Mae Brechu yn achub bywydau
Vaccination saves lives

# Flu

## Protect children and young people with a simple nasal spray

Information about the flu vaccination for children and young people in 2023/24

GIG CYMRU
NHS WALES

# Five reasons to get your child vaccinated against flu

## 1. Protect your child

The vaccine will help protect your child against serious complications from flu, such as pneumonia.

## 2. Protect you, your family and friends

Vaccinating your child against flu will help protect others especially if they are vulnerable to complications from flu.

## 3. It's a nasal spray

Most children find the nasal spray is quick and painless and are not upset afterwards.

## 4. It's better than having flu

Flu is unpleasant and can be serious for some children. Flu vaccines are safe and have been given to millions of children worldwide.

## 5. Avoid disruption

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

## How does a flu vaccine help?

Having a flu vaccine will help protect your child from flu. Most children and young people have their vaccine as a quick and painless nasal spray.

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

It also helps reduce the chance of children and young people spreading flu to others who are at greater risk from flu, such as babies, older people, and those with long-term health conditions.

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 flu serious?

Flu can be serious for children. Like COVID-19 it is caused by a virus, and 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.

All children aged two or three years old (age on 31 August 2023), and school children from reception class up to and including year 11, will be offered a nasal spray flu vaccine this autumn or winter.

It is especially important that children and young people aged between six months and 17 years who have a long-term health condition get vaccinated, as they are at a greater risk of complications than other children if they catch flu.

This winter we may see COVID-19 and flu circulating at the same time, so it’s very important for your child to get protected against flu.

**Having a flu vaccine every year is one of the best ways to protect against flu.**

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

# Which children and young people can have a free flu vaccine?

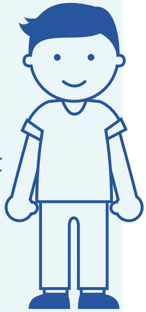
**All children from the age of two can have a free flu vaccine in 2023/24. This includes:**

- children who are aged two and three on 31 August 2023;

- children in primary school;

- children in secondary school years 7 to 11; and

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



# Why do children and most young people need a flu vaccine?

Like COVID-19, flu is caused by a virus that can spread easily to other people. Anyone can get flu, but children have the highest rate of infection and flu can be serious for them.

# Does the nasal spray flu vaccine have any side effects?

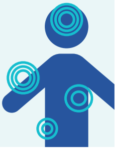
## For a day or two after vaccination, some children and young people may:

get a temperature;

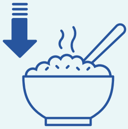
feel tired;

have a headache;

have aching muscles;



have a reduced appetite; or



get a runny or blocked nose.

## Children and young people who need a flu vaccine injection may:

also have a sore arm for a day or two after vaccination.

**Flu vaccines are very safe and other reactions are less common. The flu vaccine will not cause flu.**

You can report suspected side effects of the vaccines through the Yellow Card scheme. You can do this online at **www.mhra.gov.uk/yellowcard** or by calling **0800 731 6789** (Monday to Friday, 9am to 5pm).

# What if my child has 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, as they are at greater risk of complications from flu.

- Diabetes
- A heart problem
- A chest complaint or breathing difficulties, including asthma that requires 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
- Young people with a higher body weight (body mass index of 40 or above)

Children in these groups may get their vaccine at school (up to year 11) or at their GP surgery.

# Young carers

It is extra important for 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 also the person they care for.

# Do I need to do anything?

Children who are aged two or three (age on 31 August 2023) are usually invited to have their flu vaccine at their GP surgery.

In some areas, three-year-olds and some four-year-olds are offered their flu vaccine in nursery.

If your child is in this age group and hasn't received an invitation for their flu vaccine by mid-November, contact their GP surgery.

Children in school are given information and a consent form by the school and will usually have their flu vaccine in school. Please read the information and return the form as soon as possible.

If your child is aged four or older, and not in school, contact their GP surgery so they can get their flu vaccine.

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.

