



Mae Brechu yn achub bywydau
Vaccination saves lives



Get vaccinated against shingles

This leaflet describes shingles and the benefits of the shingles vaccine.



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Shingles is an infection that affects many people as they get older. It often causes severe pain, which can last for months or sometimes years.

Shingles is more common and more severe the older you are.

The shingles vaccine helps protect older people and people who are severely immunosuppressed (have a very weakened immune system because of a health condition or medical treatment) from shingles and the long-term pain that can follow.

If you are:

- aged 65;
- aged 70 to 79; or
- severely immunosuppressed and over 50;

there is a free vaccine to help protect you from shingles.



What causes shingles?

Shingles is caused by the same virus as chickenpox – the varicella zoster virus.

Almost everyone gets chickenpox at some time in their life. When you recover from chickenpox, most of the virus is destroyed, but some of it can survive and remain inactive in the body for many years. This virus can reactivate later in life and cause shingles. This generally happens when the immune system is weakened by things such as ageing, illness, stress or medication. The shingles vaccine helps to protect you by boosting your immunity.

About shingles

Shingles (also known as herpes zoster) is an infection of a nerve and the skin around it.

It often starts with some tingling and pain in one area, along with a headache and tiredness. This is usually followed by a painful rash with fluid-filled blisters a few days later. The rash usually affects an area on just one side of the body, most commonly the chest but sometimes the head, face or eye. When shingles affects the eye, or the skin around the eye, it can cause severe pain or problems with your sight.

The fluid in shingles blisters is infectious and can cause chickenpox in someone who has never had it (usually a child). People with shingles should try to avoid pregnant women who have not had chickenpox before, people with a weakened immune system (for example, someone having chemotherapy) and babies less than one month old.

Most people fully recover from shingles, but for some people the pain can last for months or longer. This long-lasting pain is called post-herpetic neuralgia (PHN).

PHN is difficult to treat, and the older you are the more likely you are to have PHN that is severe.



If you think you may have shingles, contact your GP, as early treatment may help reduce your risk of long-term pain.

How common is shingles?

About 1 in 5 people who have had chickenpox will develop shingles. This means that every year in England and Wales, tens of thousands of people will have shingles. Although shingles can occur at any age, the risk, severity and complications of shingles all increase with age.

Each year a number of people aged 65 and over are admitted to hospital with shingles in Wales.

About the shingles vaccine

The shingles vaccine will reduce your chances of developing shingles and the long-term painful side effects, including PHN. If you do get shingles, it will probably be a milder and shorter illness if you have had the vaccine.



Who should have the vaccine?

The Joint Committee of Vaccination and Immunisation (JCVI) have advised that the shingles vaccine programme is extended to people aged 60 and over and carried out in phases.

They have also advised that the vaccine is offered to people aged 50 and over who have very weakened immune systems.

This table shows who is eligible for a shingles vaccine from 1 September 2023.

Your age	Do you have a very weakened immune system?	When will I have the shingles vaccine?
50 and over	Yes	On or after your 50th birthday
65 or 70	No	On or after your 65th or 70th birthday
70 (before 1 September 2023) to 79 (if you have not had a shingles vaccine)	No	You are eligible. Book an appointment with your GP surgery.

66 to 69	No	If you turned 65 before 1 September 2023 you will be contacted when you turn 70. If you turned 65 after 1 September 2023 you are still eligible. Contact your GP surgery for an appointment.
60 to 64	No	You will be contacted when you turn 65.



What about people who are outside these age groups?

Younger people will be offered the vaccine when they reach the eligible age.

Shingles can occur at any age, but the risk, severity and complications increase with age. Those with severely weakened immune systems are at higher risk, which is why the vaccine is recommended at an earlier age.



If you are worried about shingles speak to your GP.

Do I need the vaccine if I've had shingles before?

Yes. Even if you've already had shingles, you should still get the vaccine as it will reduce your risk of getting shingles again.

Are there people who shouldn't have a shingles vaccination?

There are two shingles vaccines available – Zostavax and Shingrix. Zostavax contains a weakened version of the live shingles virus.

Anyone who has previously had a severe reaction to any ingredients in the vaccine or a previous dose of a varicella virus vaccine should not have the vaccine.

The vaccine with a weakened live virus (Zostavax) should not be given to people with a weakened immune system (for example, due to certain cancers such as leukaemia or lymphoma, certain treatments such as steroids, some medications, or organ transplants).

