest, and come to an agreement together.

In some cases, young people under the age of 16 may be able to give consent themselves, if they are mature enough to fully understand what is being offered. The person giving the vaccination will be able to answer any questions.

Where will my child get the vaccine?

- Younger children (aged two to three) will be invited to get their vaccine at their GP surgery.
- In some areas, three- and four-year-olds are offered the flu vaccine at nursery.
- Eligible children and young people who go to school will be offered the flu vaccine at school.
- Children and young people who are homeschooled or not in mainstream education may be given the vaccine at their GP surgery or community vaccination centre.
- If your child is aged under two, or aged 16 or 17, and is at greater risk of complications from flu due to a health condition, their GP surgery should invite them to have their vaccine.

If you haven't received an invitation by mid-November, contact your GP surgery.

What if my child is ill or misses the appointment?

If your child is unwell with a high temperature, it is best to delay their vaccination until they are feeling better. A cold or other minor illness is not a reason to delay a flu vaccination.

Remember, it's important to catch up on most missed vaccinations. If your child has missed their flu vaccination, talk to your health visitor, school nurse, immunisation team or GP surgery.

The flu vaccine can be given at the same time as most other vaccines.

Ideally, your child should be given the flu vaccine before flu starts to circulate in the community. However, it can still be given at a later date.

Fact!

In the 2023-2024 flu season, over 460 children and young people in Wales went to A&E with flu, and 10 were admitted to intensive care!

Are there any side effects?

Like all medicines, vaccines can cause side effects. Most of these are mild and short-term, and not everyone gets them. The most common side effects include:

- a high temperature

- feeling tired or weak

- a headache

- aching muscles

- a reduced appetite, and

- a runny or blocked nose

Flu vaccines are very safe and other reactions are less common.

If your child has the flu vaccine by injection, they may have a sore arm for a day or two afterwards.

If you have any questions about side effects, you can ask your health visitor, school nurse, immunisation team or GP surgery.

Rarely, people can have a severe reaction soon after 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.

What should I do if my child feels unwell after the vaccination?

If you are worried about your child after the vaccination, you should speak to your health visitor, GP or practice nurse.

Please read the product information leaflet for more details on your vaccine, including possible side effects.

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

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

Remember, if your child is under 16 they should not take medicines that contain aspirin.

Watch an animated video 'What is the flu vaccine?'

Primary – 4 to 11 years

Secondary – 11 to 16 years (made with young people)

Available at

phw.nhs.wales/AboutTheFluVaccine

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**

Further information

If you have any questions or want more information, 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). 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/fluvaccine**

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

Crystal Mark 24386
Clarity approved by Plain English Campaign

Version 2 | June 2025
© Public Health Wales NHS Trust (with acknowledgment to Public Health Scotland and UK Health Security Agency)
ISBN 978-1-83766-396-5

Rhagor o wybodaeth

Os oes gennych unrhyw gwestiynau, neu os hoffech mwy o wybodaeth, gallwch ymweld â **111.wales.nhs.uk** (safle allanol), siaradwch â'ch meddyg neu nyrs neu cysylltwch 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, gan gynnwys ei gynnwys a'i sgîl-effeithiau posibl, ewch i **medicines.org.uk/emc** (safle allanol, Saesneg yn unig). Rhowch 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/brechlynffliw**

Dylech roi gwybod am sgil-effeithiau 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

Fersiwn 2 | Mehefin 2025
© Ymddiriedolaeth GIG Iechyd Cyhoeddus Cymru (gyda chydnabyddiaeth i Iechyd Cyhoeddus yr Alban ac Asiantaeth Diogelwch Iechyd y DU)
ISBN 978-1-83766-396-5

Gwyliwch fideo animeiddiedig 'Beth yw'r brechlyn ffliw?'

Cynradd – 4 i 11 oed

Uwchradd – 11 i 16 oed (wedi'i wneud gyda phobl ifanc)

Ar gael yn

icc.gig.cymru/AmYBrechlynFfliw

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

Beth ddylwn i ei wneud os bydd fy mhlentyn yn teimlo'n sâl ar ôl y brechiad?

Os byddwch yn poeni am eich plentyn ar ôl iddo gael y brechlyn, dylech siarad â'ch ymwelydd iechyd, meddyg teulu neu nyrs practis.

Darllenwch y daflen wybodaeth am y cynnyrch i gael rhagor o fanylion am eich brechlyn, gan gynnwys sgîl-effeithiau posibl.

Gweler tudalen gefn y daflen hon am ragor o fanylion am:

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

Cofiwch, os yw'ch plentyn o dan 16 oed ni ddylai gymryd meddyginiaethau sy'n cynnwys aspirin.

