



Mae Brechu yn achub bywydau
Vaccination saves lives



Flu

**Protect children and young
people with a simple nasal spray**

Information about the flu vaccination for
children and young people in 2024/25



GIG
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Wales

Watch an animated video 'What is the flu vaccine?'

Primary - 4 to 11 years



**Secondary - 11 to 16 years
(made with young people)**



Available at
phw.nhs.wales/AboutTheFluVaccine

Five reasons to get your child vaccinated against flu

1. Protect your child

The vaccine will help protect your child against serious complications from flu, such as pneumonia.

2. Protect you, your family and friends

Vaccinating your child against flu will help protect others, especially if they are vulnerable to complications from flu.

3. It's a nasal spray

Most children and young people find the nasal spray is quick and painless and are not upset afterwards.

4. It's better than having flu

Flu is unpleasant and can be serious for some children and young people. Flu vaccines are safe and have been given to millions of children and young people worldwide.

5. Avoid disruption

When children and young people get flu they miss school or important opportunities to develop, and parents may need to take time off work or make other childcare arrangements.



What young people say:
'It's just a nasal spray so it's a lot easier'

How does a flu vaccine help?

Having a flu vaccine will help protect your child from flu. Most children and young people have their vaccine as a quick and painless nasal spray.

Protection starts around two weeks after having the vaccine. The vaccine usually offers children good protection against flu.

It also helps reduce the chance of children and young people spreading flu to others who are at greater risk from flu, such as babies, older people (like grandparents), and those with long-term health conditions.

Some people still get flu even after having a flu vaccine, but often with milder symptoms. Flu vaccines do not protect against colds, other respiratory viruses or other winter illnesses.

Is flu serious?

Flu can be serious for children and young people. It is caused by a virus, and some children can develop serious complications such as bronchitis, pneumonia and ear infections. Most years some children in Wales will need treatment in intensive care because of flu.

All children aged two and three years on the 31 August before flu vaccinations start in the autumn, and schoolchildren and young people from reception class up to and including year 11, will be offered a nasal spray flu vaccine this autumn or winter.

It is especially important that children and young people aged between six months and 17 years who have a long-term health condition get vaccinated, as they are at a greater risk of complications than other children if they catch flu.



Having a flu vaccine every year is one of the best ways to protect against flu.



The flu vaccine is offered to children and young people every year because flu viruses are constantly changing.

For the latest information, visit **phw.nhs.wales/flu vaccine**

Which children and young people can have a free flu vaccine?

The following children and young people can have a free flu vaccine this autumn.

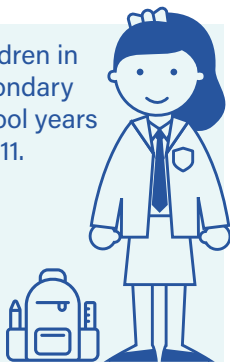
Children who are aged two and three years on the 31 August before flu vaccinations start in the autumn.



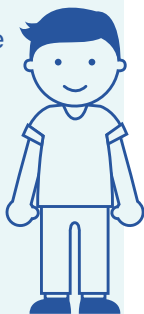
Children in primary school.



Children in secondary school years 7 to 11.



Children and young people aged over six months who have a health condition that puts them at greater risk from flu.














Why do children and most young people need a flu vaccine?

Flu is caused by a virus that can spread easily to other people. Anyone can get flu, but children have the highest rate of infection and flu can be serious for them.

What if my child has a health condition?

If your child is six months or older and has one of the following health conditions, it is important they have a flu vaccine every year, as they are at greater risk of complications from flu.

-  Diabetes
-  A serious heart problem
-  Lung problems or breathing difficulties, including asthma that requires regular steroid inhalers or tablets
-  Kidney disease (from stage 3)
-  Lowered immunity due to disease or treatment (and those in close contact with people in this group)
-  Liver disease
-  A stroke or mini stroke
-  A neurological condition
-  A missing spleen or a problem with their spleen
-  A learning disability
-  Young people with a higher body weight (body mass index of 40 or above)

School-aged children and young people in the groups above may get their vaccine at school (up to year 11) or at their GP surgery. Younger children, or children and young people not in school or who are taught at home, can get their vaccine at their GP surgery.

