



Mae Brechu yn achub bywydau
Vaccination saves lives



Protection against tetanus, diphtheria and polio



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This leaflet is for young people and their parents or guardians. It explains the vaccination that is offered at around 13 to 14 years of age to provide protection against tetanus, diphtheria and polio. This vaccine is sometimes called the Td/IPV, or 3-in-1 teenage booster.

What is tetanus?

Tetanus is a painful disease affecting the nervous system. It can lead to muscle spasms and breathing problems, and can kill. It is caused, for example, when germs found in soil and manure get into the body through open cuts or burns. Tetanus cannot be passed from person to person.

What is diphtheria?

Diphtheria is a serious disease that usually begins with a sore throat and can quickly cause breathing problems. It can damage the heart and nervous system and, in severe cases, it can kill.

What is polio?

Polio is a virus that attacks the nervous system and can cause permanent paralysis of muscles. If it affects the chest muscles or the brain, it can kill.

If I was vaccinated against tetanus, diphtheria and polio as a child, am I still protected?

Yes. You will have some protection, but you need this booster to complete your routine vaccinations and to give you longer-term protection.

How many doses do I need to make sure I am protected?

You need five doses of tetanus, diphtheria and polio vaccines to build up and keep your immunity.

You should have had:



the first three doses
as a baby



the fourth dose
at around three to four years old (before you started school)



the fifth dose
at around 13 to 14 years old (school year 9)

You may need more doses for certain jobs or travel.

If you think you have missed any of the routine doses, speak to your nurse or doctor.



It's not too late to get up to date.

When and where will I get the booster?

In most areas of Wales, the 3-in-1 teenage booster is routinely offered in school year 9. In a few areas, where the vaccine is not given in school, you will be invited to have it at your GP surgery.

What do I need to do?

If you receive a consent form at school, make sure you and your parent or guardian read the information, sign the form and return it to school as soon as possible.

It's best to involve your parent or guardian in your decision about having the vaccine, but in some circumstances you can give permission yourself if you fully understand what is being offered.

How will I be given the vaccine?

This vaccine is given as an injection in your upper arm, at the same time as the Men ACWY vaccine that helps to protect against meningitis and septicaemia. If you are a bit nervous about having injections, tell the nurse or doctor.

Are there any other vaccinations I need to have now?

The 3-in-1 teenage booster and Men ACWY vaccines are likely to be the last of your childhood vaccines. It's a good idea to check with the person giving you the injections that all your other vaccinations, for example, MMR (measles, mumps and rubella), are up to date. If you have never had the MMR vaccine, you should have one dose now and another a month later.



Are there any reasons why I should not be vaccinated?

There are very few teenagers who cannot have the 3-in-1 booster. You should not have the vaccine if you have had a severe (life-threatening) reaction to any ingredient of the vaccine or to a previous dose of diphtheria, tetanus or polio vaccine.

What if I am ill on the day of the appointment?

If you have a minor illness without a fever, such as a cold, you should still have the vaccination. If you are ill with a fever, put the vaccination off until you are better.

Also, speak to your doctor or nurse before having the vaccination if you:

- have a bleeding disorder; or
- have had convulsions (fits) not associated with fever.



Are there any side effects?

Your arm may be sore with some swelling, redness or tenderness where you have had the injection. Sometimes a small painless lump develops, but this usually disappears within a few weeks. More serious effects are rare but can include fever, headache, dizziness, feeling sick and swollen glands.

If you have a fever and feel unwell after the vaccination, take paracetamol or ibuprofen. Read the instructions on the bottle or packet carefully and take the correct dose for your age.

It is not recommended that you take these medicines before or after the vaccination just because you think you might get a fever.



Remember, don't take medicines that contain aspirin if you are under 16 years old.

Very rarely, some people have an allergic reaction soon after the vaccination. This may be a rash or itching affecting part or all of the body.

Even more rarely, some people can have a severe reaction soon after the vaccination, which causes breathing difficulties and may cause them to collapse. This is called an anaphylactic reaction and can happen with other medicines and food. These reactions are extremely rare and nurses are trained to manage them. People who have an anaphylactic reaction can be successfully treated and generally recover within a few hours.

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**.

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

You can find out more about the vaccine, including its contents and possible side effects at medicines.org.uk/emc. You will need to enter the name of the vaccine (Revaxis) in the search box. You can also see the patient 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 vaccinations are routinely offered in Wales is available from 111.wales.nhs.uk/CompleteSchedule

To order more copies of this leaflet, visit: publichealthwales.org/HealthInformationResources

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 gennyf chi unrhyw gwestiynau neu os ydych chi eisiau mwy o wybodaeth, ewch i 111.wales.nhs.uk, siaradwch â'ch meddyg neu eich nyrs neu ffoniwch **GIG Cymru** ar 111.

