Bwrdd Iechyd Prifysgol
Betsi Cadwaladr
University Health Board

Covid Brechiad i blant 5-11 eod/Covid Vaccination for 5-11yr olds

Annwyl Riant/Warcheidwad

Rydym yn ysgrifennu atoch gan fod eich plentyn bellach yn gymwys i dderbyn y brechlyn COVID-19. Mae'r Cyd-bwyllgor ar Imiwneiddio a Brechu (JCVI) wedi adolygu'r dystiolaeth ar effaith bosibl brechu pob plentyn rhwng 5 ac 11 oed. Mae ystyriaeth wedi'i rhoi i fanteision iechyd brechu, y manteision addysgol posibl, a'r effaith ar wasanaethau'r GIG o gyflwyno rhaglen frechu i bob plentyn yn y grŵp oedran hwn.

Byddwn yn dechrau brechu plant 5-11 oed cyn bo hir a gallwch gysylltu rŵan â'r ganolfan archebu ar 0300 840004 i drefnu apwyntiad ar gyfer eich plant/plantyn. Gobeithiwn y bydd y llythyr hwn yn rhoi gwybodaeth ychwanegol am y brechlyn i'ch helpu i wneud penderfyniad gwybodus. Os ydydch eisoes wedi trefnu apwyntiad neu os yw eich plentyn/plant wedi derbyn y brechlyn, anwybyddwch y llythyr hwn.

Mae'r Asiantaeth Rheoleiddio Meddyginiaethau a Chynhyrchion Gofal Iechyd (MHRA), wedi cymeradwyo defnyddio'r brechlyn hwn i blant sy'n 5 oed ac yn hŷn. Mae hyn yn dilyn adolygiad trwyadl o ddiogelwch, ansawdd ac effeithiolrwydd y brechlyn yn y grŵp oedran hwn. Bydd eich plentyn yn cael cynnig dwy ddos o'r brechlyn Pfizer BioNtech Pediatrig, o leiaf 12 wythnos ar wahân.

Mae llawer o wybodaeth ar gael am y brechlyn COVID-19, felly byddwch yn ofalus a defnyddiwch wybodaeth gywir a dibynadwy yn unig, i'ch helpu i ateb unrhyw gwestiynau sydd gennych chi. Rydym yn eich cynghori i ddefnyddio'r dolenni a restrir ar ddiwedd y llythyr hwn ac i siarad â'ch plentyn.

Bydd ein tîm brechu profiadol yn sicrhau bod apwyntiad eich plentyn mewn amgylchedd diogel a chyfeillgar i blant. Os oes gan eich plentyn ofn nodwyddau neu os yw'n teimlo'n bryderus, bydd ein staff yn eu cefnogi ac yn hapus i ateb unrhyw gwestiynau sydd gennych chi.

Cyfeiriad Gohebiaeth ar gyfer y Cadeirydd a'r Prif Weithredwr / Correspondence address for Chairman and Chief Executive:
Swyddfa'r Gweithredwyr / Executives' Office,
Ysbyty Gwynedd, Penrhosgarnedd
Bangor, Gwynedd LL57 2PW
Gwefan: www.pbc.cymru.nhs.uk **/ Web:** www.bcu.wales.nhs.uk

Fel gyda phob meddyginiaeth, nid yw unrhyw frechlyn yn gwbl 100% effeithiol - efallai y bydd rhai pobl yn dal i gael COVID-19 er gwaethaf cael brechiad. Fodd bynnag, bydd y brechlyn COVID-19 yn lleihau difrifoldeb symptomau plentyn sy'n dioddef o'r feirws. Gall gymryd 10-14 d iwrnod i gorff eich plentyn adeiladu'r amddiffyniad mwyaf posibl o'r brechlyn. Bydd y ddos gyntaf yn cynnig amddiffyniad da. Bydd unrhyw ddos bellach sy'n cael ei hargymell, yn rhoi imiwnedd a fydd yn para yn hirach.

