



COVID-19 vaccination

Information for parents and carers of children aged six months to four years who are at greater risk from COVID-19 infection

What is COVID-19 or coronavirus?

COVID-19 is a very infectious respiratory disease caused by the SARS-CoV-2 virus. Very few infants and children with COVID-19 infection go on to be seriously ill. For most children, COVID-19 infection causes mild or no symptoms, but for a small number of children with health conditions the risk of serious illness is greater. Young children with certain health conditions are seven times more likely to be admitted to intensive care.

Can my child have the COVID-19 vaccine?

Children aged six months to four years with health conditions that may put them at greater risk from COVID-19 will be offered the vaccination from May 2023. They will be offered two vaccines, with a gap of eight weeks between the first and second doses.

The vaccination will help to protect your child against COVID-19. They will be offered the Pfizer (Comirnaty 3 micrograms) vaccine, at a lower dose compared with that given to children aged five and above. The vaccine is safe and recommended for use in children.

Getting vaccinated is a safe and effective way to protect your child against serious illness and being admitted to hospital.

Is my child at risk from COVID-19 infection?

Coronavirus can affect anyone. For most children COVID-19 is a mild illness that rarely leads to complications. Some children are at greater risk, including those living with conditions such as:

- cancers (such as leukaemia or lymphoma);
- diabetes;
- serious heart problems;
- chest problems or breathing difficulties, including poorly controlled asthma;
- disease of the kidney, liver or gut;



- a weakened immune system due to disease or treatment (for example, steroids, chemotherapy or radiotherapy);
- an organ transplant;
- a neurodisability or neuromuscular condition;
- a severe learning disability;
- Down's syndrome;
- a problem with their spleen, for example sickle cell disease, or if they have had their spleen removed;
- epilepsy;
- serious genetic problems; or
- other serious medical conditions as advised by the doctor or specialist.

For more information, go to:

gov.wales/get-your-covid-19-vaccination

My child has a severely weakened immune system. Will they need a third dose of the first COVID-19 vaccine?

Some children who have a severely weakened immune system may need an extra (third) dose of COVID-19 vaccine to make sure that they have better protection. This dose should be given at least eight weeks after their second dose. You can discuss this with your child's medical specialist.

Is the COVID-19 vaccine safe for infants and children?

All medicines and vaccines in the UK are closely monitored by the Medicines and Healthcare products Regulatory Agency (MHRA). They have approved the Pfizer vaccine for infants and children as it is safe and effective. For more information on the vaccine, see the patient information leaflet at:

www.medicines.org.uk/emc/product/14405/pil

Protection

The vaccine provides good protection against serious illness from COVID-19.



It may take a few weeks to build up protection from the vaccine. Like all medicines, no vaccine is completely effective – some children may still get COVID-19 despite having a vaccination, but the effects should be less severe.

Children with a weakened immune system may not make a strong immune response to the vaccine, but it should offer them protection against serious illness.

What happens next?

- The NHS will give you information about when and where your child can have the vaccination.
- Babies aged from six to 12 months will have the vaccine in their thigh. Children older than 12 months will usually have it in the top of their arm or in their thigh.
- On the day of the appointment your child should wear clothing which can be removed easily. Wearing loose clothing makes it easier to get to the top of the arm or the thigh.
- Children may like to bring a favourite toy with them to play with while they wait. There are some ideas on how to reduce a child's anxiety during vaccination at:

phw.nhs.wales/distraction-techniques

What about giving consent?

As a parent or a carer with parental responsibility, you will be asked to give informed consent (permission) for your child to have the vaccine.

It is important that you understand the benefits and risks of vaccination. The nurse or person giving the vaccination will be able to discuss the vaccine and answer any questions at the appointment.

Are there any reasons why my child should not have the vaccine?

There are very few children who cannot have the COVID-19 vaccine.

The vaccine should not be given to anyone who has had:

- a confirmed serious allergic reaction (anaphylaxis) to any of the ingredients of the vaccine; or
- a confirmed serious allergic reaction (anaphylaxis) to a previous dose of the same COVID-19 vaccine.

It is important that you tell the person giving your child the vaccine if they have ever had a serious allergic reaction.

Side effects



Like all medicines, vaccines can cause side effects. Most of these are mild and don't last long, and not everyone gets them. The most common side effects should only last a day or two.

The most common side effects in the first day or two are:

- soreness and redness at the injection site;
- tiredness; and
- fever.

Babies under two years old may also be irritable, sleepy and lose their appetite.

