



Mae Brechu yn achub bywydau  
Vaccination saves lives



# Protection against meningitis and septicaemia



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**This leaflet explains why it's important that teenagers and young people under the age of 25 should receive the MenACWY vaccine.**

## **What is meningococcal disease?**

Meningococcal disease is caused by several groups of meningococcal bacteria, the most common of which are A, B, C, W and Y. Meningococcal bacteria can cause meningitis (inflammation of the lining of the brain) and septicaemia (blood poisoning).

The same bacteria that cause these serious diseases are also commonly carried in the back of the nose and throat, especially in older teenagers and young adults, without causing any illness.

## **How common is it?**

Everybody is at risk from meningococcal disease, but:

- the under-fives are most at risk; and
- teenagers and young adults are the second most at risk group.

Since the MenC vaccine was introduced into the UK routine vaccination programme in 1999 and the MenACWY vaccine in 2015, there has been a big reduction in cases of groups C and W meningococcal disease.

Although rare, meningococcal disease is very serious and needs urgent treatment in hospital. It can lead to life-changing disabilities such as amputations, hearing loss, brain damage and scars. If it is not diagnosed early it can even be fatal.





## Why do I need to get the MenACWY vaccine?

Older teenagers are at higher risk of getting meningococcal disease, so you need to get vaccinated now to protect yourself. Vaccination also reduces the risk of you carrying the bacteria and so protects other people around you. You need this vaccine even if you have previously received the MenC vaccine, as the MenACWY vaccine will protect you against meningococcal group C disease as well as give you extra protection against groups W, A and Y disease.

It will still be important to know the signs and symptoms of meningitis and septicaemia (meningococcal disease) even if you are vaccinated. This is because there are other bacteria that can also cause these illnesses, including the meningococcal group B disease that is not covered by the ACWY vaccine.

# What are the signs and symptoms of meningococcal disease?

Look out for any of these symptoms



Fever, cold hands and feet



Vomiting



Drowsy, difficult to wake



Confusion and irritability



Severe muscle pain



Pale, blotchy skin  
Spots or rash  
(see glass test)



Severe headache



Stiff neck



Dislike of bright lights



Convulsions or seizures

## Do the glass test

Someone with septicaemia may develop a rash of tiny 'pin pricks' which can turn into purple bruising. This rash does not fade under pressure. You can do the glass test by pressing the side of a drinking glass against the rash. If the spots don't fade under pressure, get medical help immediately. The rash can be more difficult to see on dark skin, but may be visible in paler areas, especially the soles of the feet, the palms of the hands, the abdomen, or on the inside of the eyelids or roof of the mouth.



Never wait for a rash. It can be a late sign or may not appear at all.

Septicaemia can happen with or without meningitis. Not everyone gets all the symptoms and they can appear in any order. Make sure you know the signs and symptoms and get help immediately if you are concerned.



**Meningitis and septicaemia are very serious and need urgent medical help immediately. If you can't get in touch with your doctor, ring 999 or go to the emergency department of your nearest hospital.**



## Who is eligible for the MenACWY vaccine?

- Teenagers aged 13 to 14 years of age (school year 9) are routinely offered the MenACWY vaccine alongside the 3-in-1 teenage booster vaccine.
- Young people under the age of 25 also remain eligible if they have never received the MenACWY vaccine.
- Children and young people aged from 10 years up to their 25th birthday if they have an incomplete or unknown MenC vaccination history.
- People with an increased risk of meningococcal disease due to an existing medical condition or treatment, travel, their job, or close contact with a case of meningococcal disease may also be recommended to receive the MenACWY vaccine.

# How will I know when I am due to receive the MenACWY vaccine?

In most areas of Wales, the MenACWY vaccination is routinely offered in school year 9. In a few areas, where the vaccine is not given in school, you will be invited to have it at your GP practice.

If you have left school and you missed your MenACWY vaccination you should make an appointment with your GP practice.

If you are a student going to university or college for the first time (including overseas and mature students) and you have not yet had the MenACWY vaccine you can receive it up until your 25th birthday. You should make an appointment with your GP practice to have the vaccine. Ideally, the vaccine should be given at least two weeks before you start university.