Eto, fel gyda phob meddyginiaeth, gall brechlynnau achosi sgil-effeithiau. Mae'r rhan fwyaf o'r rhain yn rhai ysgafn a thymor byr, ac nid yw pawb yn eu dioddef.

Mae'r sgil-effeithiau mwyaf cyffredin yn cynnwys

- Teimlad trwm neu ddolur lle cawsoch y pigiad
- Teimlo'n boenus neu fel bod gennych chi'r ffliw
- Teimlo'n flinedig
- Cur pen

Mae dolenni i wybodaeth bellach ar ddiwedd y llythyr hwn ac os oes gennych chi unrhyw gwestiynau pellach, cysylltwch â ni drwy ffonio 03000 854004

Fel rhiant/gwarcheidwad, bydd angen i chi ddod gyda'ch plentyn i'r apwyntiad a rhoi eich caniatâd iddo/iddi gael y brechlyn. Peidiwch â mynychu ein canolfan frechu a ffoniwch ein canolfan archebu i ail-drefnu os yw eich plentyn yn sâl neu os oes ganddo dymerhedd ar ddiwrnod yr apwyntiad. Os yw eich plentyn wedi cael prawf coronafeirws cadarnhaol diweddar, dylech ohirio eu brechu tan 12 wythnos ar ôl dechrau'r symptomau.

Dear Parent/Guardian

We are writing to you as your child is now eligible to receive the COVID-19 vaccine. The Joint Committee on Vaccination and Immunisation (JCVI) has reviewed evidence on the potential impact of extending COVID-19 vaccination to all children aged 5 to 11 years. Consideration had been given to the health benefits of vaccination, the potential educational benefits, and the impact on NHS services of delivering a vaccination programme to all children in this age group

We will shortly begin vaccinating 5-11 year olds and you can now contact the booking centre on 03000 840004 to arrange an appointment for your child(ren). We hope this letter will provide additional information about the vaccine to help you to make an informed decision. If you have already booked an appointment or your child(ren) has received the vaccine, please ignore this letter.

The Medicines and Healthcare products Regulatory Agency (MHRA), has approved use of this vaccine in children aged 5 and above. This follows a rigorous review of the safety, quality, and effectiveness of the vaccines in this age group. Your child will be offered two dose of the Paediatric Pfizer BioNtech vaccine at a minimum interval of 12 weeks apart.

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. We advise you to use the links at the end of this letter and to speak to your child if possible to inform your decision.

Our experienced vaccination team will ensure your child's appointment is offered in a child-friendly and safe environment. If your child has a fear of needles or feels anxious, our staff will be understanding and support them and will be happy to answer any questions you may have.

Like all medicines, no vaccine is completely 100% effective – some may still get COVID-19 despite having a vaccination, however, the COVID-19 vaccination will reduce the severity of the symptoms of your child suffering from COVID-19 virus. It may take 10 -14 days for your child's body to build up maximum protection from the vaccine. The first dose will provide good protection, further doses as recommended will provide longer lasting immunity.

Again, like all medicines, vaccines can cause side effects. Most of these are mild and short term, and not everyone gets them.

The most common side effects include
- a heavy feeling or soreness where you had the injection
- feeling achy or like you've got the flu
- feeling tired
- having a headache

Links to further information are at the end of this letter. If you have any further questions please contact us by calling 03000 854004.

As the parent / guardian, you will need to accompany your child and be able to consent to them having the vaccine. Please so not attend our vaccination centre and call our booking centre to rearrange if your child is unwell or has a fever on the day of the appointment.
If your child has had a recent positive coronavirus test, you should delay their vaccination until 12 weeks after the onset of symptoms.

- Iechyd Cyhoeddus Cymru / Public Health Wales

  https://phw.nhs.wales/topics/immunisation-and-vaccines/covid-19-vaccination-information

- Iechyd Cyhoeddus Lloegr / Public Health England

  https://www.gov.uk/government/publications/covid-19-vaccination-resources-for-children-aged-5-to-11-years

- Cymdeithas Imiwnoleg Prydain / British Society of Immunology

  https://www.immunology.org/public-information/guide-vaccinations-for-covid-19