Your child may have a mild fever for two to three days after the vaccination. However, a high temperature is unusual and may be because your child has another infection or illness. If you are worried, speak to your doctor or nurse. You can give your child liquid paracetamol, at the correct dose for their age, to help them feel better. It's important to read the instructions on the bottle or speak to your pharmacist.

Remember – babies and children under 16 should not take medicines that contain aspirin.

Are there other, more serious side effects?

Cases of inflammation of the heart (called myocarditis or pericarditis) have been reported very rarely after the Pfizer vaccine.

Most children recover from these and feel better following rest and simple treatment.

Get medical advice urgently if you notice your child has the following side effects.

- Chest pain
- Shortness of breath
- A fast-beating, fluttering or pounding heart

What to do if you are concerned about symptoms

Symptoms following vaccination normally last less than a week.

If the symptoms seem to get worse or if you are concerned, you can visit 111.wales.nhs.uk online, call NHS 111 Wales by dialling **111**, or contact your GP surgery.

If you get advice from a doctor or nurse, make sure you tell them about the vaccination (if possible, show them the vaccine record card) so that they can carry out a proper assessment.



Make sure you keep the vaccine record card safe.

You can report any side effects online at coronavirus-yellowcard.mhra.gov.uk or on the Yellow Card app.

Can my child catch COVID-19 from the vaccine?

No, they cannot catch COVID-19 from the vaccine. The vaccination will reduce the chance of your child suffering from COVID-19.

If you need more information on symptoms, visit 111.wales.nhs.uk

More information

You can find more information and patient leaflets at:

phw.nhs.wales/covidvaccine

You can find more information on vaccines offered in Wales at:

phw.nhs.wales/vaccines

To find out how the NHS uses your information, visit:

111.wales.nhs.uk/AboutUs/Yourinformation

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.





Brechu COVID-19

Gwybodaeth i rieni a gofalwyr plant chwe mis i bedair oed sy'n wynebu risg uwch o haint COVID-19

Beth yw COVID-19 neu'r coronafeirws?

Mae COVID-19 yn glefyd anadlol heintus iawn a achosir gan feirws SARS-CoV-2. Prin iawn yw'r babanod a'r plant sydd â haint COVID-19 sy'n mynd ymlaen i fod yn ddifrifol wael. Ar gyfer y rhan fwyaf o blant, mae haint COVID-19 yn achosi symptomau ysgafn neu ddim symptomau, ond i nifer bach o blant â chyflyrau iechyd mae'r risg o salwch difrifol yn fwy. Mae plant ifanc sydd â chyflyrau iechyd penodol saith gwaith yn fwy tebygol o gael eu derbyn i ofal dwys.

A all fy mhlentyn gael y brechlyn COVID-19?

Bydd plant chwe mis oed i bedair oed sydd â chyflyrau iechyd a allai olygu eu bod yn wynebu risg uwch o COVID-19 yn cael cynnig y brechiad o fis Mai 2023. Byddant yn cael cynnig dau frechlyn, gyda bwlch o wyth wythnos rhwng y dos cyntaf a'r ail ddos.

Bydd y brechiad yn helpu i amddiffyn eich plentyn yn erbyn COVID-19. Byddant yn cael cynnig y brechlyn Pfizer (Comirnaty 3 microgram), ar ddos is o gymharu â'r hyn a roddir i blant pump oed a throsodd. Mae'r brechlyn yn ddiogel ac yn cael ei argymhell i'w ddefnyddio mewn plant.

Mae brechu yn ffordd ddiogel ac effeithiol o amddiffyn eich plentyn yn erbyn salwch difrifol a chael ei dderbyn i'r ysbyty.

A yw fy mhlentyn yn wynebu risg o haint COVID-19?

Gall coronafeirws effeithio ar unrhyw un. I'r rhan fwyaf o blant, mae COVID-19 yn salwch ysgafn ac anaml y bydd yn arwain at gymhlethdodau. Mae rhai plant yn wynebu risg uwch, gan gynnwys y rhai sy'n byw gyda chyflyrau fel:

- canserau (fel lewchemia neu lymffoma);
- diabetes;
- problemau difrifol gyda'r galon;
- problemau gyda'r frest neu anawsterau anadlu, gan gynnwys asthma a reolir yn wael;
- clefyd yr arenau, yr afu/iau neu'r perfedd;



- system imiwnedd wannach oherwydd clefyd neu driniaeth (er enghraifft, steroidau, cemotherapi neu radiotherapi);
- trawsblaniad organ;
- niwroanabledd neu gyflwr niwrogyhyrol;
- anabledd dysgu difrifol;
- Syndrom Down;
- problem gyda'r dduwg, er enghraifft clefyd y crymangelloedd, neu os yw eu duwg wedi cael ei thynnu;
- epilepsi;
- problemau genetig difrifol; neu
- gyflyrau meddygol difrifol eraill fel y cynghorir gan y meddyg neu arbenigwr.