Oes sgîl-effeithiau?

Fel pob meddyginiaeth, gall brechlynnau achosi sgil-effeithiau. Mae'r rhan fwyaf o'r rhain yn ysgafn ac yn rhai tymor byr, ac ni fydd pawb yn eu cael. Mae'r sgil-effeithiau mwyaf cyffredin yn cynnwys:

Mae brechlynnau ffliw yn ddiogel iawn ac mae adweithiau eraill yn llai cyffredin.

Os yw eich plentyn yn cael y brechlyn ffliw trwy bigiad, efallai y bydd ganddo fraich boenus am ddiwrnod neu ddau wedyn.

Os oes gennych gwestiynau am sgîl-effeithiau, gallwch ofyn i'ch ymwelydd iechyd, nyrs yr ysgol, tîm imiwneiddio neu feddygfa'r meddyg teulu.

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 brin, 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.

Beth os yw fy mhlentyn yn sâl neu'n colli'r apwyntiad?

Os yw'ch plentyn yn sâl gyda thymheredd uchel, mae'n well gohirio ei frechiad nes ei fod yn teimlo'n well. Nid yw annwyd neu fân salwch arall yn rheswm i ohirio brechiad rhag y ffliw.

Cofiwch, mae'n bwysig cadw'n gyfredol gyda'r rhan fwyaf o'r brechiadau sy'n cael eu colli. Os yw eich plentyn wedi colli ei frechiad ffliw, siaradwch â'ch ymwelydd iechyd, nyrs yr ysgol, tîm imiwneiddio neu feddygfa'r meddyg teulu.

Gellir rhoi'r brechlyn ffliw ar yr un pryd â'r rhan fwyaf o frechlynnau eraill.

Yn ddelfrydol, dylai eich plentyn gael y brechlyn ffliw cyn i'r ffliw ddechrau lledaenu yn y gymuned. Fodd bynnag, gellir ei roi ar ddyddiad yn ddiweddarach hefyd.

Ffaith!

Yn y tymor ffliw 2023-2024, aeth dros 460 o blant a phobl ifanc yng Nghymru i'r Adran Damweiniau ac Achosion Brys gyda'r ffliw, a chafodd 10 eu derbyn i'r uned gofal dwys!

Mewn rhai achosion, efallai y bydd pobl ifanc o dan 16 oed yn gallu rhoi caniatâd eu hunain, os ydyn nhw'n ddigon aeddfed i ddeall yn llawn yr hyn sy'n cael ei gynnig. Bydd y sawl sy'n rhoi'r brechiad yn gallu ateb cwestiynau.

Ble fydd fy mhlentyn yn cael y brechlyn?

- Bydd plant iau (dwy i dair oed) yn cael eu gwahodd i gael eu brechlyn yn eu meddygfa.
- Mewn rhai ardaloedd, cynigir y brechlyn ffliw i blant tair a phedair oed yn y feithrinfa.
- Bydd plant a phobl ifanc cymwys sy'n mynd i'r ysgol yn cael cynnig y brechlyn ffliw yn yr ysgol.
- Gall plant a phobl ifanc sy'n cael eu haddysgu gartref neu nad ydynt mewn addysg brif ffrwd gael y brechlyn yn eu meddygfa neu ganolfan frechu gymunedol.
- Os yw eich plentyn o dan ddwy oed, neu'n 16 neu'n 17 oed, ac mewn mwy o berygl o gymhlethdodau o'r ffliw oherwydd cyflwr iechyd, dylai ei feddygfa ei wahodd i gael ei frechlyn.

Os nad ydych wedi derbyn gwahoddiad erbyn canol mis Tachwedd, cysylltwch â'ch meddygfa.

A all fy mhlentyn gael y brechlyn os oes ganddo alergeddau?

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

Ni ddylid rhoi'r brechlyn i unigolyn sydd wedi cael adwaith difrifol (sy'n peryglu bywyd) i:

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

Gwnewch yn siŵr eich bod yn dweud wrth y person sy'n rhoi'r brechlyn os yw'ch plentyn wedi cael adwaith alergaidd difrifol i'r brechlyn neu ei gynhwysion yn y gorffennol.

Gellir rhoi'r brechlyn chwistrell drwynol yn ddiogel i'r rhan fwyaf o blant sydd ag alergedd i wyau. Os yw eich plentyn wedi cael adwaith difrifol (sy'n peryglu bywyd) i wy a oedd angen triniaeth gofal dwys, dylid cynnig brechlyn ffliw priodol iddo drwy bigiad.