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

# What type of flu vaccine is given to children and young people?

Most children and young people will get their flu vaccine as a painless nasal spray, as this is the best flu vaccine for them. The vaccine is a fine mist that is sprayed up the nose from the tip of each nostril. It can be given from the age of two. Most children are not upset after receiving a flu nasal spray.

If your child misses their flu vaccine, speak to their school nurse, health visitor, GP or practice nurse about getting the vaccine.

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

- under two;
- on long-term aspirin (salicylate) treatment;
- taking steroid tablets (currently or in the last two weeks); or
- in close contact with someone who has a severely weakened immune system (for example, after a bone marrow transplant) and is being looked after in a protected environment.

**The nasal spray vaccine can't be given to anyone who has:**

- had a severe life-threatening allergic reaction to a flu vaccine (or any ingredient in the vaccine);
- a weakened immune system;
- a wheezy chest on the day of the vaccination or in the previous three days; or
- increased the use of their asthma inhalers in the previous three days.

Most children and young people who can't have the nasal spray vaccine can have a flu vaccine injection at their GP surgery instead.

Children and young people with asthma who need regular oral steroids or have needed intensive-care treatment for their asthma in the past should be referred to a specialist for advice about receiving the nasal spray vaccine. They may need a flu vaccine injection instead.

If your child is having a cochlear implant in the week before their nasal spray vaccination appointment or is due to have the vaccination in the two weeks after having their implant, speak to your health visitor, school nurse, GP or practice nurse for more advice.

## A cold or other minor illness is not a reason to delay a flu vaccination.

If your child is unwell with a high temperature it is best to delay their vaccination until they are feeling better.

If your child cannot avoid contact with someone who has severely weakened immunity, such as someone who has recently had a bone marrow transplant, you should discuss this with your health visitor, school nurse, GP or practice nurse before your child has the nasal spray vaccine. They may decide to offer your child a flu vaccine injection instead.

## Can my child have the vaccine if they have allergies?

Most children can have a flu vaccine if they have allergies. The person giving the vaccine will check to be sure it is safe to give.

Most children and young people who are allergic to egg can receive the vaccine with no problems. The small number of people who have previously needed intensive-care treatment for anaphylaxis (a rare, life-threatening allergic reaction) can be offered a flu vaccine injection instead.

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

Yes, the flu vaccine can be given at the same time as most other vaccines. Speak to your health visitor, school nurse, GP or practice nurse for more advice.

## Does the nasal spray vaccine contain gelatine?

Yes, it contains small traces of highly purified porcine gelatine, which is also used in a range of essential medicines.

The nasal spray vaccine is the best flu vaccine for children and young people. But flu injections do not contain gelatine, so if you would prefer your child to have the injection instead, contact their GP surgery so they don't miss out.

# Where can I get more information?

If you have any questions or want more information, you can visit **111.wales.nhs.uk**, talk to your doctor or nurse or call NHS 111 Wales on **111**.

You can find out more information on vaccines offered in Wales at: **phw.nhs.wales/vaccines**

You can find out more about the nasal spray flu vaccine, including its contents and possible side effects, in the patient leaflet at: **medicines.org.uk/emc**. You will need to enter 'Fluenz Tetra' in the search box. You can also see the patient information leaflet online.

You can report suspected side effects online at **www.mhra.gov.uk/yellowcard** or by downloading the Yellow Card app or calling **0800 731 6789** (Monday to Friday, 9am to 5pm).

A schedule showing which immunisations are routinely offered in Wales is available from: **phw.nhs.wales/CompleteSchedule**

For vaccine information in other formats, such as large print, visit: **phw.nhs.wales/vaccines/accessible-information**

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

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# Ble mae cael rhagor o wybodaeth?

Os oes gennych chi unrhyw gwestiynau neu os ydych chi eisiau cael rhagor o wybodaeth, ewch i **111.wales.nhs.uk**, siaradwch â'ch meddyg teulu neu nyrs neu ffoniwch GIG 111 Cymru ar **111**.

