



Mae Brechu yn achub bywydau
Vaccination saves lives

Amddiffyn eich hun rhag COVID-19

Protect yourself against COVID-19

Gall COVID-19 fod yn feirws
difrifol iawn ar unrhyw adeg
o'r flwyddyn

COVID-19 can be a very
serious virus at any time
of year



Bydd cael eich brechiad COVID-19 yn helpu i'ch
amddiffyn am gyfnod hirach.

Bydd y brechiad yn cael ei gynnig i grwpiau o
bobl sydd mewn mwy o berygl os byddant yn dal
COVID-19.

Mae'r rhain fel a ganlyn:

- pobl 75 oed a hŷn
- preswylwyr mewn cartrefi gofal i bobl hŷn, ac
- unigolion chwe mis oed a throsodd sydd â
system imiwedd wan.

Bydd eich Bwrdd Iechyd GIG lleol yn cysylltu â
chi os ydych yn gymwys i gael brechiad. Dylech
gael y brechiad cyn gynted ag y cewch ei gynnig.
Cael brechiad yw un o'r ffyrdd gorau o atal salwch
difrifol o ganlyniad i COVID-19.

Getting your COVID-19 vaccination will help
protect you for longer.

The vaccination will be offered to groups of people
who are at greater risk if they get COVID-19.

These are:

- people aged 75 and older
- residents in care homes for older people, and
- anyone aged six months and over who has a
weakened immune system.

Your local NHS Health Board will contact you if you
are eligible. You should have the vaccine as soon
as you are offered it. Vaccination is one of the best
ways to prevent severe illness from COVID-19.



Gallwch gael rhagor o wybodaeth
am raglen frechu COVID-19 yn:
icc.gig.cymru/brechlyncovid



You can find out more about
COVID-19 vaccination at:
phw.nhs.wales/covidvaccine



GIG
CYMRU
NHS
WALES

Iechyd Cyhoeddus
Cymru
Public Health
Wales

Fersiwn 1 | Mawrth 2025
Version 1 | March 2025
© Ymddiriedolaeth GIG Iechyd Cyhoeddus Cymru
© Public Health Wales NHS Trust
ISBN 978-1-83766-563-1

