

## Information for you and your parent/guardian

The COVID-19 vaccine is being offered to all 12-15 year olds in Wales, to help protect your health and well-being.

The decision to have your COVID-19 vaccine is a choice for each individual to make.

If you have questions about the vaccine take time to look up trusted and accurate information - the NHS is always a good starting place - and chat about what you think, with your parent(s) or guardian.

You probably also have family or friends who have had their vaccine and who could chat with you about how they felt, or help answer any questions you may have.

You have to give a clear agreement (called 'consent') before any vaccination can be given - so you are in charge of what happens.

There is a lot of information out there about the COVID-19 vaccine, so please be careful to use only accurate and trusted information to help you answer any questions you may have.

Here are some trusted places for you to find out more about why you are being offered the vaccine, any side effects you might experience. They will also offer you more information about the vaccine or if you can't agree with your parent(s) or guardian on what to do:

**Public Health  
Wales**



**BBC**



**Public Health  
England**



**British Society for  
Immunology**



You may still benefit from having the vaccine even if you have previously had COVID-19. If you have tested positive for COVID-19 infection in the last 28 days, you need to wait a bit longer to have your vaccine. Your first dose needs to be at least 28 days away from when you tested positive.

Whether you have the vaccine or not, please keep wearing a face mask in indoor public spaces, staying home and getting tested if you have coronavirus symptoms, and keep washing your hands regularly.

## Gwybodaeth i chi a'ch rhiant/gwarcheidwad

Mae'r brechlyn COVID-19 yn cael ei gynnig i bob plentyn 12-15 oed yng Nghymru, er mwyn helpu i ddiogelu eich iechyd a llesiant.

Mae'r penderfyniad i gael eich brechiad COVID-19 yn ddewis i bob unigolyn ei wneud.

Os oes gennych gwestiynau am y brechlyn cymerwch amser i chwilio am wybodaeth y gellir ymddiried ynddi a chywir - mae'r GIG bob amser yn fan cychwyn da - a sgwrsio am yr hyn rydych chi'n ei feddwl, gyda'ch rhiant/rhieni neu warcheidwad.

Mae'n debygol bod gennych hefyd deulu neu ffrindiau sydd wedi cael eu brechlyn ac a allai sgwrsio â chi am sut roeddent yn teimlo, neu helpu i ateb unrhyw gwestiynau sydd gennych.

Rhaid i chi roi cytundeb clir (a elwir yn 'ganiatâd') cyn y gellir rhoi unrhyw frechiad - felly chi sy'n gyfrifol am yr hyn sy'n digwydd.

Mae llawer o wybodaeth ar gael am frechlyn COVID-19, felly byddwch yn ofalus a defnyddio gwybodaeth gywir y gellir ymddiried ynddi yn unig i'ch helpu i ateb unrhyw gwestiynau sydd gennych

Dyma rai lleoedd y gellir ymddiried ynddynt i chi gael rhagor o wybodaeth ynghylch pam rydych yn cael cynnig y brechlyn, unrhyw sgil-efeithiau y gallech eu profi. Byddant hefyd yn cynnig rhagor o wybodaeth i chi am y brechlyn neu os na allwch gytuno â'ch rhiant/rhieni neu warcheidwad ar beth i'w wneud:

**Iechyd Cyhoeddus  
Cymru**



**BBC**



**Iechyd Cyhoeddus  
Lloegr**



**Cymdeithas  
Imiwnoleg Prydain**



Efallai y byddwch yn dal i gael budd o gael y brechlyn hyd yn oes os ydych wedi cael COVID-19 o'r blaen. Os ydych wedi profi'n bositif am haint COVID-19 yn y 28 diwrnod diwethaf, mae angen i chi aros ychydig yn hirach i gael eich brechlyn. Mae angen i'ch dos cyntaf fod o leiaf 28 diwrnod ar ôl i chi brofi'n bositif.

P'un a ydych yn cael y brechlyn ai peidio, daliwch ati i wisgo masg mewn manau cyhoeddus dan do, gan aros gartref a chael prawf a oes gennych symptomau coronafeirws, a daliwch ati i olchi eich dwylo'n rheolaidd.