Young carers

It is extra important that children and young people who care for someone who is vulnerable to flu and its complications have a flu vaccine every year. It helps protect them and also the person they care for.

Do I need to do anything?

Children who are aged two and three years on the 31 August before flu vaccinations start in the autumn are usually invited to have their flu vaccine at their GP surgery.

In some areas, three-year-olds and some four-year-olds are offered their flu vaccine in nursery.

If your child is in this age group and hasn't received an invitation for their flu vaccine by mid-November, contact their GP surgery.

Children and young people in school will usually have their flu vaccine in school. Parents will be given information about the vaccine and a consent form. Please read the information and sign and return the consent form as soon as possible. Young people aged 16 and older (and some younger secondary school pupils) may be able to give permission for the vaccination themselves if they fully understand what is being offered.

Children and young people aged four or older who are not in school can have their flu vaccine at their GP surgery. You just need to make an appointment.

If your child is aged under two, or aged 16 or 17, and is at greater risk of complications from flu due to a health condition, their GP surgery should invite them to have their vaccine.

Ideally, the flu vaccine should be given before flu starts to circulate in the community. However, it can still be given at a later date.

Does the nasal spray flu vaccine have any side effects?

For a day or two after their vaccination, some children and young people may:

get a temperature;



feel tired;

ZZZ



have a headache;



have aching muscles;



have a reduced appetite; or



get a runny or blocked nose.



Children and young people who need a flu vaccine injection may also have a sore arm for a day or two after their vaccination.



Flu vaccines are very safe and other reactions are less common.

The flu vaccine will not cause flu.

You can report suspected side effects of the vaccines through the Yellow Card scheme. You can do this online at www.mhra.gov.uk/yellowcard (external site) or by calling **0800 731 6789** (Monday to Friday, 9am to 5pm).

What type of flu vaccine is given to children and young people?

Most children and young people will get their flu vaccine as a painless nasal spray, as this is the best flu vaccine for them. The vaccine is a fine mist that is sprayed up the nose from the tip of each nostril. It can be given from the age of two. Most children are not upset after receiving a flu nasal spray.

If your child misses their flu vaccine, speak to their school nurse, health visitor, GP or practice nurse about getting the vaccine.

The nasal spray vaccine can't be given to children and young people who are:

- under two;
- on long-term aspirin (salicylate) treatment; and
- in close contact with someone who has a severely weakened immune system (for example, after a bone marrow transplant) and is being looked after in a protected environment.

The nasal spray vaccine can't be given to anyone who has:

- had a severe life-threatening allergic reaction to a flu vaccine (or any ingredient in the vaccine);
- a weakened immune system due to a disease or treatment;
- a wheezy chest on the day of the vaccination or in the previous three days; or
- increased the use of their asthma inhalers in the previous three days.

Most children and young people who can't have the nasal spray vaccine can have a flu vaccine injection at their GP surgery instead.

Children and young people with asthma who need regular oral steroids or have needed intensive-care treatment for their asthma in the past should be referred to a specialist for advice about receiving the nasal spray vaccine. They may need a flu vaccine injection instead or they may need to have the nasal spray vaccine in hospital.

If your child is having a cochlear implant in the week before their nasal spray vaccination appointment or is due to have the vaccination in the two weeks after having their implant, speak to your health visitor, school nurse, GP or practice nurse for more advice.

Can my child have the vaccine if they have allergies?

Most children can have a flu vaccine if they have allergies. The person giving the vaccine will check to be sure it is safe to give.

Most children and young people who are allergic to egg can receive the vaccine with no problems. The small number of people who have previously needed intensive-care treatment for anaphylaxis (a rare, life-threatening allergic reaction) can be offered a flu vaccine injection instead.





A cold or other minor illness is not a reason to delay a flu vaccination.

If your child is unwell with a high temperature, it is best to delay their vaccination until they are feeling better.