Gallwch gael mwy o wybodaeth am y brechiadau a gynigir yng Nghymru yn: **icc.gig.cymru/brechlynnau**

Gallwch gael rhagor o wybodaeth am y brechiad ffliw drwy chwistrell trwyn, gan gynnwys ei gynnwys a'i sgîl-effeithiau posibl, yn y daflen i gleifion yn: **medicines.org.uk/emc**. Bydd angen i chi nodi 'Fluenz Tetra' yn y bocs chwilio. Gallwch hefyd weld y daflen gwybodaeth i gleifion ar-lein.

Gallwch roi gwybod am amheuaeth ynghylch sgîl-effeithiau ar-lein yn **www.mhra.gov.uk/yellowcard** neu drwy lawrlwytho'r ap Yellow Card neu ffonio **0800 731 6789** (Llun - Gwener, 9am i 5pm).

Mae amserlen yn dangos pa frechiadau a gynigir yn rheolaidd yng Nghymru ar gael o: **icc.gig.cymru/AmserlenGyflawn**

I gael gwybodaeth am frechiadau mewn fformatau eraill, fel print mawr, ewch i: **icc.gig.cymru/brechlynnau/adnoddau-hygyrch**

I gael gwybod sut mae'r GIG yn defnyddio eich gwybodaeth, ewch i: **111.wales.nhs.uk/amdanomni/eichgwybodaeth**

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## A all fy mhlentyn gael y brechiad os oes ganddo alergeddau?

Gall y rhan fwyaf o blant gael brechiad y ffliw os oes ganddynt alergeddau. Bydd y person sy’n rhoi’r brechiad yn holi i sicrhau ei fod yn ddiogel i’w roi.

Gall y rhan fwyaf o blant a phobl ifanc sydd ag alergedd i wyau dderbyn y brechiad heb unrhyw broblemau. Gellir cynnig pigiad brechiad y ffliw yn lle chwistrell i’r nifer bychan o bobl sydd wedi bod angen triniaeth gofal dwys ar gyfer anaffylacsis (adwaith alergaidd prin sy’n bygwth bywyd) yn flaenorol.

## Oes posib rhoi brechiad y ffliw ar yr un pryd â brechiadau eraill?

Oes, gellir rhoi brechiadau’r ffliw ar yr un pryd â’r rhan fwyaf o frechiadau eraill. Siaradwch â’ch ymwelydd iechyd, nyrs yr ysgol, eich meddyg teulu neu nyrs y feddygfa am ragor o gyngor.

## Ydi’r brechiad drwy chwistrell trwyn yn cynnwys gelatin?

Ydi, mae’n cynnwys ychydig o olion o gelatin moch pur iawn a ddefnyddir hefyd mewn ystod o feddyginiaethau hanfodol.

Y brechiad drwy chwistrell trwyn yw’r brechiad ffliw gorau i blant a phobl ifanc, ond mae pigiadau’r ffliw yn rhydd o gelatin felly os byddai’n well gennych i’ch plentyn gael hwn fel dewis arall, cysylltwch â’i feddygfa fel nad yw’n colli’r warchodaeth rhag y ffliw.

Gall y rhan fwyaf o blant a phobl ifanc na allant gael y brechiad drwy chwistrell trwyn gael pigiad brechiad y ffliw yn ei le, yn eu meddygfa.

Dylai plant a phobl ifanc ag asthma sydd angen steroids rheolaidd drwy'r geg neu sydd wedi bod angen triniaeth gofal dwys ar gyfer eu hasthma yn y gorffennol gael eu cyfeirio at arbenigwr i gael cyngor ar dderbyn y brechiad drwy chwistrell trwyn. Efallai y bydd angen pigiad brechiad y ffliw arnynt yn lle'r chwistrell.

Os yw eich plentyn yn cael mewnblaniad yn y cochlea yn ystod yr wythnos cyn ei  apwyntiad ar gyfer y brechiad drwy chwistrell trwyn, neu i fod i gael y brechiad yn ystod y pythefnos ar ôl ei fewnblaniad, siaradwch â'ch ymwelydd iechyd, y nyrs ysgol, eich meddyg teulu neu nyrs y feddygfa am ragor o gyngor.