Your GP or practice nurse will check which vaccine is suitable for you.

How and when is the vaccination given?

Most people will have the vaccination at their GP surgery. It is an injection given in the upper arm.

If you have the weakened live virus vaccine (Zostavax) you will only need one dose.

If you have the inactivated vaccine (Shingrix) you will need two doses.

- If you have a severely weakened immune system, you should have the second dose at least eight weeks after your first dose.
- If you do not have a severely weakened immune system, you should have the second dose at least six to 12 months after your first dose.

Once your course is complete you do not need any more shingles vaccines.

Are there any side effects?

Side effects from the vaccine are usually quite mild and don't last long.

The most common side effects are:

- pain and tenderness in the arm where the injection was given;
- headache; and
- general aches.

After the Shingrix vaccine you may feel tired and have a fever. You can rest and take the normal dose of paracetamol (follow the advice in the packaging) to help make you feel better. Do not use machines or drive if you are feeling unwell.

If the side effects last for more than a few days, you should speak to a healthcare professional.

If you have had the weakened live virus vaccine (Zostavax), a rash of small blisters may develop where the injection was given (but this is rare). If this happens, cover the rash until it crusts over and avoid contact with newborn babies and anyone with a weakened immune system or who is pregnant, especially if they have never had chickenpox. Please get advice from your GP surgery.

Other side effects are uncommon or very rare.

You can report suspected side effects of the vaccine by visiting www.mhra.gov.uk/yellowcard or by calling the Yellow Card Hotline on **0800 731 6789** (Monday to Friday, 9am to 5pm).



Does the shingles vaccine contain pork gelatine?

The weakened live virus vaccine (Zostavax) used in the UK contains small traces of pork gelatine.

Gelatine is used in a wide variety of foods and medicines, including some capsules and vaccines.

The inactivated vaccine (Shingrix) does not contain pork gelatine.

Can I choose which shingles vaccine to have?

No, your GP or practice nurse will offer you the vaccine that is recommended for you. You become eligible for the shingles vaccine on the NHS programme depending on your age and your current medical history.

What do I need to do?

Your GP practice should get in touch with you to make an appointment when you are eligible.

If they don't, or you think you might have missed the invitation, contact them and tell them you think you are due for a shingles vaccine.

For most eligible people the shingles vaccine will be offered until they are 80. However, if you have a severely weakened immune system, the vaccine can be given from age 50 up to any age.

For the best protection, you should have the vaccine or complete the course at the recommended time.

You can have the shingles vaccine at any time of the year.

Where can I get more information?

If you have any questions or want more information, you can visit **111.wales.nhs.uk**, talk to your doctor or nurse or call NHS 111 Wales.



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

You can find out more information about vaccines, including their contents and possible side effects, at **medicines.org.uk/emc**. You will need to enter the name of the vaccine (Zostavax or Shingrix) in the search box. You can also see the patient leaflet online.

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

A schedule showing which immunisations are routinely offered in Wales is available from **phw.nhs.wales/CompleteSchedule**

For vaccine information in other formats, such as large print, visit **phw.nhs.wales/vaccines/accessible-information**

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



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Ble gallaf gael rhagor o wybodaeth?

Os oes gennyhch unrhyw gwestiynau neu os ydych am gael rhagor o wybodaeth, ewch i 111.wales.nhs.uk, siaradwch â'ch meddyg neu nyrs neu ffoniwch GIG 111 Cymru.

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

Gallwch gael rhagor o wybodaeth am frechlynnau, gan gynnwys eu cynhwysion a sgil-ffeithiau posibl yn medicines.org.uk/emc. Bydd angen i chi roi enw'r brechlyn (Zostavax neu Shingrix) yn y blwch chwilio. Gallwch hefyd weld y datlen cleifion ar-lein.

Gallwch roi gwybod am sgil-ffeithiau a amheuir ar-lein yn www.mhra.gov.uk/yellowcard neu drwy lawrlwytho'r ap Yellow Card, neu drwy ffonio **0800 731 6789** (dydd Llun i ddydd Gwener, 9am i 5pm).