If your child cannot avoid contact with someone who has severely weakened immunity, such as someone who has recently had a bone marrow transplant, you should discuss this with your health visitor, school nurse, GP or practice nurse before your child has the nasal spray vaccine. They may decide to offer your child a flu vaccine injection instead.

Can the flu vaccine be given at the same time as other vaccines?

Yes, the flu vaccine can be given at the same time as most other vaccines. Speak to your health visitor, school nurse, GP or practice nurse for more advice.

Does the nasal spray vaccine contain gelatine?

Yes, it contains small traces of highly purified porcine gelatine, which is also used in a range of essential medicines.

The nasal spray vaccine is the best flu vaccine for children and young people. But flu injections do not contain gelatine, so if you would prefer your child to have the injection instead, contact their GP surgery so they don't miss out.

More information about vaccines and porcine gelatine is available at phw.nhs.wales/PorcineGelatine

Further information

If you have any questions or want more information, go to **111.wales.nhs.uk** (external site), talk to your doctor or nurse, or contact NHS 111 Wales by calling **111**.

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

To find out more about the vaccine, including its contents and possible side effects, visit **medicines.org.uk/emc** (external site). Enter the name of the vaccine in the search box (flu nasal spray vaccine). You can also see the patient information leaflet online.

You can report suspected side effects online at **www.mhra.gov.uk/yellowcard** (external site), by downloading the Yellow Card app, or by calling **0800 731 6789** (Monday to Friday, 9am to 5pm).

To find out how the NHS uses your information, visit **111.wales.nhs.uk/AboutUs/Yourinformation** (external site)



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Mwy o wybodaeth

Os oes gennych chi unrhyw gwestiynau neu os hoffech chi gael rhagor o wybodaeth, ewch i www.nhs.uk (safle allanol), siaradwch â'ch meddyg neu nyrs neu ffoniwch GIG 111 Cymru drwy ffonio **111**.

Gallwch gael rhagor o wybodaeth am frechlynnau a gynigir yng Nghymru yn icc.gig.cymru/brechlynnau

I gael gwybod mwy am y brechlyn, gan gynnwys ei gynnwys a'i sgil-ffeithiau posibl, ewch i medicines.org.uk/emc (safle allanol). Rhowch enw'r brechlyn yn y blwch chwilio (flu nasal spray vaccine). Gallwch hefyd weld y datfen wybodaeth i gleifion ar-lein.

Gallwch roi gwybod am sgil-ffeithiau tybiedig ar-lein yn www.mhra.gov.uk/yellowcard (safle allanol), drwy lawrlwytho'r ap Cerdyn Melyn, neu drwy ffonio **0800 731 6789** (dydd Llun i ddydd Gwener, 9am tan 5pm).

I ddarganfod sut mae'r GIG yn defnyddio eich gwybodaeth, ewch i 111.wales.nhs.uk/amdanomni/eichgwybodaeth (safle allanol)



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(gyda chydabwyddiaeth i Asiantaeth Diogelwch Iechyd y DU)
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Nid yw annwyd neu tân salwch arall yn rheswm ! ohirio brechiad y ffliw.

Os yw'ch plentyn yn sâl gyda thymheredd uchel, mae'n well gohirio ei frechiad nes ei fod yn teimlo'n well.

Os na all eich plentyn osgoi dod i gysylltiad â rhywun sydd ag imiwnedd gwan iawn, fel rhywun sydd wedi cael trawsblaniad mēr esgyrn yn ddiweddar, dylech drafod hyn gyda'ch ymweydd iechyd, nyrs yr ysgol, eich meddyg teulu neu nyrs y feddygfa cyn i'ch plentyn gael y brechiad drwy chwistrell trwyn. Efallai y byddant yn penderfynu cynnig pigiad fel brechiad y ffliw i'ch plentyn yn lle chwistrell.

Oes posib rhoi brechiad y ffliw ar yr un pryd â brechiadau eraill?

Oes, gellir rhoi brechiadau'r ffliw ar yr un pryd â'r rhan fwyaf o frechiadau eraill. Siaradwch â'ch ymweydd iechyd, nyrs yr ysgol, eich meddyg teulu neu nyrs y feddygfa am ragor o gyngor.

