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**Cyngor a Gwybodaeth Brechu COVID-19**

**Ydych chi wedi’ch amddiffyn?**

Mae'r gaeaf ar ei ffordd a, gyda'r cynnydd mewn cymysgu cymdeithasol ac ymlacio cyfyngiadau, mae disgwyl cynnydd mewn salwch anadlol fel Covid a'r ffliw.

Gwahoddir pawb sy'n gymwys i gael brechiad ffliw am ddim, gan gynnwys y rhai sy'n 50 oed neu'n hŷn, i gael eu brechu gan eu meddygfa.

Ac mae'r drws yn parhau ar agor i'r rhai 16+ a hoffai gael y **brechlyn Covid**.

Mae treialon a data'r byd go iawn wedi dangos bod y brechlynnau cyfredol ar ôl dau ddos ​​yn cynnig amddiffyniad da iawn yn erbyn Covid yn gyffredinol. Maent yn arbennig o dda am atal y salwch mwyaf difrifol, a allai arwain at gael eu derbyn i'r ysbyty neu farwolaeth.

Os ydych chi'n byw yn ardal **Bwrdd Iechyd Prifysgol Bae Abertawe** (Abertawe a Castell-nedd Port Talbot) gallwch **barhau** i drefnu eich **apwyntiad** dos cyntaf neu ail (cofiwch fod yn rhaid i'ch ail ddos ​​fod o leiaf wyth wythnos ar ôl eich cyntaf) trwy gysylltu â ni rhwng 9am a 6pm, Dydd Llun i Ddydd Sadwrn trwy unrhyw un o'r ffyrdd canlynol:

**Cyn eich apwyntiad**, dywedwch wrthym a oes gennych unrhyw anghenion ychwanegol, megis anabledd, mater symudedd, pryder, iaith, neu ofynion cyfathrebu neu os hoffech siarad â rhywun am y brechiad ac unrhyw bryderon neu betruster a allai fod gennych.

Byddwn yn gwneud ein gorau i'ch helpu chi ar ddiwrnod eich apwyntiad i leihau unrhyw lefelau o bryder sydd gennych am fynychu

**Cyrraedd Canolfan Frechu Torfol y Bae?**

Oeddech chi'n gwybod bod gwasanaethau bysiau gwennol **am ddim** sy'n rhedeg **saith** diwrnod yr wythnos i Ganolfan Brechu Torfol Ysbyty Maes y Bae (MVC) oddi ar Ffordd Fabian, ac sy'n agored i unrhyw un sydd ag apwyntiad wedi'i archebu:

🚌 **Gwasanaeth Abertawe** (9a), yn rhedeg rhwng 7.25am ac 8pm: Bob 20 munud o Fae D yng Ngorsaf Fysiau Dinas Abertawe - bydd gwasanaethau dychwelyd yn gadael yr MVC bob 20 munud (bws olaf am 8.05pm)

🚌 **Gwasanaeth Castell-nedd** (BFH1), yn rhedeg rhwng 7am a 7pm: Ar yr awr o Fae 4 yn yr Orsaf Fysiau wrth ymyl Gerddi Victoria - bydd gwasanaethau dychwelyd yn gadael yr MVC am hanner awr wedi'r awr (y bws olaf am 7.30pm)

🚌 **Gwasanaeth Port Talbot** (BFH2), yn rhedeg rhwng 7am a 7pm: Ar yr awr o Fae 7, yn stopio ym Mae 5 y Gyfnewidfa yng Ngorsaf Reilffordd Parkway - bydd gwasanaethau dychwelyd yn gadael yr MVC am hanner awr wedi'r awr (y bws olaf am 7.30pm)

Mae'r holl wasanaethau'n stopio y tu allan i'r MVC, gyda dim ond taith gerdded fer ar draws maes parcio gwastad i'r drws ffrynt.



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**Are you protected?**

Winter is on its way and, with the increase in social mixing and relaxation of restrictions, an increase in respiratory illnesses such as Covid and flu is expected.

All those eligible for a free flu vaccination, including those aged 50 and over, will be invited for vaccination by their GP surgery.

And the door remains open for those aged 16+ who would like the **Covid vaccine**.

Trials and real-world data have shown that after two doses the current vaccines offer very good protection against Covid overall. They are particularly good at preventing the most serious illness, which could lead to admission to hospital or death.

If you live in the **Swansea Bay University Health Board** area (Swansea and Neath Port Talbot) you can still **book** your first or second dose **appointment** (remember your second dose must be at least eight weeks after your first) by contacting us between 9am and 6pm, Monday to Saturday through any of the following ways:

**Before your appointment**, please tell us if you have any additional needs, such as a disability, mobility issue, anxiety, language, or communication requirements, or would like to speak to someone about the vaccination and any concerns or hesitancy you may have.

We will do our best to help you on the day of your appointment to reduce any levels of concern you may have about attending.

**Getting to the Bay Mass Vaccination Centre?**

Did you know there are **free** shuttle bus services that run **seven** days a week to the Bay Field Hospital Mass Vaccination Centre (MVC) off Fabian Way, and is open to anyone who has a booked appointment:

🚌 **Swansea Service** (9a), running 7.25am to 8pm: Every 20 minutes from Bay D at Swansea City Bus Station – return services will leave the MVC every 20 minutes (last bus at 8.05pm)

🚌 **Neath Service** (BFH1), running 7am to 7pm: On the hour from Bay 4 at the Bus Station next to Victoria Gardens – return services will leave the MVC at half past the hour (last bus at 7.30pm)

🚌 **Port Talbot Service** (BFH2), running 7am to 7pm: On the hour from Bay 7, stopping at Bay 5 of the Interchange at the Parkway Railway Station – return services will leave the MVC at half past the hour (last bus at 7.30pm)

All services stop outside the MVC, with just a short walk across a flat car park to the front door.

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**COVID-19 Vaccination Advice and Information**