Mae amserlen sy'n dangos pa imiwneiddio a gynigir fel mater o drefn yng Nghymru ar gael o icc.gig.cymru/AmserlenGyflawn

I gael gwybodaeth am frechlynnau mewn fformatau eraill, fel print bras, ewch i [cymru/brechlynnau/adnoddau-hygyrch](http://icc.gig.cymru/brechlynnau/adnoddau-hygyrch) Gallwch gael gwybod sut y maer GIG yn defnyddio eich gwybodaeth yn [uk/amdanomni/eichgwybodaeth](http://111.wales.nhs.uk/amdanomni/eichgwybodaeth)

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A yw brechlyn yr eryr yn cynnwys gelatin moch?

Mae'r feirws byw wedi'i wanhau (Zostavax) a ddefnyddir yn y DU yn cynnwys oilion bach o gelatin moch. Defnyddir gelatin mewn amrywiaeth eang o fwydydd a meddyginiathaau, gan gynnwys pills a brechlynnau. Nid yw'r brechlyn anweithredol (Shingrix) yn cynnwys gelatin moch.

A allaf dde wis pa frechlyn yr eryr i'w gael?

Na allwch, bydd eich meddyg teulu neu nyr's practis yn cynnig y brechlyn sy'n cael ei argymhell i chi. Byddwch yn gymwys i gael brechlyn yr eryr ar raglen y GIG yn dibynnu ar eich oedran a'ch hanes meddygol presennol.

Beth sydd angen i mi ei wneud?

Dylai eich practis meddyg teulu gysylltu â chi i drefnu apwyntiad pan fyddwch yn gymwys. Os na fyddant, neu os ydych yn credu y gallech fod wedi colli'r gwahoddiad, cysylltwch â nhw a dweud wrthynt eich bod yn credu ei bod yn bryd i chi gael brechlyn yr eryr.

I'r rhan fwyaf o bobl bydd brechlyn yr eryr yn cael ei gynnig nes eu bod yn 80 oed. Fodd bynnag, os oes gennych system imiwneidd wan iawn, gellir rhoi'r brechlyn o 50 oed hyd at unrhyw oedran.

Er mwyn cael yr amddiffyniad gorau, dylech gael y brechlyn neu gwblhau'r cwrs ar yr adeg a argymhellir.

Gallwch gael brechlyn yr eryr ar unrhyw adeg o'r flwyddyn.



A oes unrhyw sgil-effeithiau?

Mae sgil-effeithiau o'r brechlyn fel arfer yn ysgafn ac nid ydynt yn para'n hir.

Dyma'r sgil-effeithiau mwyaf cyffredin:

- poen a thynnerwch yn y fraich lle rhoddwyd y pigiad;
- pen tost/cur pen; a
- phoenau cyffredinol.

Ar ôl y brechlyn Shingrix efallai y byddwch yn teimlo'n flinedig ac yn cael twymyn. Gallwch orffwys a chymryd y dos arferol o barasetamol (dilynwch y cynngor yn y pecyn) i helpu i wneud i chi deimlo'n well. Peidiwch â defnyddio peiriantau na gyrru os ydych yn teimlo'n sâl.

Os yw'r sgil-effeithiau'n para am fwy nag ychydig ddyddiau, dylech siarad â gweithiwr gofal iechyd profesiynol.

Os ydych wedi cael y brechlyn â feirws byw wedi'i wanhau (Zostavax), gall brech neu bothell bach ddatblygu lle rhoddwyd y pigiad (ond mae hyn yn brin). Os bydd hyn yn digwydd, gorchuddiwch y frech nes bod crachen yn ffurfio arni ac osgoi cyswllt â babanod newydd-anedig ac unrhyw un sydd â system imiwedd wannach neu sy'n feichlog, yn enwedig os nad ydynt erioed wedi cael brech yr ier. Gofynnwch am gynngor gan eich meddygfa.

Mae sgil-effeithiau eraill yn anghyffredin neu'n brin iawn.

Gallwch roi gwybod am sgil-effeithiau a amheuir y brechlyn drwy fynd i www.mhra.gov.uk/ **yellowcard** neu drwy ffonio Llinell Gyworth Yellow Card ar **0800 731 6789** (dydd Lun i ddydd Gwener, 9am i 5pm).

A oes pobl na ddylent gael brechiad yr eryr?

Mae dau frechlyn yr eryr ar gael – Zostavax a Shingrix. Mae Zostavax yn cynnwys fersiwn gwan o feirws byw yr eryr.