Gallwch ddod o hyd i ragor o wybodaeth am y brechlynnau a gynygri yng Nghymru yn: **icc.gig.cymru/brechlynnau**

Gallwch gael gwybod mwy am y brechlyn, ac am ei gynnwys a'r sgil-ffeithiau posibl, yn **medicines.org.uk/emc**. Bydd angen i chi nodi enw'r brechlyn (Revaxis) yn y bocs chwilio. Gallwch hefyd weld y datlen i gleffion ar-lein.

Gallwch roi gwybod am unrhyw sgil-ffeithiau posibl 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'r amserlen frechu sy'n dangos i chi pa frechlynnau a gynygri yn rheolaidd yng Nghymru ar gael yn: **111.wales.nhs.uk/amserlengyflawm**

I archebu rhagor o gopiau o'r datlen hon, ewch i **iechydcyhoeddus.cymru.org/adnoddau-gwybodaeth-iechyd**

Am wybodaeth am frechlynnau mewn fformatau eraill, fel print bras, ewch i: **icc.gig.cymru/brechlynnau/adnoddau-hygrych**

Gallwch gael gwybod sut y mae'r GIG yn defnyddio eich gwybodaeth yn: **111.wales.nhs.uk/amanomni/** **eichgwybodaeth**



Oes unrhyw sgil-effeithiau?

Etallai y bydd eich braich yn brifo ychydig ac wedi chwyddo, neu tymryn yn goch ac anesmwyth, lle rydych chi wedi cael y brechiad. Weithiau mae lwmr bychan di-boen yn ymddangos, ond mae hwn yn diffiannu o fewn ychydig wythnosau fel rheol. Mae effeithiau mwy difrifol yn brin ond yn cynnwys tymheredd uchel, cur pen, penysgafnod, teimlo'n sâl a chwarenau wedi chwyddo.

Os cewch chi dymheredd uchel ac os ydych chi'n teimlo'n sâl ar ôl y brechiad, cymerwch paracetamol neu ibuprofen. Darllenwch y cyfarwyddiadau ar y botel neu'r pecyn yn ofalus a chymryd y dos cywir ar gyfer eich oedran.

Nid ydym yn argymhell eich bod yn cymryd y meddyginiathau hyn cyn neu ar ôl y brechiad dim ond am eich bod yn meddwl y byddwch yn cael tymheredd uchel.

Cotiwch, peidiwch â chymryd meddyginiathau sy'n cynnwys aspirin os ydych chi'n iau nag 16 oed.



Yn anaml iawn, mae rhai pobl yn cael adwath alergaid yn fuan ar ôl y brechiad. Gall fod yn frech neu gosi sy'n effeithio ar ran o'ch corff neu eich corff i gyd.

Yn fwy anaml fyth, mae rhai pobl yn gallu cael adwath difrifol yn fuan ar ôl y brechiad, sy'n achosi anawsterau anadlu a gwneud iddynt lewygu etallai. Yr enw ar hyn yw adwath anaffylactig a gall ddigwydd gyda meddyginiathau eraill a bwyd. Mae adwath o'r fath yn eithriadol brin ac mae nyrsys wedi'u hyfforddi i ddelio ag ef. Gall pobl sydd wedi cael adwath anaffylactig gael eu trin yn llwyddiannus ac fel rheol maent yn dod at eu hunain o fewn ychydig oriau.





Oes unrhyw resymau pam na ddylyn i gael fy mrechu?

Ychydig iawn o bobl ifanc yn eu harddegau sy'n methu cael yr hwb-frechiad 3-mewn-1. Ni ddylech gael y frechiad os ydych chi wedi cael adwaith difrifol (yn peryglu bywyd) i unrhyw gynhwysyn neu unrhyw ddos blaenorol o frechiad difftheria, tetanus neu bolio.

Beth os ydw i'n sâl ar ddiwrnod yr apwyntiad?

Os oes gennych chi fân salwch, heb dymheredd uchel, fel annwyd, dylech gael y brechiad yr un fath. Os ydych chi'n sâl gyda thymheredd uchel, peidiwch â chael y brechiad nes eich bod yn well.

Hefyd, siaradwch gyda'ch meddyg neu eich nyrs cyn cael y brechiad os oes gennych chi:

- anhwylder gwaedu; neu
- wedi cael conflysiwn (ffit) heb fod yn gysylltiedig â thymheredd uchel.

Pryd a ble fyddaf i'n cael yr hwb-frechiad?

Yn y rhan fwyaf o ardaloedd yng Nghymru, mae'r hwb-frechiad arddedol 3-mewn-1 yn cael ei gynig ym mlwyddyn 9. Os nad yw'r brechiad yn cael ei roi yn yr ysgol, cewch wahoddiad i'w gael yn eich meddygfa.

