



Mae Brechu yn achub bywydau
Vaccination saves lives

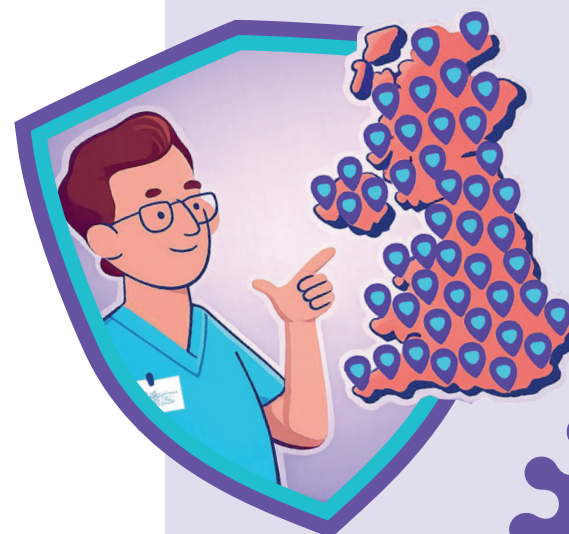
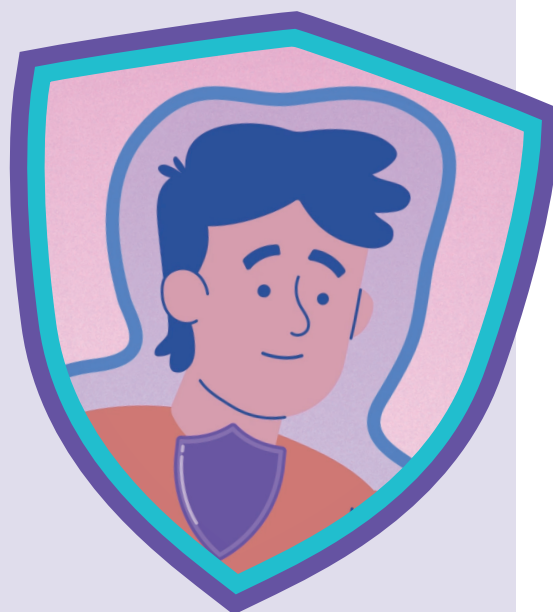
Ydych chi'n 13 i 14 oed?

Gwarchodwch eich hun rhag afiechydon peryglus trwy gael y brechlyn **3-mewn-1 i bobl ifanc** a'r brechlyn **MenACWY**!

Mae'r brechlynnau hyn yn helpu i roi'r amddiffyniad gorau i chi rhag:

- tetanws
- polio
- difftheria
- llid yr ymennydd a sepsis

Pob blwyddyn, mae dros 500,000 o bobl ifanc yn y DU yn cael y brechlynnau hyn. Mae brechu yn cymryd ychydig eiliadau ac **mae'n ddiogel ac yn effeithiol**.



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Are you 13-14 years old?

Protect yourself against dangerous diseases by having the **Teenage 3-in-1 booster** and the **MenACWY vaccine**!

These vaccines help give you the best protection against:

- tetanus
- polio
- diphtheria
- meningitis and sepsis

Each year, over 500,000 young people in the UK have these vaccines. Vaccination takes a few seconds, and is **safe and effective**.



Sganiwch fi

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Wedi colli eich brechlyn neu gyda chwestiynau? Siaradwch â'ch nyrs ysgol, tîm imiwneiddio neu feddyg teulu. Am fwy o wybodaeth am frechlynnau i bobl ifanc, ewch i **icc.gig.cymru/brechlynnau/Plant-PoblIfanc**



Missed your vaccine or have any questions? Talk to your school nurse, immunisation team or GP surgery. For more information about teenage vaccinations, visit **phw.nhs.wales/vaccines/Children-YoungPeople**



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