Beth am ofalwyr ifanc?

Mae'n arbennig o bwysig bod plant a phobl ifanc sy'n gofalu am rywun sy'n agored i'r ffliw a'i gymhlethdodau yn cael brechlyn ffliw bob blwyddyn. Mae'n helpu i'w hamddiffyn a'r person maen nhw'n gofalu amdano.

Beth am gydsynio?

Mae cydsynio yn golygu eich bod chi'n rhoi caniatâd i rywbeth ddigwydd. Byddwch yn llenwi ffurflen gydsynio papur neu ddigidol er mwyn rhoi eich caniatâd. Bydd y person sy'n rhoi'r brechlyn bob amser yn gwirio bod gan eich plentyn y cydsyniad angenrheidiol yn gyntaf.

Bydd gennych amser i ystyried yr wybodaeth a anfonwyd atoch ynglŷn â'r brechlyn. Mae'n bwysig eich bod chi'n trafod cael brechlyn gyda'ch plentyn. Dylech chi fod yn agored ac yn onest, a dod i gytundeb gyda'ch gilydd.

Pwy na ddylai gael y brechlyn chwistrell drwynol?

Ni ellir rhoi'r brechlyn chwistrell drwynol i blant a phobl ifanc sydd:

- o dan ddwy flwydd oed
- yn cael triniaeth aspirin (salicylate) hirdymor
- wedi cael adwaith alergaidd difrifol sy'n peryglu bywyd i'r brechlyn neu ei gynhwysion
- â system imiwnedd wan oherwydd clefyd neu driniaeth
- yn feichiog
- â brest wichiog ar ddiwrnod y brechiad neu yn ystod y tridiau blaenorol, neu
- wedi cynyddu'r defnydd o'u hanadlyddion asthma yn ystod y tridiau blaenorol.

Mae rhai sefyllfaoedd lle dylech chi gael cyngor ynglŷn â rhoi'r brechlyn chwistrell trwynol i'ch plentyn. Siaradwch â'ch ymwelydd iechyd, nyrs yr ysgol, tîm imiwneiddio neu feddygfa'r meddyg teulu os yw'ch plentyn:

- yn dioddef o asthma ac mae angen steroidau geneuol rheolaidd arno neu wedi bod angen triniaeth gofal dwys ar ei gyfer
- yn cael mewnblaniad cochlear wedi'i osod (nid yw'n ddelfrydol os ydyn nhw'n cael y brechlyn chwistrell drwynol yn yr wythnos cyn neu bythefnos ar ôl)
- â chamffurfiad o'r wyneb a'r penglog heb ei drwsio, neu
- mewn cysylltiad agos â rhywun sydd â system imiwnedd wan iawn (er enghraifft, pobl sydd mewn amgylchedd gwarchodedig ar ôl cael trawsblaniad mêr esgyrn).

Yn y sefyllfaoedd hyn, gall eich plentyn gael y brechlyn ffliw trwy bigiad yn lle hynny.

A all fy mhlentyn gael y brechlyn os oes ganddo gyflwr iechyd?

Os yw eich plentyn yn chwe mis oed neu'n hŷn ac mae ganddo un o'r cyflyrau iechyd canlynol, mae'n bwysig ei fod yn cael brechlyn ffliw bob blwyddyn. Mae hyn oherwydd eu bod mewn mwy o berygl o gymhlethdodau o ganlyniad i'r ffliw.

- Diabetes
- Problem ddifrifol â'r galon
- Problemau ysgyfaint neu anawsterau anadlu, sy'n cynnwys asthma sydd angen anadlyddion neu dabledi steroid rheolaidd
- Clefyd yr arennau (o gam 3)
- Imiwnedd is oherwydd clefyd neu driniaeth (a'r rhai sydd mewn cysylltiad agos â phobl yn y grŵp hwn)
- Clefyd yr afu
- Strôc neu fân strôc
- Cyflwr niwrolegol
- Diffyg dueg neu broblem gyda'u dueg
- Anghenion dysgu
- Salwch meddwl difrifol
- Pobl ifanc â phwysau corff uwch (mynegai màs y corff o 40 neu uwch)

Os yw eich plentyn o dan naw oed ac mae ganddo un o'r cyflyrau hyn ac nad yw wedi cael y brechlyn ffliw o'r blaen, efallai y bydd angen ail ddos arno i adeiladu ei imiwnedd. Dylid cynnig ail ddos o'r brechlyn ffliw iddo o leiaf bedair wythnos ar ôl y cyntaf.

