



Mae Brechu yn achub bywydau
Vaccination saves lives



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Betsi Cadwaladr
University Health Board

September 2023

Help keep your child well this winter – make sure they have their flu vaccine.

Dear parent or guardian,

If your child has missed their Nasal Flu Spray at school and you would like to book them in for a clinic appointment please contact the Immunisation Team on the number below

03000 858599.

It's very important to protect your child from flu to make sure they stay as healthy as possible, as both COVID-19 and flu are likely to circulate this winter. The best flu vaccine for most children is a nasal spray.

If you want more information about flu vaccination for children, please contact the immunisation team, or visit phw.nhs.wales/flu vaccine.

Yours faithfully,

Immunisation Team

Note: There are a very small number of children who should not have the nasal flu vaccine. Please see the information sheet for more detail, or look at phw.nhs.wales/flu vaccine.



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Helpwch i gadw eich plentyn yn iach y gaeaf hwn – gwnewch yn siŵr ei fod yn cael ei frechllyn fflw.

**Os yw'ch plentyn wedi methu ei Chwistrellu Fflw Trwynol yn yr ysgol ac yr hoffech ei drefnu ar gyfer apwyntiad clinig, cysylltwch â'r Tîm Imiwneiddio ar y rhif isod
03000 858599.**

Annwyl riant neu warcheidwad,

Mae'n bwysig iawn amddiffyn eich plentyn rhag y fflw er mwyn sicrhau ei fod yn aros mor iach â phosibl, gan fod COVID-19 a'r fflw yn debygol o fynd ar led y gaeaf hwn. Y brechllyn fflw gorau i'r rhan fwyaf o blant yw chwistrell trwyn. Dyma'r brechllyn a roddir ar y diwrnod.

Os ydych eisiau cael rhagor o wybodaeth am frechu rhag y fflw i blant, cysylltwch â tîm imiwneiddio, neu ewch i icc.gig.cymru/brechlynffliw.

Yn gywir

Noder: Mae nifer bach iawn o blant na ddylent gael y brechllyn fflw drwy'r trwyn. Gweler y daflen wybodaeth i gael rhagor o fanylion, neu edrychwch ar icc.gig.cymru/brechlynffliw.