## Nid yw annwyd neu fân salwch arall yn rheswm i ohirio brechiad y ffliw.

Os yw eich plentyn yn sâl gyda thymheredd uchel mae'n well gohirio ei frechiad nes ei fod yn teimlo'n well.

Os na all eich plentyn osgoi dod i gysylltiad â rhywun sydd ag imiwnedd gwan iawn, fel rhywun sydd wedi cael trawsblaniad mêr esgyrn yn ddiweddar, dylech drafod hyn gyda'ch ymwelydd iechyd, nyrs yr ysgol, eich meddyg teulu neu nyrs y feddygfa cyn i'ch plentyn gael y brechiad drwy chwistrell trwyn. Efallai y byddant yn penderfynu cynnig pigiad fel brechiad y ffliw i'ch plentyn yn lle chwistrell.

# Pa fath o frechiad ffliw a roddir i blant a phobl ifanc?

Bydd y rhan fwyaf o blant a phobl ifanc yn cael brechiad y ffliw drwy chwistrell trwyn sy'n gwbl ddi-boen gan mai dyma'r brechiad ffliw gorau iddynt. Mae'n ager ysgafn sy'n cael ei chwistrellu i fyny'r trwyn, a gellir ei roi o ddwy oed. Nid yw'r brechiad ffliw drwy chwistrell trwyn yn amharu o gwbl ar y rhan fwyaf o blant.

Os bydd eich plentyn yn colli ei frechiad ffliw, siaradwch â nyrs yr ysgol, eich ymwelydd iechyd, eich meddyg teulu neu nyrs y feddygfa am gael y brechiad.

**Ni ellir rhoi'r brechiad drwy chwistrell trwyn i unrhyw un sydd:**

- dan ddwy oed;
- ar driniaeth asbrin (salisylad) hirdymor;
- yn cymryd tabledi steroid (ar hyn o bryd, neu yn ystod y pythefnos diwethaf); neu
- mewn cysylltiad agos â rhywun sydd â system imiwnedd wan iawn (er enghraifft, ar ôl trawsblaniad mêr esgyrn) ac sy'n derbyn gofal mewn amgylchedd gwarchodedig.

**Ni ellir rhoi'r brechiad drwy chwistrell trwyn i unrhyw un sydd:**

- wedi cael adwaith alergaidd difrifol sy'n bygwth bywyd i frechiad ffliw (neu unrhyw gynhwysyn yn y brechiad);
- â system imiwnedd wan;
- â brest sy'n wichlyd ar ddiwrnod y brechiad neu yn ystod y tri diwrnod blaenorol; neu
- wedi cynyddu'r defnydd o fewnanadlydd asthma yn ystod y tri diwrnod blaenorol.

## Gofalwyr ifanc

Mae’n bwysig iawn i blant a phobl ifanc sy’n gofalu am rywun sy’n agored i niwed o ran y ffliw a’i gymhlethdodau gael brechiad ffliw bob blwyddyn. Mae’n helpu i’w hamddiffyn a hefyd y person maent yn gofalu amdano.

## Oes angen i mi wneud unrhyw beth?

Yn gyffredinol, gwahoddir plant sy’n ddwy neu dair oed (oedran ar 31 Awst 2023) i gael brechiad ffliw yn eu meddygfa.

Mewn rhai ardaloedd, bydd plant tair oed a rhai plant pedair oed yn cael cynnig y brechiad yn y feithrinfa.

Os yw eich plentyn yn y grŵp oedran hwn a heb gael gwahoddiad i gael y brechiad erbyn canol mis Tachwedd, cysylltwch â’i feddygfa.

Bydd plant yn yr ysgol yn derbyn gwybodaeth a ffurflen ganiatâd gan yr ysgol ac yn gyffredinol byddant yn cael eu brechiad ffliw yn yr ysgol. Darllenwch yr wybodaeth a dychwelyd y ffurflen wedi’i llofnodi cyn gynted ag y bo modd.

Os yw eich plentyn yn bedair oed neu’n hŷn, ac nid yw yn yr ysgol, cysylltwch â’i feddyg teulu er mwyn iddo allu cael ei frechiad.