Pa blant a phobl ifanc all gael brechlyn ffliw?

Plant sydd rhwng dwy a thair oed ar 31 Awst

Plant yn yr ysgol gynradd

Plant yn yr ysgol uwchradd (blynyddoedd 7 i 11)

Plant a phobl ifanc dros chwe mis oed sydd â chyflwr iechyd sy'n eu rhoi mewn mwy o berygl o'r ffliw

Plant a phobl ifanc yn yr oedrannau uchod sy'n cael eu haddysgu gartref neu nad ydynt mewn addysg brif ffrwd

A oes angen y brechlyn ar fy mhlentyn os yw wedi cael y ffliw o'r blaen?

Oes. Os yw'ch plentyn wedi cael y ffliw neu'r brechlyn ffliw o'r blaen, mae'n bwysig ei fod yn dal i gael y brechlyn ffliw pan gaiff ei gynnig. Mae hyn oherwydd gall y math o ffliw sy'n cylchredeg newid bob blwyddyn. Gall amddiffyniad rhag y feirws wanhau dros amser. Y ffordd orau o atal eich plentyn rhag mynd yn sâl iawn o'r ffliw yw iddo gael brechlyn ffliw bob blwyddyn.

A yw'r brechlyn hwn yn cynnwys gelatin porc?

Mae brechlyn ffliw chwistrell drwynol yn cynnwys olion bach o gelatin porc wedi'i buro'n dda.

Dyma'r brechlyn ffliw a argymhellir i'r rhan fwyaf o blant a phobl ifanc.

Ni fydd rhai pobl yn bwyta gelatin porc oherwydd eu ffydd. Mae cymunedau Mwslimaidd ac Iddewig wedi cymeradwyo defnyddio'r brechlyn chwistrell drwynol ffliw. Mae hyn oherwydd bod y chwistrell drwynol ffliw yn gynnyrch nad yw drwy'r geg ac yn feddyginiaeth.

Os penderfynwch nad ydych chi eisiau i'ch plentyn gael y chwistrell drwynol, gallant gael pigiad yn lle hynny. Nid yw hyn yn cynnwys gelatin porc. Gallwch amlygu hyn ar eich ffurflen gydsynio. Neu gallwch gysylltu â'ch ymwelydd iechyd, nyrs yr ysgol, tîm imiwneiddio neu feddygfa'r meddyg teulu i drafod gyda nhw sut i gael y pigiad.

Gallwch ddod o hyd i ragor o wybodaeth am frechlynnau a gelatin porc yn **icc.gig.cymru/GelatinPorc**

Ydy'r brechlyn yn gweithio?

Mae'r brechlyn ffliw fel arfer yn cynnig amddiffyniad da i blant rhag y ffliw. Mae amddiffyniad yn dechrau tua phythefnos ar ôl cael y brechlyn.

Mae rhai pobl yn dal i gael y ffliw hyd yn oed ar ôl cael brechlyn ffliw, ond yn aml gyda symptomau ysgafnach. Nid yw brechlynnau ffliw yn amddiffyn rhag annwyd, feirysau anadlol eraill neu salwch gaeaf arall.

Ydy'r brechlyn yn ddiogel?

Ydy, mae'r brechlyn ffliw yn ddiogel. Mae'r chwistrell drwynol wedi cael ei ddefnyddio yng Nghymru er 2013. Mae'n bodloni'r holl safonau diogelwch. Unwaith y bydd brechlyn yn cael ei ddefnyddio, caiff ei ddiogelwch ei fonitro'n agos. Mae'r brechlyn ffliw wedi cael ei roi i filiynau o blant a phobl ifanc yn y byd.

Mae'n fwy diogel i'ch system imiwnedd ddysgu sut i frwydro'r ffliw o frechlyn, yn hytrach na thrwy ddal y feirws. Ni all y brechlyn ffliw achosi na lledaenu ffliw.

Ffaith! Yn y tymor ffliw 2023-2024, cafodd 262,632 o blant yng Nghymru y brechlyn ffliw!

Pam y dylai plant a phobl ifanc gael y brechlyn?

Gall y ffliw fod yn ddifrifol i blant a phobl ifanc. Gall rhai plant ddatblygu cymhlethdodau difrifol fel broncitis, niwmonia a heintiau'r glust. Bron bob blwyddyn, bydd rhai plant yng Nghymru angen cael eu trin mewn unedau gofal dwys oherwydd y ffliw.

Mae'n arbennig o bwysig bod plant a phobl ifanc sydd â chyflwr iechyd hirdymor yn cael eu brechu. Mae hyn oherwydd eu bod mewn mwy o berygl o gymhlethdodau os ydynt yn dal y ffliw.