**It's also a good idea to check that you have also had two doses of the MMR vaccine, as there continue to be outbreaks of mumps and measles at colleges and universities. If you have not previously had two doses of the MMR vaccine, you can ask your GP practice for the vaccine.**







## What if I miss the vaccination and I am already at university?

First-time university students are at particularly high risk in the first weeks of term, so you should make every effort to have the vaccine before you start. If you have not had the vaccine you can go to the University Health Centre or register with a GP practice at university and arrange to get the vaccine there, but try and do that straight away – ideally in ‘freshers’ week.



**Don't delay it. The sooner you have it the better.**

# Must I have the MenACWY vaccine?

All vaccinations in the UK are voluntary but it's recommended that all eligible teenagers and young people have the vaccination. This protects not just yourself from very serious illnesses but also others, including infants who may be particularly at risk from infection.

## Consent

If you are under 16 years old and you receive a consent form at school, make sure you and your parent or guardian read the information, sign the form and return it to school as soon as possible.

It's best to involve your parent or guardian in your decision about having the vaccine, but in some circumstances you can give permission yourself if you fully understand what is being offered.

If you are aged 16 or over you are able to give permission for the vaccination yourself.

## Are there any reasons why I should not be vaccinated?

There are very few teenagers and young people who should not have the MenACWY vaccine. You should not have it if you have had a severe (life-threatening) reaction to any ingredient of the vaccine or to a previous dose of MenACWY vaccine. If you have a minor illness without a fever, such as a cold, you should still have the vaccination. If you are ill with a fever, put the vaccination off until you are better.

Also, speak to your doctor or nurse before having the vaccination if you:

- have a bleeding disorder; or
- have had convulsions (fits) not associated with fever.

## Is the MenACWY vaccine safe?

As with all vaccines, reports of side effects are closely monitored and reviewed. The MenACWY vaccine has been used for many years across the world and has an excellent safety record. Serious side effects from the vaccine are rare.

## Are there any side effects?

Your arm may be sore with some swelling, redness or tenderness where you have had the injection. Sometimes a small painless lump develops, but this usually disappears within a few weeks. Other side effects may include fever, headache, dizziness, feeling sick and swollen glands. Very rarely, some people have an allergic reaction soon after a vaccination. This may be a rash or itching affecting part or all of the body.

If you have a fever and feel unwell after the vaccination take paracetamol to help you feel better. Read the instructions on the bottle or packet carefully and take the correct dose for your age.

You should not take paracetamol before or after the vaccination just because you think you might get a fever.



**Remember, don't take medicines that contain aspirin if you are under 16 years old.**



Even more rarely, some people can have a severe reaction soon after the vaccination, which causes breathing difficulties and may cause them to collapse. This is called an anaphylactic reaction and can also happen with other medicines and food.

These reactions are extremely rare and nurses are trained to manage them. People who have an anaphylactic reaction can be successfully treated and usually recover within a few hours.

Young people or their parents or guardians can report suspected side effects of vaccines through the Yellow Card scheme. You can do this online at [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard) or by calling the Yellow Card hotline (free) on **0800 731 6789** (Monday to Friday 9am to 5pm).

# Where can I get more information?

## Meningitis Now

Visit: [www.meningitisnow.org](http://www.meningitisnow.org)

Free helpline: **0808 80 10 388**  
(9am to 4pm Monday to Friday)

Email: [helpline@meningitisnow.org](mailto:helpline@meningitisnow.org)  
(emails are answered during office hours only)

## Meningitis Research Foundation

Visit: [www.meningitis.org](http://www.meningitis.org)

Free helpline: **080 8800 3344**  
(9am to 5pm Monday to Friday)

Email: [helpline@meningitis.org](mailto:helpline@meningitis.org)  
(emails are answered during office hours only)

If you have any questions or want more information, you can visit [111.wales.nhs.uk](http://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](http://phw.nhs.wales/vaccines)

You can find out more about the vaccine, including its contents and possible side effects online at [medicines.org.uk/emc](http://medicines.org.uk/emc). You will need to enter the name of the vaccine (Nimenrix or Menveo) in the search box. You can also see the patient leaflet online.