Ydi'r brechiad drwy chwistrell trwyn yn cynnwys gelatin?

Ydi, mae'n cynnwys ychydig o olion o gelatin moch pur iawn a ddefnyddir hefyd mewn ystod o feddyginaethau hanfodol.

Y brechiad drwy chwistrell trwyn yw'r brechiad ffliw gorau i blant a phobl ifanc, ond mae pigiadau'r ffliw yn rhydd o gelatin felly os byddai'n well gennych i'ch plentyn gael hwn fel dewis arall, cysylltwch â'i feddygfa fel nad yw'n colli'r warchodaeth rhag y ffliw. Mae rhagor o wybodaeth am frechlynnau a gelatin mochaid ar gael yn ic.gig.cymru/GelatinMoch



Gall y rhan fwyaf o blant a phobl ifanc na allant gael y brechiad drwy chwistrell trwyn gael pigiad brechiad y ffliw yn ei le, yn eu meddygfa.

Dylai plant a phobl ifanc ag asthma sydd angen steroidau rheolaidd drwy'r geg neu sydd wedi bod angen triniaeth gofal dwys ar gyfer eu asthma yn y gorffennol gael eu cyfeirio at arbenigwr i gael cyngor ar dderbyn y brechiad drwy chwistrell trwyn. Efallai y bydd angen pigiad brechlyn y ffliw arnynt yn lle hynny neu efallai y bydd angen iddynt gael y brechlyn chwistrell trwyn yn yr ysbdyt.

Os yw eich plentyn yn cael mewnbliad yn y cochlea yn ystod yr wythnos cyn ei apwyntiad ar gyfer y brechiad drwy chwistrell trwyn, neu i fod i gael y brechiad yn ystod y pythnos ar ôl ei fewnbliad, siaradwch â'ch ymwelydd iechyd, y nyrs ysgol, eich meddyg teulu neu nyrs y feddygfa am ragor o gyngor.

A all fy mhientyn gael y brechlyn os oes ganddo alergeddau?

Gall y rhan fwyaf o blant gael brechlyn ffliw os oes ganddynt alergeddau. Bydd y person sy'n rhoi'r brechlyn yn gwirio i sicrhau ei fod yn ddiogel i'w roi.

Gall y rhan fwyaf o blant a phobl ifanc sydd ag alergedd i wyau dderbyn y brechlyn heb unrhyw broblemau. Gall y nifer fach o bobl sydd wedi bod angen triniaeth gofal dwys ar gyfer anaffylacsis yn y gorffennol (adwaith alergaidd prin sy'n peryglu bywyd) gael cynnig pigiad brechlyn ffliw yn lle hynny.



Pa fath o frechriad ffliw a roddir i blant a phobl ifanc?

Bydd y rhan fwyaf o blant a phobl ifanc yn cael brechriad y ffliw drwy chwistrell trwyn sy'n gwbl ddi-boen gan mai dyma'r brechriad ffliw gorau iddynt. Mae'n ager ysgafn sy'n cael ei chwistrellu i fyny'r trwyn, a gellir ei roi o ddwy oed. Nid yw'r brechriad ffliw drwy chwistrell trwyn yn amharu o gwbl ar y rhan fwyaf o blant.

Os bydd eich plentyn yn colli ei frechriad ffliw, siaradwch â nyrs yr ysgol, eich ymwelydd iechyd, eich meddyg teulu neu nyrs y feddygfa am gael y brechriad.

Ni ellir rhoi'r brechriad drwy chwistrell trwyn i unrhyw un sydd:

- dan ddwy oed;

- triniaeth aspirin hirdymor (salicylate); a
- mewn cysylltiad agos â rhywun sydd â system imiwnedd wan iawn (er enghraifft, ar ôl trawsblaniad mêr esgryn) ac sy'n derbyn gotal mewn amgylchedd gwarchodedig.

