

September 2023

**Help keep your child well this winter – make sure they have their flu vaccine.**

This is a **final reminder** to complete and return your child's nasal flu consent form.

All forms need to be submitted by **12PM 15.11.23**. Forms received after this date may result in your child not receiving their immunisation on the day. If you have already submitted a consent form, **no further action is required**.

**The NHS recommends that your child has a flu vaccination every year.**

Please follow the link to complete the consent form. <https://forms.office.com/e/vZMsu9Rp0x>

Dear parent or guardian,

It's very important to protect your child from flu to make sure they stay as healthy as possible, as both COVID-19 and flu are likely to circulate this winter. The best flu vaccine for most children is a nasal spray. This is the vaccine that will be given on the day.

We have included flu vaccination information and a consent form with this letter. To help make sure the vaccine is suitable for your child, and they don't miss out, please take time to read the information and then **complete online before the planned vaccination date**.

If you want more information about flu vaccination for children, please contact the immunisation team, or visit [phw.nhs.wales/flu vaccine](http://phw.nhs.wales/flu vaccine) or click on the PDF attachments.

Please keep this letter, as it contains the date of the vaccination session and contact details.

Yours faithfully,

**Immunisation Team**

**After you have returned the consent form, please contact the immunisation team on 03000 858599 before the vaccination session if:**

- **there are any changes to your child's health, or**
- **their asthma medication is increased, or**
- **they are prescribed oral steroids, or**
- **they become wheezy.**

*Note: There are a very small number of children who should not have the nasal flu vaccine. Please see the information sheet for more detail, or look at [phw.nhs.wales/flu vaccine](http://phw.nhs.wales/flu vaccine).*



**Mae Brechu yn achub bywydau**  
**Vaccination saves lives**

Medi 2023

**Helpwch i gadw eich plentyn yn iach y gaeaf hwn – gwnewch yn siŵr ei fod yn cael ei frechlyn fflw.**

Dyma nodyn atgoffa terfynol i gwblhau a dychwelyd ffurflen caniatâd fflw trwyn eich plentyn.

Mae angen cyflwyno pob ffurflen erbyn 12PM 15.11.23..... . Gall ffurflenni a dderbynnir ar ôl y dyddiad hwn olygu na fydd eich plentyn yn cael ei imiwneiddiad ar y diwrnod. Os ydych eisoes wedi cyflwyno ffurflen ganiatâd, nid oes angen unrhyw gamau pellach.

Mae'r GIG yn argymhell bod eich plentyn yn cael brechiad fflw bob blwyddyn.

Dilynwch y ddolen isod i gwblhau'r ffurflen ganiatâd.

<https://forms.office.com/e/vZMsu9Rp0x>

Annwyl riant neu warcheidwad,

Mae'n bwysig iawn amddiffyn eich plentyn rhag y fflw er mwyn sicrhau ei fod yn aros mor iach â phosibl, gan fod COVID-19 a'r fflw yn debygol o fynd ar led y gaeaf hwn. Y brechlyn fflw gorau i'r rhan fwyaf o blant yw chwistrell trwyn. Dyma'r brechlyn a roddir ar y diwrnod.

Rydym wedi cynnwys taflen wybodaeth a ffurflen ganiatâd gyda'r llythyr hwn. Er mwyn helpu i sicrhau bod y brechlyn yn addas ar gyfer eich plentyn, ac nad yw'n colli allan, rhowch amser i ddarllen yr wybodaeth ac yna **gwblhau ar-lein cyn y dyddiad brechu arfaethedig**.

Os ydych eisiau cael rhagor o wybodaeth am frechu rhag y fflw i blant, cysylltwch â tîm imiwneiddio, neu ewch i [icc.gig.cymru/brechlynffliw](https://www.icc.gig.cymru/brechlynffliw) neu cliciwch ar yr atodiadau PDF.

Cadwch y llythyr hwn gan ei fod yn cynnwys dyddiad y sesiwn brechu a manylion cyswllt.  
Yn gywir

**Tîm Imiwneiddio**

**Ar ôl i chi ddychwelyd y ffurflen ganiatâd, cysylltwch â tîm imiwneiddio ar 03000 858599 cyn y sesiwn brechu os.**

- oes unrhyw newidiadau i iechyd eich plentyn, neu
- os yw ei feddyginiaeth asthma wedi cynyddu, neu
- os oes steroidau drwy'r geg wedi'u rhoi iddo/iddi ar bresgripsiwn, neu
- os bydd ei frest yn gwichian.

Noder: Mae nifer bach iawn o blant na ddylent gael y brechlyn fflw drwy'r trwyn. Gweler y daflen wybodaeth i gael rhagor o fanylion, neu edrychwch ar [icc.gig.cymru/brechlynffliw](https://www.icc.gig.cymru/brechlynffliw).