A schedule showing which vaccinations are routinely offered in Wales is available from [111.wales.nhs.uk/CompleteSchedule](http://111.wales.nhs.uk/CompleteSchedule)

To order more copies of this leaflet, visit: [publichealthwales.org/HealthInformationResources](http://publichealthwales.org/HealthInformationResources)

For vaccine information in other formats, such as large print, visit: [phw.nhs.wales/vaccines/accessible-information](http://phw.nhs.wales/vaccines/accessible-information)

To find out how the NHS uses your information, visit: [111.wales.nhs.uk/AboutUs/Yourinformation](http://111.wales.nhs.uk/AboutUs/Yourinformation)



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# Ble mae cael rhagor o wybodaeth?

## Meningitis Now

Ewch i: [www.meningitisnow.org](http://www.meningitisnow.org)

Llinell Gymorth Am Ddim: **0808 80 10 388**

(9am i 4pm Llyn - Gwener)

E-bost: [helpline@meningitisnow.org](mailto:helpline@meningitisnow.org)

(atebwr negeseuon e-bost yn ystod oriau swyddfa yn unig)

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(atebwr negeseuon e-bost yn ystod oriau swyddfa yn unig)

Os oes gennyf chi unrhyw gwestiynau neu

os ydych chi eisiau rhagor o wybodaeth, ewch i

[111.wales.nhs.uk](http://111.wales.nhs.uk), siaradwch â'ch meddyg neu nyrs

neu ffoniwch **GIG 111 Cymru**.

Gallwch ddod o hyd i ragor o wybodaeth am y brechlynnau  
a gynigir yng Nghymru yn: [icc.gig.cymru/brechlynnau](http://icc.gig.cymru/brechlynnau)

Gallwch gael gwybod mwy am y brechlynnau, ac am ei gynnwys  
a'r sgil-effeithiau posib, yn [medicines.org.uk/emc](http://medicines.org.uk/emc). Bydd

angen i chi nodi enw'r brechlynnau (Nimenrix neu Menveo) yn y  
bocs chwillio. Gallwch hefyd weld y datlen i gleffion ar-lein

Ma'r amserlen frechu sy'n dangos i chi pa frechlynnau

a gynigir yn rheolaidd yng Nghymru ar gael yn:

[111.wales.nhs.uk/amserlengyflawn](http://111.wales.nhs.uk/amserlengyflawn)

I archebu rhagor o gopiau o'r datlen hon, ewch i:

[iechydchyhoeddus.cymru.org/](http://iechydchyhoeddus.cymru.org/)

**adnoddau-gwybodaeth-iechyd**

Am wybodaeth am frechlynnau mewn fformatau eraill,

fel print bras, ewch i: [icc.gig.cymru/](http://icc.gig.cymru/)

**brechlynnau/adnoddau-hygyrch**

Gallwch gael gwybod sut ma'r GIG

yn defnyddio eich gwybodaeth, yn:

[111.wales.nhs.uk/amdanommi/](http://111.wales.nhs.uk/amdanommi/)

**eichgwybodaeth**

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Yn fwy anamli fyth, gall rhai pobl gael adwath difrifol yn fuan ar ôl cael y brechiad, sy'n achosi anawsterau anadlu a gall hyn achosi iddynt fynd yn anymwybodol. Yr enw ar hyn yw adwath anaffylactig a gall ddigwydd hefyd gyda meddyginiaethau eraill a bwyd.

Mae'r adwath yma'n eithriadol brin ac mae nyrsys wedi'u hyfforddi i'w reoli. Gellir trin pobl sy'n cael adwath anaffylactig yn llwyddiannus ac fel rheol maent yn gwella mewn ychydig oriau.

Gall pobl ifanc neu eu rhieni neu eu gwarcheidwaid roi gwybod am sgil-effeithiau a amheuir ar ôl cael brechiadau drwy gynllun y Yellow Card. Gallwch wneud hyn ar-lein yn [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard) neu drwy ffonio llinell Gymorth y Yellow Card ar **0800 731 6789** (Llun - Gwener 9am i 5pm).