I gael rhagor o wybodaeth, ewch i:

llyw.cymru/y-rhaglen-brechu-rhag-covid-19

Mae gan fy mhlentyn system imiwnedd sydd wedi'i gwanhau'n ddifrifol. A fydd angen trydydd dos o'r brechlyn COVID-19 cyntaf arno?

Efallai y bydd angen i rai plant sydd â system imiwnedd sydd wedi'i gwanhau'n ddifrifol gael dos ychwanegol (trydydd dos) o frechlyn COVID-19 i sicrhau bod ganddynt amddiffyniad gwell. Dylid rhoi'r dos hwn o leiaf wyth wythnos ar ôl eu hail ddos. Gallwch drafod hyn gydag arbenigwr meddygol eich plentyn.

A yw'r brechlyn COVID-19 yn ddiogel i fabanod a phlant?

Mae'r holl feddyginiaethau a brechlynnau yn y DU yn cael eu monitro'n fanwl gan yr Asiantaeth Rheoleiddio Meddyginiaethau a Chynhyrchion Gofal Iechyd (MHRA). Maent wedi cymeradwyo'r brechlyn Pfizer i fabanod a phlant gan ei fod yn ddiogel ac yn effeithiol. I gael rhagor o wybodaeth am y brechlyn, gweler y daflen gwybodaeth i gleifion yn:

www.medicines.org.uk/emc/product/14405/pil

Amddiffyniad

Mae'r brechlyn yn rhoi amddiffyniad da yn erbyn salwch difrifol o COVID-19.



Gall gymryd ychydig wythnosau i ddatblygu amddiffyniad o'r brechlyn. Fel pob meddyginiaeth, nid oes unrhyw frechlyn yn gwbl effeithiol – efallai y bydd rhai plant yn dal i gael COVID-19 er iddynt gael brechiad, ond dylai'r effeithiau fod yn llai difrifol.

Efallai na fydd plant â system imiwnedd wannach yn creu ymateb imiwnyddol cryf i'r brechlyn, ond dylai gynnig amddiffyniad iddynt yn erbyn clefyd difrifol.

Beth nesaf?

- Bydd y GIG yn rhoi gwybodaeth i chi ynghylch pryd a ble y gall eich plentyn gael y brechiad.
- Bydd babanod rhwng chwech a 12 mis oed yn cael y brechlyn yn eu clun. Bydd plant sy'n hŷn na 12 mis fel arfer yn ei gael yn rhan uchaf eu braich neu yn eu clun.
- Ar ddiwrnod yr apwyntiad dylai eich plentyn wisgo dillad y gellir ei dynnu'n hawdd. Mae gwisgo dillad llac yn ei gwneud yn haws cyrraedd rhan uchaf y fraich neu'r glun.
- Efallai yr hoffai plant ddod ag un o'u hoff deganau i chwarae pan fyddant yn aros. Mae rhai syniadau ar sut i leihau pryder plentyn wrth gael brechlyn ar gael yn:

phw.nhs.wales/technegau-tynnu

Beth am roi caniatâd?

Fel rhiant neu ofalwr sydd â chyfrifoldeb rhiant, gofynnir i chi roi cydsyniad (caniatâd) ar sail gwybodaeth i'ch plentyn gael y brechlyn.

Mae'n bwysig eich bod yn deall manteision a risgiau brechu. Bydd y nyrs neu'r person sy'n rhoi'r brechiad yn gallu trafod y brechlyn ac ateb unrhyw gwestiynau yn yr apwyntiad.

A oes unrhyw resymau pam na ddylai fy mhlentyn gael y brechlyn?

Prin iawn yw'r plant na allant gael y brechlyn COVID-19.

Ni ddylid rhoi'r brechlyn i unrhyw un sydd wedi cael:

- adwaith alergaidd difrifol (anaffylaxis) wedi'i gadarnhau i unrhyw un o gynhwysion y brechlyn; neu
- adwaith alergaidd difrifol (anaffylaxis) wedi'i gadarnhau i ddos blaenorol o'r un brechlyn COVID-19.