Ni ddylai unrhyw un sydd wedi cael adwath difrifol i unrhyw gynhwysion yn y brechlyn neu ddos blaenorol o frechlyn feirws varicella gael y brechlyn. Ni ddylai'r brechlyn â feirws byw wedi'i wanhau (Zostavax) gael ei roi i bobl sydd â system imiwedd wannach (er enghraifft, oherwydd rhai canserau fel lewcmia neu lymffoma, rai triniaethau fel steroidau, rai meddygiaethau, neu drawsblaniadau organau).

Bydd eich meddyg teulu neu nyrs practis yn gwirio pa frechlyn sy'n addas i chi.

Sut a phryd mae'r brechlyn yn cael ei roi?

Bydd y rhan fwyaf o bobl yn cael y brechiad yn eu meddygfa. Mae'n bigiad a roddir yn rhan uchaf y traich.

Os byddwch yn cael y brechlyn â feirws byw wedi'i wanhau (Zostavax) dim ond un dos y bydd ei angen arnoch.

Os byddwch yn cael y brechlyn anweithredol (Shingrix) bydd angen dau ddos arnoch.

- Os oes gennych system imiwedd wan iawn, dylech gael yr ail ddos o leiaf wyth wythnos ar ôl eich dos cyntaf.

- Os oes gennych system imiwedd wan iawn, dylech gael yr ail ddos o leiaf chwech i 12 mis ar ôl eich dos cyntaf.

Pan fydd eich cwrs wedi'i gwblhau ni fydd angen rhagor o frechlynnau'r eryr arnoch.

Oes. Hyd yn oed os ydych eisoes wedi cael yr eryr, dylech gael y brechlyn o hyd gan y bydd yn lleihau eich risg o gael yr eryr eto.

A oes angen y brechlyn arnaf os ydw i wedi cael yr eryr yn flaenorol?

Os ydych yn pryderu am yr eryr, siaradwch â'ch meddyg teulu.



Bydd pobl iau yn cael cynnig y brechlyn pan fyddant yn cyrraedd yr oedran cymwys. Gall yr eryr ddigwydd ar unrhyw oedran, ond mae risg, difrifoldeb a chymhlethdodau'r eryr yn cynyddu gwan iawn yn wnebu risg uwch, a dyna pam yr argymhellir y brechlyn ar oedran cynharach.

Beth am bobl sydd y tu allan i'r grwpiau oedran hyn?



Pwy ddylai gael y brechlyn?

Mae'r Cyd-bwyllgor ar Imiwneiddio a Brechu (JCVI) wedi cynghori bod y rhaglen frechu rhag yr eryr yn cael ei hymestyn i bobl 60 oed a throsodd a'i chynnal fesul cam.

Maent hefyd wedi cynghori bod y brechlyn yn cael ei gynig i bobl 50 oed a throsodd sydd â systemau imiwneidd gwan iawn.

Maer tabl yn dangos pwy sy'n gymwys i gael brechlyn yr eryr o 1 Medi 2023.

Eich oedran	A oes gennych system imiwneidd wan iawn?	Pryd y byddaf yn cael brechlyn yr eryr?
50 a throsodd	Oes	Ar eich pen-blwydd yn 50 oed neu ar ôl hynny
65 neu 70	Nac oes	Ar eich pen-blwydd yn 65 oed neu'n 70 oed neu ar ôl hynny
70 (cyn 1 Medi 2023) i 79 (os nad ydych wedi cael brechlyn yr eryr)	Nac oes	Rydych yn gymwys. Trefnwch apwyntiad gyda'ch meddygfa.

66 i 69	Nac oes	Os cawsoch eich pen-blwydd yn 65 oed cyn 1 Medi 2023 cysylltir â chi pan fyddwch yn 70 oed.
60 i 64	Nac oes	Cysylltir â chi pan fyddwch yn cael eich pen-blwydd yn 65 oed.

Pa mor gyftredin yw'r eryr?

Bydd tua 1 o bob 5 o bobl sydd wedi cael brech yr ieir yn datblygu'r eryr. Mae hyn yn golygu, bob blwyddyn yng Nghymru a Lloegr, y bydd degau o filoedd o bobl yn cael yr eryr. Er y gall yr eryr ddigwydd ar unrhyw oedran, mae risg, difrifoldeb a chymhlethdodau'r eryr yn cynyddu gydag oedran.