Beth sydd raid i mi ei wneud?

Os byddwch yn cael ffurflen ganiatâd yn yr ysgol, gwnewch yn siŵr eich bod chi a'ch rhiant neu eich gwarcheidwad yn darllen yr wybodaeth, yn llofnodi'r ffurflen a'i dychwelyd i'r ysgol cyn gynted â phosib.

Mae'n well cynnwys eich rhiant neu eich gwarcheidwad yn eich penderfyniad am gael y brechiad ond, o dan rai amgylchiadau, gallwch roi caniatâd eich hun os ydych yn deall beth sy'n cael ei gynig yn llawn.

Sut byddaf yn cael y brechiad?

Mae'r brechiad yn cael ei roi fel pigiad yn rhan uchaf y traich ar yr un pryd â'r brechiad MenACWV sy'n helpu i'ch amddiffyn chi rhag llid yr ymennydd a septicemia. Os ydych chi braidd yn nerfus am gael brechiadau, dywedwch wrth y nyrs neu'r meddyg.

Oes unrhyw frechiadau eraill y dylwn i eu cael nawr?

Yr hwb-frechiad arddedol 3-mewn-1 a'r brechiadau MenACWV fydd y rhai olaf o'ch brechiadau plentyndod fwy na thebyg. Mae'n syniad da gofyn i'r person sy'n rhoi'r pigladau i chi a ydych chi wedi cael eich brechiadau eraill i gyd, er enghraifft, MMR (y frech goch, clyw'r pennau a rwbeta). Os nad ydych chi wedi cael y brechiad MMR erioed, dylech gael un dos nawr ac un arall ymhen mis.




**Os ydwi i wedi cael fy mrech
rhag tetanus, difftheria a
pholio fel plentyn, ydwi i wedi
fy amddiffyn o hyd?**

Ydych. Bydd gennyf chi rywfaint o warchodaeth,
ond mae arnoch angen yr hwb-frechad yma!
gwblhau eich brechiadau arferol sy'n eich amddiffyn
chi yn y tymor hir.

**Faint o ddosys sydd raid i mi
eu cael i wneud yn siŵr fy mod
i wedi cael fy amddiffyn?**

Rhaid i chi gael pum dos o frechiadau tetanus,
difftheria a pholio i greu a chynnal eich imiwedd.

Dylech fod wedi cael y canlynol:

 <p>5 DOS</p> <p>y pumed dos yn 13 i 14 oed (blwyddyn ysgol 9).</p>	 <p>4 DOS</p> <p>y pedwerydd dos yn dair i bedair oed (cyn i chi ddechrau yn yr ysgol)</p>	 <p>1 1 3 DOSau</p> <p>y tri dos cynaf yn fabi</p>
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Efallai y bydd rhaid i chi gael mwy o ddosys ar gyfer
rhai swyddi neu i deithio.

Os ydych chi'n meddwl eich bod chi wedi colli unrhyw
rai o'r dosys, siaradwch gyda'ch nyrs neu eich meddyg.

**Dydi hi ddim yn rhy hwyr i gael
y brechiadau.**



Mae polio'n feirws sy'n ymosod ar y system nerfol a gall achosi parlys parhaol y cyhyrau. Mae'n effeithio ar gyhyrau'r frest neu'r ymennydd ac mae polio'n gallu lladd.

Beth yw polio?

Mae difftheria'n gleyd difrifol sydd fel rheol yn dechrau gyda dolur gwedd a gall achosi problemau anadlu'n gyflym iawn. Gall niweidio'r galon a'r system nerfol ac, mewn achosion difrifol, gall lladd.

Beth yw difftheria?

Mae tetanus yn gleyd poenus sy'n effeithio ar y system nerfol. Mae'n gallu arwain at wingo yn y cyhyrau a phroblemau anadlu, ac mae'n gallu lladd. Caiff ei achosi, er enghraifft, pan mae'r germau sydd yn y pridd ac mewn tail yn mynd i mewn i'r corff drwy friwiau neu losgiadau agored ar y croen. Nid oes posibil pasio tetanus o berson i berson.

Beth yw tetanus?

Mae'r datlen yma ar gyfer pobl ifanc a'u rhieni neu eu gwarcheidwaid. Mae'n esbonio'r brechiad sy'n cael ei gynig pan maent tua 13 i 14 oed, i amddiffyn rhag tetanus, difftheria a pholio. Weithiau gelwir y brechiad yma'n Td/IPV neu'n hwb-frechiad arddegol 3-mewn-1.



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Amdditfyn rhag tetanws, diffttheria a pholio

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