Os yw eich plentyn o dan ddwy oed, neu’n 16 neu 17 oed, ac yn wynebu risg uwch o gymhlethdodau o’r ffliw oherwydd cyflwr iechyd, dylai ei feddygfa ei wahodd i gael brechiad.

Yn ddelfrydol, dylid rhoi’r brechiad ffliw cyn i’r ffliw ddechrau mynd ar led yn y gymuned. Fodd bynnag, gellir ei roi yn ddiweddarach yr un fath.

Gallwch roi gwybod am unrhyw sgîl-effeithiau oherwydd y brechiadau drwy'r cynllun Yellow Card. Gallwch wneud hyn ar-lein yn **www.mhra.gov.uk/yellowcard** neu drwy ffonio **0800 731 6789** (Dydd Llun i ddydd Gwener, 9am i 5pm).

## Beth os oes gan fy mhlentyn gyflwr iechyd?

Os yw eich plentyn yn chwe mis oed neu'n hŷn a bod ganddo un o'r cyflyrau iechyd canlynol, mae'n bwysig ei fod yn cael brechiad y ffliw bob blwyddyn gan ei fod mewn mwy o berygl o gymhlethdodau'r ffliw.

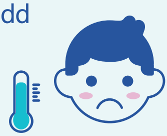
- Diabetes
- Problem gyda'r galon
- Cwyn ar y frest neu anawsterau anadlu, gan gynnwys asthma sydd angen mewnanadlydd steroid neu dabledi rheolaidd
- Clefyd yr arennau (o gam 3)
- Imiwnedd is oherwydd afiechyd neu driniaeth (a hefyd cysylltiadau agos â phobl yn y grŵp hwn)
- Clefyd yr iau / afu
- Strôc neu strôc fechan
- Cyflwr niwrolegol
- Dueg ar goll neu broblem gyda'r ddueg
- Anabledd dysgu
- Pobl ifanc â phwysau corff uwch (Mynegai Màs y Corff o 40 neu uwch)

Gall plant yn y grwpiau hyn gael eu brechiad yn yr ysgol (hyd at flwyddyn 11) neu yn eu meddygfa.

# Oes gan frechiad y ffliw drwy chwistrell trwyn unrhyw sgîl-effeithiau?

**Am ddiwrnod neu ddau ar ôl y brechiad, gall rhai plant a phobl ifanc brofi'r canlynol:**

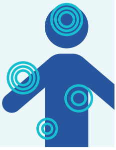
tymheredd uchel;



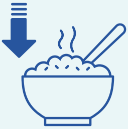
teimlo'n flinedig;

cur pen;

cyhyrau poenus;



llai o archwaeth bwyd; neu



trwyn yn rhedeg neu wedi'i flocio.

**Hefyd gall plant neu bobl ifanc sydd angen pigiad brechiad y ffliw:**

dioddef o fraich boenus ar ôl cael y pigiad.

**Mae brechiadau'r ffliw yn ddiogel iawn ac mae adweithiau eraill yn llai cyffredin.Ni fydd brechiad y ffliw yn achosi'r ffliw.**

# Pa blant a phobl ifanc all gael brechiad y ffliw am ddim?

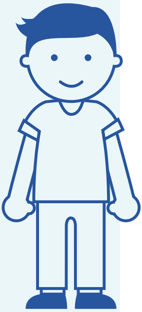
**Gall pob plentyn o ddwy oed gael brechiad y ffliw am ddim yn 2023/24. Mae hyn yn cynnwys:**

- pob plentyn dwy a thair oed ar 31 Awst 2023;

- pob plentyn mewn ysgol gynradd;

- pob plentyn ym mlynyddoedd 7 i 11 mewn ysgol uwchradd; a

- plant a phobl ifanc o 6 mis oed sydd â chyflwr iechyd sy'n eu rhoi mewn mwy o berygl o'r ffliw.



# Pam fod angen brechiad y ffliw ar blant a'r rhan fwyaf o bobl ifanc?

Fel COVID-19, mae'r ffliw yn cael ei achosi gan feirws sy'n gallu lledaenu'n hawdd i bobl eraill. Gall unrhyw un gael y ffliw ond plant sydd â'r gyfradd uchaf o haint a gall y ffliw fod yn ddifrifol iddyn nhw.

