Bwrdd Iechyd Prifysgol Caerdydd a'r Fro
Cardiff and Vale University Health Board

COVID-19 Vaccination Programme Information

Introduction to the Covid-19 Vaccination Programme

Cardiff and Vale University Health Board (UHB) has been working closely with local authority, public and third sector partners for months in preparation for the delivery of a Covid-19 vaccination programme to the population of Cardiff and the Vale of Glamorgan. Now that the first deliveries of vaccine have started to arrive in Wales we have been able to get started.

Delivering a mass vaccination programme at such a large scale is an enormous challenge, and requires a great deal of preparation and coordination to ensure it can be done safely. It is simply not possible to vaccinate everyone who is eligible for it at the same time, and therefore we have to sequence the invitations in accordance with the priority groups that are set nationally. It will take many months for vaccinations to be delivered to everyone who is eligible.

Below are the answers to some frequently asked questions which will provide some information about the vaccine and the process that we are undertaking in order to deliver it to our population.

Who is eligible to receive a vaccine?

The priority groups of people who are eligible to receive the vaccine, are agreed at a UK level by the Joint Committee on Vaccination and Immunisation (JCVI). The priorities are based upon the risk of serious illness and mortality, and also the need to protect the health and social care services. The single greatest risk of illness and mortality from Covid-19 is increasing age, and there is also importance in protecting people who are vulnerable due to underlying health conditions. This is the list of priority groups that the JCVI has agreed:

1. Residents in a care home for older adults and their carers
2. All those 80 years of age and over, and frontline health and social care workers
3. All those 75 years of age and over
4. All those 70 years of age and over. Clinically extremely vulnerable individuals (defined here).
5. All those 65 years of age and over.
6. All individuals aged 16 to 64 years with underlying health conditions which put them at higher risk of serious disease and mortality.
7. All those 60 years of age and over
8. All those 55 years of age and over
9. All those 50 years of age and over

How will I be invited if I am in a priority group?

Invitations to people who fall into the priority groups 2-9 (except frontline health and social care workers) will be sent directly from the Health Board to individuals. You will receive a letter from the Health Board with information about how to book your appointment. We have a booking centre where all appointments are made over the telephone.

Frontline health and social care workers will be notified by their employer with information about to book an appointment. Employers may send an e-mail to employees or they may provide paper copies of the information, as appropriate. Employees will be asked to call the booking centre to arrange their appointments.

People living in care homes will be able to get their vaccinations through the Health Board's mobile teams and arrangements will be made for this.

Where will the vaccinations take place?

The vast majority of vaccinations will be given to people at one of three Mass Vaccination Centres in Cardiff and the Vale of Glamorgan. Some mobile teams will be able to visit care homes, and people who are unable to get to a centre. When you receive your invitation to book an appointment, you will be able to confirm the location to have your vaccination.

When will I get my invitation?

The UHB is working hard, along with the rest of Wales, to ensure we can get invitations out to the priority groups as quickly as we can, but we have to do this in a manageable way. We have started with our care homes and health and social care workers initially, and within the next few weeks we will start to invite individuals from within the highest age cohort (people aged 80 and over). Following that we will work through the priority groups in time.

How many injections will I need?

Currently, the COVID-19 vaccine will be given in **2 doses** on 2 separate occasions. When booking your appointment both dates will usually be provided the same time. It is important that you attend both appointments to be fully vaccinated.

What if I don't want the vaccine?

Having the vaccine is not mandatory, it is a personal choice.

How safe is the vaccine as it's been developed so quickly?

For a vaccine to reach the general public it will have to work and be safe. There may be a misconception that vaccine research takes a long time but it isn't the research that takes the time – it's all the steps beforehand, like getting funding and approval. What's sped up in the development of a COVID-19 vaccine is the funding. The UK Government funded trials to get them up and running quickly.

How can I find out more?