Ni ellir rhoi'r brechriad drwy chwistrell trwyn i unrhyw un sydd:

- wedi cael adwaith alergaidd difrifol sy'n bygwth bywyd i frechriad ffliw (neu unrhyw gynhwysyn yn y brechriad);

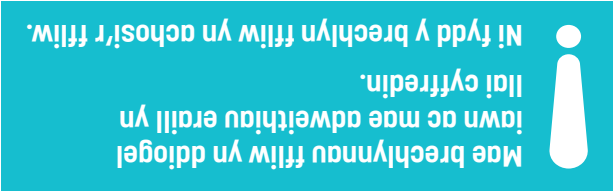
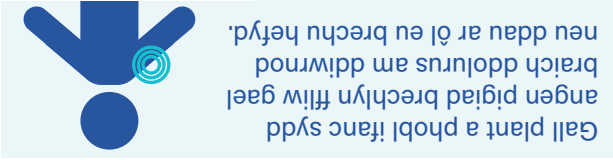
- â system imiwnedd wan oherwydd clefyd neu driniaeth;

- â brest sy'n wichlyd ar ddiwrnod y brechriad neu yn ystod y tri diwrnod blaenorol; neu

- wedi cynyddu'r defnydd o fewnanadlydd asthma yn ystod y tri diwrnod blaenorol.

A oes gan y brechlyn ffliw chwis treill trwyn unrhyw sgil-effeithiau?

Am ddiwrnod neu ddau ar ôl eu brechu,
gall rhai plant a phobl ifanc:



Gallwch roi gwybod am sgil-effeithiau tybiedig y
brechlynnau drwy'r cynllun Cerdyn Melyn. Gallwch
wneud hyn ar-lein yn www.mhra.gov.uk/yellowcard
(safle allanol) neu drwy ffonio **0800 731 6789** (dydd
Llun i ddydd Gwener, 9am i 5pm).

Oes angen i mi wneud unrhyw beth?

Fel arfer gwahoddir plant sy'n ddwy neu dair oed ar 31 Awst cyn i frechiadau ffliw ddechrau yn yr hydref i gael eu brechlyn ffliw yn eu meddygfa.

Mewn rhai ardaloedd, bydd plant tair oed a rhai plant pedair oed yn cael cynnig y brechiad yn y feithrina.

Os yw eich plentyn yn y grŵp oedran hwn a heb gael gwahoddiad i gael y brechiad erbyn canol mis Tachwedd, cysylltwch â'i feddygfa.

Bydd plant a phobl ifanc yn yr ysgol yn cael eu brechlyn ffliw yn yr ysgol fel arfer. Bydd rhieni'n cael gwybodaeth am y brechlyn a ffurflen ganiatâd. Darllenwch y wybodaeth a llofnodwch a dychwelwch y ffurflen ganiatâd cyn gynted â phosibl. Etallai y bydd pobl ifanc 16 oed a hŷn (a rhai disgyblion ysgol uwchradd iau) yn gallu rhoi caniatâd ar gyfer y brechiad eu hunain os ydynt yn deall yn iawn beth sy'n cael ei gynnig.

Gall plant a phobl ifanc pedair oed neu hŷn nad ydynt yn yr ysgol gael eu brechlyn ffliw yn eu meddygfa. Bydd angen i chi wneud apwyntiad.

Os yw eich plentyn o dan ddwy oed, neu'n 16 neu 17 oed, ac yn wnebu risg uwch o gymhlethdodau o'r ffliw oherwydd cyflwr iechyd, dylai ei feddygfa ei wahodd i gael brechiad.


Yn ddeftrydol, dylid rhoi'r brechiad ffliw cyn i'r ffliw ddechrau mynd ar led yn y gymuned. Fodd bynnag, gellir ei roi yn ddiweddarach yr un fath.

Beth os oes gan fy mhlentyn gyflwr iechyd?

Os yw eich plentyn yn chwe mis oed neu'n hŷn a bod ganddo un o'r cyflyrau iechyd canlynol, mae'n bwysig ei fod yn cael brechiad y ffliw bob blwyddyn gan ei fod mewn mwy o berygl o gymhlethdodau'r ffliw.


