

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**

**03000 858 599.**

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](https://phw.nhs.wales/flu vaccine).

Yours faithfully,

Immunisation Team

**After you have returned the consent form, please contact the immunisation team on 03000 858599 before the vaccination session if:**

- **there are any changes to your child's health, or**
- **their asthma medication is increased, or**
- **they are prescribed oral steroids, or**
- **they become wheezy.**

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](https://phw.nhs.wales/flu vaccine).



**Mae Brechu yn achub bywydau**  
**Vaccination saves lives**



**GIG**  
**CYMRU**  
**NHS**  
**WALES**

Bwrdd Iechyd Prifysgol  
Betsi Cadwaladr  
University Health Board

Medi 2023

**Helpwch i gadw eich plentyn yn iach y gaeaf hwn – gwnewch yn siŵr ei fod yn cael ei frechlyn 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 858 599****

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 brechlyn fflw gorau i'r rhan fwyaf o blant yw chwistrell trwyn. Dyma'r brechlyn 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](https://icc.gig.cymru/brechlynffliw).

Yn gywir

#### **Tîm Imiwneiddio**

**Ar ôl i chi ddychwelyd y ffurflen ganiatâd, cysylltwch â tîm imiwneiddio ar 03000 858599 cyn y sesiwn brechu os.**

- oes unrhyw newidiadau i iechyd eich plentyn, neu
- os yw ei feddyginiaeth asthma wedi cynyddu, neu
- os oes steroidau drwy'r geg wedi'u rhoi iddo/iddi ar bresgripsiwn, neu
- os bydd ei frest yn gwichian.

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