# Ydi'r brechiad MenACWY yn ddiogel?

Fel pob brechiad, mae'r sgil-effeithiau y rhoddir gwybod amdanynt yn cael eu monitro a'u hadolygu. Mae brechiad MenACWY wedi cael ei ddefnyddio ers blyneddoddedd lawer ledled y byd ac mae ganddo enw rhagorol am ddiogelwch. Mae sgil-effeithiau difrifol ar ôl cael y brechiad yn brin.

## Oes unrhyw sgil-effeithiau?

Efallai y bydd eich braich yn brifo ychydig ac wedi chwyddo, neu fyrryn yn goch ac anesmwyth, lle rydych chi wedi cael y brechiad. Weithiau mae lwmprychan di-boen yn ymddangos, ond mae hwn yn diffiannu o fewn ychydig wythnosau fel rheol. Gall y sgil-effeithiau eraill gynnwys tymheredd uchel, cur pen, penysgafnod, teimlo'n sâl a chwarennau wedi chwyddo. Yn anaml iawn, mae rhai pobl yn cael adwaitth alergaidd yn fuan ar ôl y brechiad. Gall fod yn frech neu gosi sy'n effeithio ar ran o'ch corff neu eich corff i gyd.

Os oes gennyh chi dymheredd uchel ac yn teimlo'n sâl ar ôl cael y brechiad, cymewch paracetamol i'ch helpu i deimlo'n well. Darllenwch y cyfarwyddiadau ar y botel neu'r pecyn yn ofalus a chymryd y dos cywir ar gyfer eich oedran. Ni ddylech gymryd paracetamol cyn neu ar ôl y brechiad dim ond am eich bod yn meddwl y byddwch yn cael tymheredd uchel efallai!

**Cofiwch, peidiwch â chymryd meddygiaethau sy'n cynnwys aspirin os ydych chi o dan 16 oed.**



# Oes raid i mi gael brechiad MenACWY?

Mae pob brechiad yn y DU yn wirfoddol ond argymhellir bod yr holl bobl ifanc yn eu harddegau sy'n gymwys yn cael y brechiad. Mae hyn yn eich gwarchod chi rhag salwch difrifol, yn ogystal ag eraill, gan gymrwys babanod sydd â risg uchel o haint erallai.

## Caniatâd

Os ydych chi dan 16 oed ac os byddwch yn cael ffurflen ganiatâd yn yr ysgol, gwnewch yn siŵr eich bod chi a'ch rhiant neu warcheidwad yn darllen yr wybodaeth, llofnodir ffurflen a'i dychwelyd i'r ysgol cyn gynted â phosib.

Mae'n well cynnwys eich rhiant neu warcheidwad yn eich penderfyniad am gael y brechiad, ond o dan rai amgylchiadau, gallwch roi caniatâd eich hun os ydych yn deall yn llawn beth sy'n cael ei gynnig.

Os ydych chi'n 16 oed neu'n hŷn, rydych yn gallu rhoi caniatâd ar gyfer cael y brechiad eich hun.

# Oes unrhyw resymau pam na ddylwn i gael fy mrechus?

Mae rhai pobl ifanc yn eu harddegau a phobl ifanc eraill na ddylai gael y brechiad MenACWY. Ni ddylech ei gael os ydych chi wedi cael adwaith difrifol (yn bygwth bywyd) i unrhyw gynhwysyn yn y brechiad neu i ddos blaenorol o'r brechiad MenACWY. Os oes gennych chi fân salwch heb dymheredd uchel, fel annwyd, dylech gael y brechiad yr un fath. Os ydych chi'n sâl gyda thymheredd uchel, gohiriwch gael y brechiad nes eich bod yn well.

Hefyd siaradwch â'ch meddyg neu eich nyrs cyn cael y brechiad os oes gennych chi:

- anhwylder gwadu; neu
- wedi cael ffittiau heb fod yn gysylltiedig â thymheredd uchel.