For further information about the vaccine and the roll-out of the programme in Wales, please visit the Public Health Wales site where you will find a FAQ section as well as lots of helpful information: https://phw.nhs.wales/topics/immunisation-and-vaccines/covid-19-vaccination-information/

Gwybodaeth am Raglen Brechu COVID-19

Cyflwyniad i Raglen Brechu Covid-19

Mae Bwrdd Iechyd Prifysgol Caerdydd a'r Fro (BIP) wedi bod yn gweithio'n agos gyda phartneriaid awdurdod lleol, y sector cyhoeddus a'r trydydd sector ers misoedd i baratoi ar gyfer cyflwyno rhaglen brechu Covid-19 i boblogaeth Caerdydd a Bro Morgannwg. Nawr bod y cyflenwadau cyntaf o'r brechlyn wedi dechrau cyrraedd Cymru rydym wedi gallu dechrau ar y gwaith.

Mae darparu rhaglen brechu torfol ar raddfa mor fawr yn her anferth, ac mae'n gofyn am lawer iawn o waith paratoi a chydlynu er mwyn gwneud yn siŵr bod y gwaith yn cael ei wneud yn ddiogel. Nid yw'n bosibl brechu pawb sy'n gymwys i gael y brechlyn ar yr un pryd, ac felly mae'n rhaid i ni drefnu'r gwahoddiadau yn unol â'r grwpiau blaenoriaeth a bennir ar lefel DU. Bydd yn cymryd nifer o fisoedd i bawb sy'n gymwys gael brechiad.

Isod ceir atebion i rai cwestiynau cyffredin a fydd yn rhoi rhywfaint o wybodaeth am y brechlyn a'r broses rydym yn ei dilyn er mwyn ei gyflwyno i'n poblogaeth.

Pwy sy'n gymwys i gael y brechlyn?

Cytunir ar y grwpiau blaenoriaeth o bobl sy'n gymwys i gael y brechlyn ar lefel y DU gan y Cyd-bwyllgor ar Imiwneiddio a Brechu (JCVI). Mae'r blaenoriaethau wedi'u seilio ar berygl o salwch difrifol a marwolaeth, a hefyd yr angen i ddiogelu'r gwasanaethau iechyd a gofal cymdeithasol. Yr un perygl mwyaf o salwch a marwolaeth o ganlyniad i Covid-19 yw cynnydd mewn oedran, a rhoddir pwysigrwydd hefyd ar ddiogelu pobl sy'n agored i niwed oherwydd bod ganddynt gyflyrau iechyd isorweddol. Dyma'r rhestr o grwpiau blaenoriaeth y mae'r JCVI wedi cytuno arni:

1. Preswylwyr hŷn mewn cartrefi gofal â'u gofalwyr
2. Pawb sy'n 80 oed a hŷn, a gweithwyr iechyd a gofal cymdeithasol rheng flaen
3. Pawb sy'n 75 oed a hŷn
4. Pawb sy'n 70 oed a hŷn. Unigolion sy'n agored iawn i niwed yn glinigol (diffinnir yma).
5. Pawb sy'n 75 oed a hŷn
6. Pob unigolyn rhwng 16 a 64 oed sydd â chyflyrau iechyd isorweddol sy'n eu rhoi mewn perygl uwch o gael clefyd difrifol a marw
7. Pawb sy'n 60 oed a hŷn
8. Pawb sy'n 55 oed a hŷn
9. Pawb sy'n 50 oed a hŷn

Sut fyddaf yn cael fy ngwahodd os ydw i mewn grŵp blaenoriaeth?

Bydd y Bwrdd Iechyd yn anfon gwahoddiadau yn uniongyrchol at unigolion sydd yn grwpiau blaenoriaeth 2-9 (ac eithrio gweithwyr iechyd a gofal cymdeithasol rheng flaen). Byddwch yn derbyn llythyr gan y Bwrdd Iechyd gyda gwybodaeth sut i drefnu eich apwyntiad. Mae gennym ganolfan apwyntiadau lle gwneir yr holl apwyntiadau dros y ffôn.

Hysbysir gweithwyr iechyd a gofal cymdeithasol rheng flaen gan eu cyflogwr gyda gwybodaeth ynglŷn â sut i drefnu apwyntiad. Efallai y bydd cyflogwyr yn anfon e-bost at gyflogeion neu o bosibl yn darparu copïau papur o'r wybodaeth, fel sy'n briodol. Gofynnir i gyflogeion ffonio'r ganolfan apwyntiadau i drefnu eu hapwyntiad.

Bydd pobl sy'n byw mewn cartrefi gofal yn gallu cael eu brechiadau gan dimau symudol y Bwrdd Iechyd a gwneir trefniadau ar gyfer hyn.

