

## Cafodd

### ei brechiad rhag y ffliw yn yr ysgol heddiw

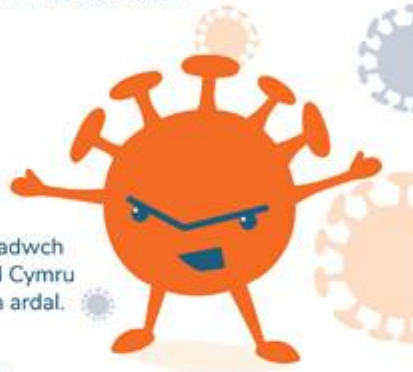
Mae sgil-efeithiau cyffredin o'r brechlyn chwistrell drwynol fel arfer yn ysgafn ac yn parhau am ddiwrnod neu ddau ond gallant gynnwys:

- Trwyn tynn neu drwyn yn rhedeg
- Cur pen
- Cyhyrau dolurus
- Archwaeth llai
- Ychydig o dymheredd

Os oes gennych unrhyw gwestiynau siaradwch â'ch nyrs ysgol neu ffoniwch Galw Iechyd Cymru ar 0845 46 47 neu 111 os ar gael yn eich ardal.



[www.curwchffliw.org](http://www.curwchffliw.org)



### had their flu vaccine in school today

Common side effects from the nasal spray vaccine are usually mild and only last a day or two but may include:

- A stuffy or runny nose
- Headache
- Aching muscles
- Reduced appetite
- Slight temperature

If you have any questions talk to your school nurse or call NHS Direct Wales on 0845 46 47 or 111 if available in your area.



[www.beatflu.org](http://www.beatflu.org)