## Peidiwch ag oedi. Gorau po gyntaf ! chi ei gael.



Mae myfyrwyr prifysgol am y tro cyntaf yn wynebu risg uchel yn ystod wythnosau cyntaf y tymor, felly dylech wneud pob ymdrech i gael y brechiad cyn dechrau. Os nad ydych wedi cael y brechiad, ewch i Ganolfan Iechyd y Brifysgol neu gofrestru gyda meddygfa yn y Brifysgol a threfnu i gael y brechiad yno, ond cofiwch geisio gwneud hynny yn syth – yn ystod wythnos y glasfyrwyr fel rheol.

## Beth os wyt wedi collir brechiad ac yn y brifysgol eisoes?





# Sut byddaf yn gwybod pryd dylwn gael brechiad MenACWY?

Yn y rhan fwyaf o ardaloedd o Gymru, mae brechiad MenACWY yn cael ei gynnal yn rheolaidd ym mlwyddyn ysgol 9. Mewn rhai ardaloedd, lle nad yw'r brechiad yn cael ei roi yn yr ysgol, cewch wahoddiad i'w gael yn eich meddygfa.

Os ydych chi wedi gadael yr ysgol a chollu eich brechiad MenACWY, dylech wneud apwyntiad yn eich meddygfa.

Os ydych chi'n fyfyrwr sy'n mynd i brifysgol neu goleg am y tro cyntaf (gan gynnwys myfyrwyr tramor ac aeddfed) a heb gael brechiad MenACWY eto, gallwch ei gael tan eich pen blwydd yn 25 oed. Dylech wneud apwyntiad gyda'ch meddygfa i gael y brechiad. Yn ddefnyddol, dylid rhoi'r brechiad o leiaf bythefnos cyn i chi ddechrau yn y brifysgol.

Mae hefyd yn syniad da gwirio eich bod wedi cael dau dos o'r brechiad MMR gan fod achosion o glwy'r penau a'r frech goch i'w gweld mewn colegau a phrifysgolion o hyd. Os nad ydych chi wedi cael dau dos o'r brechiad MMR yn flaenorol, gallwch ofyn i'ch meddygfa am y brechiad.



## Pwy sy'n gymwys am y brechiad MenACWY?

- Mae pobl ifanc yn eu harddegau sy'n 13 i 14 oed (blwyddyn ysgol 9) yn cael cynnig y brechiad MenACWY ochr yn ochr â'r hwb-trechiad 3-mewn-1 i bobl ifanc yn eu harddegau.
- Mae pobl ifanc dan 25 oed yn gymwys o hyd hefyd os nad ydynt wedi derbyn y brechiad MenACWY erioed.
- Plant a phobl ifanc rhwng 10 oed a'u pen blwydd yn 25 oed os yw eu hanes brechu'n anghyflawn neu'n anhysbys mewn perthynas â MenC.
- Gall pobl â risg gynyddol o glefyd meningococcol oherwydd cyflwr meddygol presennol neu driniaeth, teithio, eu swydd, neu gyswilt agos ag achos o glefyd meningococcol gael eu hargymhell i dderbyn y brechiad MenACWY hefyd.



# Gwneud y prawf gwyr

Efallai y bydd rhywun â septisemia yn datblygu brech o smotiau bach iawn fel blaen pin a all droi'n glais porffor. Nid yw'r frech yma'n pylu dan bwysau. Gallwch wneud y prawf gwyr drwy wasgu ochr gwyr yfed yn erbyn y frech. Os na fydd y smotiau'n pylu dan y pwysau, ewch i gael cymorth meddygol ar unwaith. Gall y frech fod yn fwy anodd ei gweld ar groen tywyll, ond efallai y bydd posib ei gweld mewn ardaloedd goleuach, yn enwedig o dan y traed, cledrau'r dwilo, yr abdomen, tu mewn amrannau'r llygaid neu dop y geg.



Peidiwch byth ag aros am frech. Gall fod yn arwydd hwy'r neu efallai na fydd yn ymddangos o gwbl. Gall septisemia ddi-gwydd gyda llied yr ymennydd neu hebdo. Ni fydd pawb yn cael pob un o'r symptomau a gallant ymddangos mewn unrhyw drefn. Gwneuch yn siŵr eich bod yn gwybod beth yw'r arwyddion a'r symptomau a chael help ar unwaith os ydych chi'n bryderus.