Pan fydd plant a phobl ifanc yn cael y ffliw, maen nhw'n colli'r ysgol neu gyfleoedd pwysig i ddatblygu, ac efallai y bydd angen i rieni gymryd amser i ffwrdd o'r gwaith neu wneud trefniadau gofal plant eraill.

Bydd cael brechlyn ffliw yn helpu i amddiffyn eich plentyn rhag y ffliw. Mae'n lleihau lledaeniad y feirws a gall leihau'r siawns y bydd yn lledaenu i bobl sy'n agored i niwed, fel babanod a neiniau a theidiau.

Beth yw'r ffliw?

Mae'r ffliw yn cael ei achosi gan feirws a all ledaenu'n hawdd o berson i berson. Fel arfer mae'n cael ei ledaenu trwy beswch a thisian. Gall unrhyw un gael y ffliw, ond plant sydd â'r gyfradd uchaf o haint. Gall ffliw fod yn ddifrifol mewn plant a phobl ifanc.

Beth yw symptomau'r ffliw?

Mae rhai symptomau cyffredin ffliw yn cynnwys:

- trwyn stwff, peswch a dolur gwddf
- twymyn ac oerfel
- corff poenus
- cur pen/pen tost neu boen clust, a
- theimlo'n flinedig neu'n lluddedig.

Gallwch ddod o hyd i ragor o wybodaeth am symptomau ffliw yn
GIG 111 Cymru – Iechyd A-Y: Y ffliw

Am yr wybodaeth ddiweddaraf, ewch i
icc.gig.cymru/brechlynffliw

Beth yw'r brechlyn ffliw?

Bydd y rhan fwyaf o blant a phobl ifanc yn cael eu brechlyn fel chwistrell drwynol gyflym a di-boen, lle mae anwedd mân yn cael ei chwistrellu i fyny pob ffroen.

Y brechlyn chwistrell drwynol yw'r brechlyn ffliw a argymhellir i'r rhan fwyaf o blant a phobl ifanc.

Gall plant a phobl ifanc na allant gael y chwistrell drwynol, neu a fyddai'n well ganddynt frechlyn heb gelatin, gael y brechlyn ffliw trwy bigiad yn lle. Fel arfer rhoddir hyn yn rhan uchaf y fraich. Siaradwch â'ch ymwelydd iechyd, nyrs yr ysgol, tîm imiwneiddio neu feddygfa'r meddyg teulu i drafod gyda nhw sut i gael y pigiad hwn.

Y brechlyn chwistrell drwynol yw'r brechlyn ffliw a argymhellir i'r rhan fwyaf o blant a phobl ifanc.

Bydd y rhan fwyaf o blant yn cael y brechlyn chwistrell drwynol yn yr ysgol. Efallai y bydd rhai plant yn cael pigiad yn lle hynny. Cael brechlyn ffliw yw'r ffordd orau o amddiffyn eich plentyn rhag mynd yn sâl iawn os bydd yn dal y ffliw. Mae'r daflen hon yn esbonio pam ei bod hi'n bwysig cael y brechlyn ffliw a sut y gall eich plentyn ei gael.

Beth yw brechlynnau a pham maen nhw'n bwysig?

Mae brechlynnau'n dysgu ein cyrff sut i frwydro yn erbyn clefyd cyn i ni gael ein hamlygu i'r feirws neu'r bacteria sy'n ei achosi. Fel hyn, os byddwn yn agored iddo yn y dyfodol, mae system imiwnedd ein corff eisoes yn gwybod sut i'w frwydro i leihau ein siawns o fynd yn sâl iawn.

Mae pob brechlyn a ddefnyddir yng Nghymru yn cael ei brofi ar filoedd o bobl cyn iddynt gael eu cynnig i ni. Mae brechlynnau'n ddiogel ac yn effeithiol.

Mae ymchwil o bob cwr o'r byd yn dangos mai brechlynnau yw un o'r ffyrdd gorau y gallwch chi helpu i amddiffyn eich hun, eich ffrindiau a'ch teulu rhag clefydau difrifol.

Byddwch yn cael cynnig gwahanol frechlynnau ar wahanol adegau yn eich bywyd.

Mae Brechu yn achub bywydau
Vaccination saves lives

Y Ffliw

Diogelu plant a phobl ifanc gyda brechlyn ffliw chwistrell trwynol syml

GIG CYMRU NHS WALES | Iechyd Cyhoeddus Cymru Public Health Wales

Sgania fi am ragor o wybodaeth ar y Ffliw