Mae'n bwysig eich bod yn dweud wrth y person sy'n rhoi'r brechlyn i'ch plentyn os yw erioed wedi cael adwaith alergaidd difrifol.

Sgil-effeithiau

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Fel pob meddyginiaeth, gall brechiadau achosi sgil-ffeithiau. Mae'r rhan fwyaf o'r rhain yn ysgafn ac nid ydynt yn para'n hir, ac nid yw pawb yn eu cael. Dylai'r sgil-ffeithiau mwyaf cyffredin bara diwrnod neu ddau yn unig.

Y sgil-ffeithiau mwyaf cyffredin yn y diwrnod cyntaf neu ddau yn unig:

- dolur a chochni ar safle'r pigiad;
- blinder; a
- thwymyn.

Efallai y bydd babanod o dan ddwy oed hefyd yn flin, yn gysglyd ac yn colli eu chwant am fwyd.

Efallai y bydd gan eich plentyn dwymyn ysgafn am ddau i dri diwrnod ar ôl y brechiad. Fodd bynnag, mae tymheredd uchel yn anarferol a gall fod oherwydd bod gan eich plentyn haint neu salwch arall. Os ydych yn poeni, siaradwch â'ch meddyg neu nyrs. Gallwch roi parasetamol hylif i'ch plentyn, ar y dos cywir ar gyfer ei oedran, i'w helpu i deimlo'n well. Mae'n bwysig darllen y cyfarwyddiadau ar y botel neu siaradwch â'ch fferylllydd.

Cofiwch – ni ddylai babanod a phlant o dan 16 oed gymryd meddyginiaethau sy'n cynnwys asbrin.

A oes sgil-ffeithiau eraill mwy difrifol?

Mae achosion o lid y galon (o'r enw myocarditis neu bericarditis) wedi'u nodi'n anaml iawn ar ôl y brechlyn Pfizer.

Mae'r rhan fwyaf o blant yn gwella o'r rhain ac yn teimlo'n well ar ôl gorffwys a thriniaeth syml.

Mynnwch gyngor meddygol ar frys os byddwch yn sylwi bod gan eich plentyn y sgil-ffeithiau canlynol.

- Poen yn y frest
- Prinder anadl
- Calon sy'n curo'n gyflym, yn dirgrynu neu'n curo fel gordd

Beth i'w wneud os ydych yn pryderu am symptomau

Mae'r symptomau yma'n para llai nag wythnos fel rheol.

Os yw'r symptomau fel pe baent yn gwaethygu neu os ydych yn bryderus, gallwch fynd i 111.wales.nhs.uk ar-lein, ffonio GIG 111 Cymru drwy ddeialu **111**, neu cysylltwch â'ch meddygfa.



Os byddwch yn cael cyngor gan feddyg neu nyrs, sicrhewch eich bod yn dweud wrthynt am y brechiad (os oes modd, dangoswch y cerdyn cofnod brechlyn iddynt) er mwyn iddynt allu cynnal asesiad iawn.

Gwnewch yn siŵr eich bod yn cadw'r cerdyn cofnod brechlyn yn ddiogel.

Gallwch roi gwybod am unrhyw sgil-effeithiau ar-lein yn coronavirus-yellowcard.mhra.gov.uk neu ar yr ap Yellow Card.

A all fy mhlentyn ddal COVID-19 o'r brechlyn?

Na, ni all ddal COVID-19 o'r brechlyn. Bydd brechiad yn lleihau'r siawns y bydd eich plentyn yn dioddef o COVID-19.

Os oes angen rhagor o wybodaeth arnoch am symptomau ewch i 111.wales.nhs.uk

Rhagor o wybodaeth

Gallwch ddod o hyd i ragor o wybodaeth a thafleini i gleifion yn:

icc.gig.cymru/pynciau/imiwneiddio-a-brechlynnau/gwybodaeth-brechlyn-covid-19

Gallwch gael rhagor o wybodaeth am frechlynnau a gynigir yng Nghymru yn:

icc.gig.cymru/pynciau/imiwneiddio-a-brechlynnau

I gael gwybod sut y mae'r GIG yn defnyddio eich gwybodaeth, ewch i:

111.wales.nhs.uk/aboutus/yourinformation/?locale=cy

Os oes gennych unrhyw gwestiynau neu os ydych am gael rhagor o wybodaeth, ewch i 111.wales.nhs.uk, siaradwch â'ch meddyg neu nyrs neu ffoniwch GIG 111 Cymru.