 Diabetes

 Problem ddifrifol y galon

 Problemau ysgyfaint neu anawsterau

anadlu, gan gynnwys asthma sydd angen mewnanadlydd steroid neu dabledi rheolaidd

 Clefyd yr arennau (o gam 3)

 Imiwnedd is oherwydd afiechyd neu driniaeth (a hefyd cysylltiadau agos â phobl yn y grŵp hwn)

 Clefyd yr iau / afu

 Strôc neu strôc fechan

 Cyflwr niwrolegol

 Dued ar goll neu broblem gyda'r dduwg

 Anabedd dysgu

 Pobl ifanc â phwysau corff uwch (Mynegai Mâs y Corff o 40 neu uwch)

Gall plant a phobl ifanc oed ysgol yn y grwpiau uchod gael eu brechlyn yn yr ysgol (hyd at flwyddyn 11) neu yn eu meddygfa. Gall plant iau, neu blant a phobl ifanc nad ydynt yn yr ysgol neu sy'n cael eu haddysgu gartref, gael eu brechlyn yn eu meddygfa.

Gofalwyr ifanc

Mae'n bwysig iawn bod plant a phobl ifanc sy'n gofalu am rywun sy'n agored i'r ffliw a'i gymhlethdodau yn cael brechlyn ffliw bob blwyddyn. Mae'n helpu i'w hamddiffyn nhw a'r person maen nhw'n gofalu amdano hefyd.

Pa blant a phobl ifanc all gael brechiad y ffliw am ddim?

Gall y blant a'r bobl ifanc canlynol gael brechlyn ffliw am ddim yr hydref hwn.

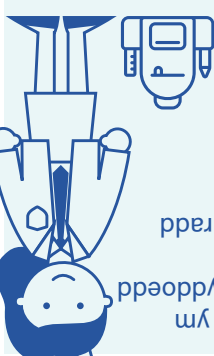
Plant sy'n ddwy a thair oed ar 31 Awst cyn i frechiadau ffliw ddechrau yn yr hydref.



Plant yn yr ysgol gynradd.



Plant ym mlynedd oed ysgol uwchradd 7 i 11.



Plant a phobl ifanc dros chwe mis oed sydd â chyflwr iechyd sy'n eu rhoi mewn mwy o berygl o'r ffliw.



Pam fod angen brechiad y ffliw ar blant a'r rhan fwyaf o bobl ifanc?

Mae ffliw yn cael ei achosi gan feirws sy'n gallu lleadaenu'n hawdd i bobl eraill. Gall unrhyw un gael y ffliw, ond plant sydd â'r gyfradd uchaf o haint a gall y ffliw fod yn ddifrifol iddyn nhw.

Yd'r fflw yn ddifrifol?

Gall fflw fod yn ddifrifol i blant a phobl ifanc. Mae'n cael ei achosi gan feirws, a gall rhai plant ddatblygu cymhlethdodau difrifol fel broncitis, niwmonia a heintiau ar y glust. Bron bob blwyddyn bydd angen triniaeth mewn unedau gofal dwys ar rai plant yng Nghymru oherwydd y fflw.

Bydd pob plentyn dwy a thair oed ar 31 Awst cyn i frechiadau'r fflw ddechrau yn yr hydref, a phlant ysgol a phobl ifanc o'r dosbarth derbyn hyd at flwyddyn 11 ac yn cynnwys blwyddyn 11, yn cael cynnig brechlyn fflw drwy chwestrell trwyn yr hydref neu'r gaaf yma.

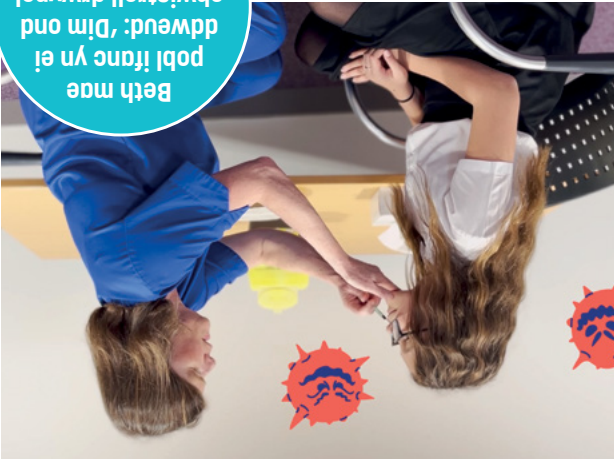
Mae'n arbennig o bwysig bod plant a phobl ifanc rhwng chwe mis ac 17 oed sydd â chyflwr iechyd hirdymor yn cael eu brechu, gan eu bod mewn mwy o berygl o gymhlethdodau na phlant eraill os byddant yn dal y fflw.