# Ydi'r ffliw yn ddifrifol?

Gall y ffliw fod yn ddifrifol i blant. Fel COVID-19, mae'n cael ei achosi gan feirws a gall rhai plant ddatblygu cymhlethdodau difrifol fel broncitis, niwmonia a heintiau ar y glust. Bob blwyddyn, bydd angen triniaeth mewn unedau gofal dwys ar rai plant yng Nghymru oherwydd y ffliw.

Bydd pob plentyn dwy a thair oed (oedran ar 31 Awst 2023), a phlant ysgol o'r dosbarth derbyn hyd at a chan gynnwys blwyddyn ysgol 11, yn cael cynnig brechiad y ffliw drwy chwistrell trwyn yr hydref neu'r gaeaf yma.

Mae'n arbennig o bwysig bod plant a phobl ifanc rhwng chwe mis ac 17 oed sydd â chyflwr iechyd hirdymor yn cael eu brechu, gan eu bod mewn mwy o berygl o gymhlethdodau na phlant eraill os byddant yn dal y ffliw.

Y gaeaf yma efallai y byddwn yn gweld COVID-19 a'r ffliw yn cylchredeg ar yr un pryd, felly mae'n bwysig iawn i'ch plentyn gael ei amddiffyn rhag y ffliw.

**! Cael brechiad y ffliw bob blwyddyn yw un o'r ffyrdd gorau o amddiffyn rhag y ffliw.**

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

# Sut mae brechiad y ffliw yn helpu?

Bydd cael brechiad y ffliw yn helpu i ddiogelu eich plentyn rhag y ffliw. Mae'r rhan fwyaf o blant a phobl ifanc yn cael eu brechiad fel chwistrell trwyn cyflym a di-boen.

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

Mae hefyd yn helpu i leihau'r siawns y bydd plant a phobl ifanc yn lledaenu'r ffliw i eraill sy'n wynebu mwy o risg o'r ffliw, fel babanod ifanc, pobl hŷn, a'r rhai sydd â chyflyrau iechyd hirdymor.

Mae rhai pobl yn dal i gael y ffliw hyd yn oed ar ôl cael brechiad y ffliw, ond yn aml gyda symptomau ysgafnach. Nid yw brechiadau'r ffliw yn diogelu rhag annwyd, feirysau resbiradol eraill neu salwch arall y gaeaf.

# Pump rheswm i frechu eich plentyn rhag y ffliw

## 1. Diogelu eich plentyn

Bydd y brechiad yn helpu i ddiogelu eich plentyn rhag cymhlethdodau difrifol y ffliw, fel niwmonia.

## 2. Eich diogelu chi, eich teulu a'ch ffrindiau

Bydd brechu eich plentyn rhag y ffliw yn helpu i ddiogelu eraill, yn enwedig os ydynt yn agored i niwed o gymhlethdodau'r ffliw.

## 3. Chwistrell yn y trwyn yw hwn

Mae'r rhan fwyaf o blant yn cael chwistrell sydyn a di-boen ac nid ydynt yn cael eu heffeithio ganddo.

## 4. Mae'n well na chael y ffliw

Mae salwch y ffliw yn amhleserus a gall fod yn ddifrifol i rai plant. Mae brechiadau'r ffliw yn ddiogel ac maent wedi cael eu rhoi i filiynau o blant ym mhob cwr o'r byd.

## 5. Osgoi colli pethau

Pan mae plant yn cael y ffliw, maent yn colli'r ysgol neu gyfleoedd pwysig i ddatblygu, ac efallai y bydd angen i rieni gymryd amser o'r gwaith neu wneud trefniadau gofal plant eraill.

Mae Brechu yn achub bywydau
Vaccination saves lives

# Y Ffliw

## Amddiffyn plant a phobl ifanc gyda chwistrell syml yn y trwyn

Gwybodaeth am y ffliw i blant a phobl ifanc yn 2023/24

GIG CYMRU NHS WALES