Bob blwyddyn mae nifer o bobl 65 oed a throsodd yn cael eu derbyn i'r ysbty gyda'r eryr yng Nghymru.

Ynghylch brechlyn yr eryr

Bydd brechlyn yr eryr yn lleihau eich siawns o ddatblygu'r eryr a'r sgil-ffeithiau poenus hirdymor, gan gynnwys PHN. Os byddwch yn cael yr eryr, mae'n debygol y bydd yn salwch ysgafnach a byrrach os ydych wedi cael y brechlyn.



Ynghylich yr eryr

Mae'r eryr (a elwir hefyd yn herpes zoster) yn haint nerf a'r croen o'i amgylch.

Mae'n aml yn dechrau gyda rhywfaint o binnau bach a phoen mewn un rhan, ynghyd â phen tost/cur pen a blinder. Fel arfer, caiff hyn ei ddilyn gan frech boenus gyda phothelli llawn hylif ychydig ddyddiau'n ddiweddarach. Mae'r frech fel arfer yn effeithio ar ran ar un ochr o'r corff, gam amlaf y frest ond weithiau'r pen, yr wneub neu'r llygad. Pan fydd yr eryr yn effeithio ar y llygad, neu'r croen o amgylch y llygad, gall achosi poen difrifol neu problemau gyda'ch golwg.

Mae'r hylif ym mhothelli'r eryr yn heintus a gall achosi brech yr ieir mewn rhywun nad yw erioed wedi'i chael (plenty'n fel arfer). Dylai pobl â'r eryr geisio osgoi menywod beichiog nad ydynt wedi cael brech yr ieir yn flaenorol, pobl sydd â system imiwedd wannach (er enghraifft, rhywun sy'n cael cemotherapi) a babanod llai na mis oed.

Mae'r rhan fwyaf o bobl yn gwella o'r eryr, ond i rai gall y boen bara am fisoedd neu fwy. Gelwir y boen hirdymor yn niwralgia ôl-herpëtig niwralgia (PHN). Mae PHN yn anodd ei drin. Po hynaf yr ydych, y mwyaf tebygol yr ydych o gael PHN difrifol.

Os credwch y gall fod gennych yr eryr, cysylltwch â'ch meddyg teulu, oherwydd gall triniaeth gynnar helpu i leihau eich risg o boen hirdymor.





Beth sy'n achosir'ryr?

Mae'r eryr yn cael ei achosi gan yr un feirws â brech yr ieir – feirws varicella zoster.

Mae bron pawb yn cael brech yr ieir ar ryw adeg yn eu bywyd. Pan fyddwch yn gwella o frech yr ieir, mae'r rhan fwyaf o'r feirws yn cael ei ddinistrio, ond gall rhywfaint ohono oroesi ac aros yn anweithredol yn y corff am flynyddoedd lawer. Gall y feirws ailweithredu yn ddiweddarach mewn bywyd ac achosir'ryr. Mae hyn fel arfer yn digwydd pan fydd y system imiwedd yn cael ei gwanhau gan bethau fel heneiddio, salwch, straeu neu feddyginiâth. Mae brechlyn yr eryr yn helpu i'ch amddiffyn drwy roi hwb i'ch imiwedd.

Mae'r eryr yn haint sy'n effeithio ar lawer o bobl wrth iddynt fynd yn hŷn. Mae'n aml yn achosi poen difrifol, sy'n gallu para am fisoedd neu weithiau flynyddoedd. Po hynaf yr ydych, mae'r eryr yn fwy cyffredin ac yn fwy difrifol.

Mae brechlyn yr eryr yn helpu i amddiffyn pobl hŷn a phobl sy'n ddifrifol imiwnoataliedig (sydd â system imiwneidd wan iawn oherwydd cyflwr iechyd neu driniaeth feddygol) rhag yr eryr a'r poen hirdymor a all ddilyn.

Os ydych yn:

- 65 oed;
- rhwng 70 a 79 oed; neu'n
- ddifrifol imiwnoataliedig a thros 50 oed;

mae brechlyn am ddim i helpu i'ch amddiffyn rhag yr eryr.

Maer datlen hon yn disgrifio'r eryr a manteision brechlyn yr eryr.

Cael eich brechu rhag yr eryr



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