Cael brechiad y fflw bob blwyddyn yw un o'r ffyrdd gorau o amddiffyn rhag y fflw.



Mae'r brechlyn fflw yn cael ei gynnig i blant a phobl ifanc bob blwyddyn oherwydd bod feirysau'r fflw yn newid yn gyson.

Am yr wybodaeth ddiweddaraf, ewch i: icc.gig.cymru/brechlynfflw



Sut mae brechiad y fflw yn helpu?

Bydd cael brechiad y fflw yn helpu i ddiogelu eich plentyn rhag y fflw. Mae'r rhan fwyaf o blant a phobl ifanc yn cael eu brechiad fel chwistrell trwyn cyflym a di-boen.

Mae'r amddiffyniad yn dechrau tua phythnos ar ôl cael y brechiad. Mae'r brechiad fel rheol yn cynnig amddiffyniad da i blant rhag y fflw.

Mae hefyd yn helpu i leihau'r posibilrwydd y bydd plant a phobl ifanc yn lleadaenu'r fflw i eraill sydd mewn mwy o berygl o'r fflw, fel babanod, pobl hŷn (fel neiniau a theidiau), a'r rhai â chyflyrau iechyd hirdymor.

Mae rhai pobl yn dal i gael y fflw hyd yn oed ar ôl cael brechiad y fflw, ond yn aml gyda symptomau ysgafnach. Nid yw brechiadau'r fflw yn diogelu rhag annwyl, feirysau resbiradol eraill neu salwch arall y gaeaf.

Beth mae pobl ifanc yn ei ddweud: 'Dim ond chwistrell drwynol yw e felly mae'n llawer haws'

Pump rheswm i frechu eich plentyn rhag y ffliw

1. Diogelu eich plentyn

Bydd y brechiad yn helpu i ddiogelu eich plentyn rhag cymhlethdodau difrifol y ffliw, fel niwmonia.

2. Eich diogelu chi, eich teulu a'ch ffrindiau

Bydd brechu eich plentyn rhag y ffliw yn helpu i ddiogelu eraill, yn enwedig os ydynt yn agored i niwed o gymhlethdodau'r ffliw.

3. Chwistrell yn y trwyn yw hwn

Mae'r rhan fwyaf o blant a phobl ifanc yn gweld bod y chwistrell drwynol yn gyflym ac yn ddi-boen a dydyn nhw ddim yn poeni wedyn.

4. Mae'n well na chael y ffliw

Mae salwch y ffliw yn amheserus a gall fod yn ddifrifol i rai plant a phobl ifanc. Mae brechlynnau ffliw yn ddiogel ac wedi cael eu rhoi i ffilynnau o blant a phobl ifanc ym mhob cwr o'r byd.

5. Osgoi colli pethau

Pan mae plant a phobl ifanc yn cael y ffliw, maen nhw'n colli'r ysgol neu gyfleoedd pwysig i ddatblygu, ac efallai y bydd angen i rieni gymryd amser i ffwrdd o'r gwaith neu wneud trefniadau gofal plant eraill.

Gwylwch yr animeiddiad fideo 'Beth yw'r brechlyn fflw?'

Cynradd - 4 i 11 oed



Uwchradd - 11 i 16 oed
(lweidi'! greu gyda phobl ifanc)



Ar gael yn

ic.gig.cymru/AmyBrechlynFflw



Mae Brechu yn achub bywydau
Vaccination saves lives



Y Ffliw

Amddiftyn plant a phobl ifanc
gyda chwistrell sŷm yn y trwyn
Gwybodaeth am y fflŷw i blant a phobl
ifanc yn 2024/25