Lle cynhelir y sesiynau brechu?

Rhoddir y mwyafrif helaeth o frechiadau i bobl mewn un o dair Canolfan Brechu Torfol yng Nghaerdydd a Bro Morgannwg. Ar hyn o bryd mae un o'r canolfannau hyn yn weithredol yn Sblot, a bydd dwy arall yn agor yn y Barri a Phentwyn ym mis Ionawr. Bydd rhai timau symudol yn gallu ymweld â chartrefi gofal a phobl sydd ddim yn gallu cyrraedd canolfan. Pan fyddwch yn derbyn eich gwahoddiad i drefnu apwyntiad, gallwch gadarnhau'r lleoliad ar gyfer eich brechiad.

Pryd fyddaf yn derbyn fy ngwahoddiad?

Mae'r BIP yn gweithio'n galed, fel y mae gweddill Cymru, i sicrhau y gallwn gael y gwahoddiadau i'r grwpiau blaenoriaeth mor gyflym â phosibl, ond mae'n rhaid i ni wneud hyn mewn modd y gellir ei reoli. Rydym wedi dechrau gyda chartrefi gofal a gweithwyr gofal iechyd, ac o fewn yr ychydig wythnosau nesaf byddwn yn dechrau gwahodd unigolion o'r garfan oedran uchaf (pobl 80 oed a hŷn). Wedi hynny byddwn yn gweithio drwy'r grwpiau blaenoriaeth.

Sawl pigiad fydd angen arnaf?

Ar hyn o bryd rhoddir y brechlyn COVID-19 mewn **2 ddos** ar ddau achlysur gwahanol tua 28 diwrnod oddi wrth ei gilydd. Pan fyddwch yn trefnu eich apwyntiad, fel arfer darperir y ddau ddyddiad ar yr un pryd. Mae'n bwysig eich bod yn mynychu'r ddau apwyntiad i fod wedi'ch brechu'n llawn.

Beth os nad ydw i am gael y brechlyn?

Nid yw cael y brechlyn yn orfodol, dewis personol ydyw.

Pa mor ddiogel yw'r brechlyn gan ei fod wedi'i ddatblygu mor gyflym?

Er mwyn i frechlyn gyrraedd y cyhoedd bydd yn rhaid iddo fod yn gweithio a bod yn ddiogel. Gallai fod camsyniad bod ymchwil ar gyfer brechlyn yn cymryd amser hir ond nid yr ymchwil sy'n cymryd amser – yr holl gamau cyn hynny yw'r broblem, fel sicrhau cyllid a chymeradwyaeth. Yr hyn sydd wedi cyflymu datblygiad brechlyn COVID-19 yw'r cyllid. Ariannodd Llywodraeth y DU dreialon er mwyn eu cael ar waith yn gyflym.

A oes yna unrhyw un na ddylai gael y brechlyn?

Mae'r brechlyn yn ddiogel ar gyfer y mwyafrif helaeth o bobl, ond mae yna rai pobl na ddylai ei gael megis y rheini sydd â hanes o anaffylacsis na ellir ei egluro yn flaenorol neu anaffylacsis sy'n dechrau ar unwaith mewn ymateb i frechlyn, meddyginiaeth neu fwyd. Ni ellir rhoi brechiadau o fewn 4 wythnos i brawf COVID-19 cadarnhaol neu am 4 wythnos ar ôl cael symptomau COVID-19.

Ar hyn o bryd **ni** chynghorir brechiad COVID-19 yn ystod beichiogrwydd. Ni ddylai menywod gyflwyno'u hunain ar gyfer brechiad os gallent fod yn feichiog neu eu bod yn bwriadu beichiogi o fewn tri mis i'r ddos cyntaf. **Ni** argymhellir brechiad chwaith os ydych yn bwydo ar y fron ar hyn o bryd.

Sut allaf i gael rhagor o wybodaeth?

I gael rhagor o wybodaeth am y brechlyn a chyflwyniad y rhaglen yng Nghymru, ewch i wefan Iechyd Cyhoeddus Cymru lle gwelwch yr adran cwestiynau cyffredin yn ogystal â llawer o wybodaeth ddefnyddiol:

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