Mae llied yr ymennydd a septisemia'n ddirfio iawn ac mae angen sylw brys arnynt, felly ewch i gael cymorth meddygol ar unwaith. Os nad ydych yn gallu cael gatael ar eich meddyg, ffoniwch 999 neu ewch i adran frys eich ysbty agosat.



# Beth yw arwyddion a symptomau cleftyd meningococol?

Cadwch lygad am unrhyw rai o'r symptomau hyn



Tymheredd uchel,  
dwyllo a thraed oer



Cysgilyd,  
anodd defro



Poen difrifol  
yn y cyhyrau



Cur pen difrifol



Ddim yn hoffi  
goleuadau llachar



Tafu i fyny



Dryswch  
a phigog



Croen gwelw, blotiau coch  
Smotiau/brech (edrychwch  
ar y prawf gwdr)



Gwddw stiff



Ffitiau





## Pam fod angen i mi gael y brechriad MenACWY?

Mae gan bobl ifanc hyn yn eu harddegau risg uwch o gael clefyd meningococol, felly mae angen i chi gael brechu er mwyn gwarchod eich hun. Mae'r brechriad hefyd yn lleihau'r risg o gario'r bacteria, ac felly mae'n gwarchod pobl eraill o'ch amgylch. Mae angen i chi gael y brechriad yma hyd yn oed os ydych chi eael brechriad MenC o'r blaen, oherwydd bydd y brechriad MenACWY yn eich gwarchod chi rhag clefyd meningococol grŵp C yn ogystal â chynig gwarchodaeth ychwanegol rhag mathau W, A ac Y o'r clefyd.

Mae'n dal yn bwysig gwybod beth yw arwyddion a symptomau llid yr ymennydd a septicemia (clefyd meningococol) hyd yn oed os ydych chi wedi cael y brechriad. Y rheswm am hyn yw gan fod bacteria arall yn gallu achosio'r salwch yma hefyd, gan gynnwys clefyd meningococol grŵp B nad yw'n dod o dan y brechriad ACWY.



Er ei fod yn brin, mae clefyd meningococol yn ddirifol iawn ac angen triniaeth frys mewn ysbty. Gall arwain at anabledau sy'n newid bywyd fel coll aelodau o'r corff, coll'r clyw, niwed i'r ymennydd a chreithiau. Os na cheir diagnosis cynnar, gall fod yn anghenol hyd yn oed.

Ers i frechiad MenC gael ei gyflwyno'n rhan o raglen trechur DU yn 1999 ac wedyn brechiad MenACWY yn 2015, mae gostyngiad mawr wedi bod yn nifer yr achosion o glefyd meningococol grwpiau C ac W.

all grŵp sy'n wynebu'r risg fwyaf.

- pobl ifanc yn eu harddegau ac oedolion ifanc yw'r
- plant dan bump oed sy'n wynebu'r risg fwyaf; a

ond:

Mae pawb yn wynebu risg o glefyd meningococol,

## Pa mor gyffredin yw e?

unrhyw salwch.

hyn yn eu harddegau ac oedolion ifanc, heb achosi trwyn a'r gwdw, yn arbennig mewn pobl ifanc hyn hefyd i'w cantod yn gyffredin yng nghan y Maer un bacteria sy'n achosi'r clefydau dirifol

ymennydd) a septisemia (gwenwyn yn y gwaed).

yn gallu achosi lliid yr ymennydd (llid ar leinin yr

yw A, B, C, W ac Y. Mae bacteria meningococol

grŵp o bacteria meningococol, a'r rhai mwyaf cyffredin Mae clefyd meningococol yn cael ei achosi gan sawl

## Beth yw clefyd meningococol?

**Mae'r daflen hon yn esbonio pam mae'n bwysig i bobl ifanc yn eu harddegau a phobl ifanc dan 25 oed dderbyn brechiad MenACWY.**



GIG CYMRU  
NHS WALES  
Iechyd Cyhoeddus  
Cymru  
Public Health  
Wales

# Gwarchod rhag lloid yr ymennydd a septicemia



Mae Brechu yn achub bywydau  
Vaccination saves lives

