***Title: Flu vaccination from your GP is different this year***

2020 has been a very different year than we are used to. We have all had to make changes to the way we live. As we come into Autumn it is time to think about the dangers of Flu as well as COVID-19.

The Flu vaccine will shortly be available but there will be a few differences to the way it is delivered at your GP this year.

Each GP practice will be posting specific information about how you can access the vaccine on their websites, but the general guidance is:

* Vaccines will be by appointment only, please check your practice website for your details. Some practices may contact you via text or phone.
* There will be NO DROP-IN CLINICS this year.
* Please attend at the time given; it is essential you do not arrive early or late.
* Please wear appropriate clothing so that the vaccine can be given in your upper arm easily.
* It is essential that you wear a 3-layer face covering to attend your appointment.
* **Please do not attend if you or a close contact has symptoms or have had recent contact with a suspected/confirmed case of COVID-19.**
* Please come alone unless you need the support of a carer.
* You may be expected to stand in a queue for a short time, which could be outside. If you are not able to do so please let the practice know when they book your appointment.
* Please do not bring unnecessary bags etc.
* Understand the toilet facilities will not be available.
* Understand the clinics are for flu only, and please don’t ask for other advice during your appointment.
* Primary School children will be vaccinated in school as normal and will be contacted by the school or school nurse.
* Entrance and exits may be different from usual, and will be marked clearly.

From September, the following people are eligible for a Flu vaccine from their GP:

* Children aged 2 to 4 (if not receiving vaccine in nursery).
* People aged 65 and over
* People from 6 months of age with long term health conditions
* Adults with a BMI of 40 or above
* Unpaid Carers
* Pregnant Women
* People with a Learning Disability

***Mae brechu rhag y ffliw gan eich meddyg teulu yn wahanol eleni***

Mae 2020 wedi bod yn flwyddyn wahanol iawn i flynyddoedd diwethaf. Rydyn ni i gyd wedi gorfod gwneud newidiadau i'r ffordd rydyn ni'n byw. Wrth i ni ddod i mewn i'r Hydref mae'n bryd meddwl am beryglon y Ffliw yn ogystal â COVID-19.

Bydd y brechlyn Ffliw ar gael yn fuan ond bydd ychydig o wahaniaethau i'r ffordd y mae'n cael ei ddosbarthu yn eich meddyg teulu eleni.

Bydd pob meddygfa yn postio gwybodaeth benodol am sut y gallwch gael gafael ar y brechlyn ar eu gwefannau, ond y canllaw cyffredinol yw:

* Bydd eich meddygfa yn cysylltu â chi i drefnu’ch apwyntiad.
* Ni fydd UNRHYW CLINIGAU GALW-I-MEWN eleni.
* Mynychu ar yr amser a roddir; peidiwch a chyrraedd yn gynnar neu’n hwyr
* Gwisgwch ddillad priodol fel y gellir rhoi'r brechlyn yn eich braich uchaf yn hawdd.
* Gwisgwch orchudd wyneb i ddod i'ch apwyntiad.
* Peidiwch â mynychu os oes gennych unrhyw symptomau o COVID-19
* Dewch ar eich pen eich hun oni bai bod angen cefnogaeth gofalwr arnoch.
* Efallai y bydd disgwyl i chi sefyll mewn ciw. Os na allwch wneud hynny, rhowch wybod i'r practis pan fyddant yn bwcio eich apwyntiad.
* Peidiwch â dod â bagiau diangen ac ati.
* Deall na fydd y cyfleusterau toiled ar gael.
* Deall bod y clinigau ar gyfer ffliw yn unig, a pheidiwch â gofyn am gyngor arall yn ystod eich apwyntiad neu o'r dderbynfa.
* Bydd plant ysgol gynradd yn cael eu brechu yn yr ysgol fel arfer a bydd yr ysgol neu nyrs yr ysgol yn cysylltu â nhw.

O fis Medi, mae'r bobl ganlynol yn gymwys i gael brechlyn Ffliw gan eu meddyg teulu:

* Plant 2 a 3 oed
* Pobl 65 oed â hyn
* Pobl o 6 mis oed â chyflyrau iechyd tymor hir
* Oedolion â BMI o 40 neu'n uwch
* Gweithwyr gofal iechyd rheng flaen
* Staff cartrefi gofal gyda chyswllt cleientiaid rheolaidd a gofalwyr cartref
* Gofalwyr
* Menywod Beichiog
* Pobl ag Anabledd Dysgu