Mae Brechu yn achub bywydau
Vaccination saves lives

GIG CYMRU NHS WALES
Iechyd Cyhoeddus Cymru
Public Health Wales

Y frech goch a'r brechlyn MMR
Gwybodaeth i bobl yng ngharchardai Cymru

Mae achosion o'r frech goch wedi bod yng Nghymru. Gall y frech goch achosi problemau iechyd difrifol. Gall y brechlyn MMR (y frech goch, clwy'r pennau a rwbela) helpu i'ch **diogelu** rhag dal y frech goch.

Beth yw'r frech goch?

- Haint a achosir gan feirws yw'r frech goch.
- Gallwch ddal y frech goch yn hawdd trwy gyffwrdd â pherson heintiedig neu anadlu'r feirws i mewn pan fydd yn pesychu neu'n tisian.
- **Gall y frech goch wneud rhai pobl,** fel y rhai â systemau imiwnedd gwan, menywod beichiog a babanod, yn **sâl iawn.**
- Gall pobl farw o'r frech goch.

Beth yw'r brechlyn MMR?

- Mae'r brechlyn MMR yn helpu i'ch diogelu rhag dal y frech goch. Mae hefyd yn helpu i'ch atal rhag cael clwy'r pennau a rwbela.
- Mae plant fel arfer yn cael dau ddos o'r brechlyn MMR cyn dechrau'r ysgol.
- Mae'r brechlyn MMR yn **ddiogel ac yn effeithiol.**

A oes angen y brechlyn MMR arnaf?

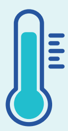
- Os nad ydych wedi cael y brechlyn MMR, dylech gael dau ddos, un mis ar wahân.
- Os nad ydych yn siŵr a ydych wedi cael y brechlyn MMR, mae'n ddiogel cael mwy o ddosau.
- Gallwch gael y brechlyn MMR ar unrhyw oedran.

Sut mae cael y brechlyn MMR?

- Siaradwch â'ch tîm gofal iechyd am gael eich brechiadau MMR.
- Mae ofn cael pigiadau yn gyffredin. Siaradwch â'r tîm gofal iechyd os ydych yn poeni am gael eich brechiadau.

Symptomau'r frech goch

Brech


Tymheredd

Trwyn yn rhedeg

Llygaid coch

Peswch

Beth yw sgil-effeithiau'r brechlyn MMR?

Fel pob meddyginiaeth, gall brechlynnau achosi sgîl-effeithiau. Mae'r rhan fwyaf o'r rhain yn ysgafn, nid ydynt yn para'n hir, ac nid yw pawb yn eu cael.

- **Ar ôl y brechiad:** Efallai bydd eich braich yn ddolurus. Gall deimlo'n boeth yn y man lle rhoddwyd y pigiad, ac efallai y bydd gennych lwmp bach. Mae hyn yn normal a dylai bara am ddau i dri diwrnod yn unig.
- **Chwech i 10 diwrnod ar ôl y brechlyn:** Efallai y byddwch yn teimlo braidd yn sâl. Efallai y cewch frech a thymheredd uchel. Dim ond am ddau neu dri diwrnod y dylai'r sgîl-effeithiau hyn bara.
- **Tair wythnos ar ôl y brechlyn:** Gall nifer fach iawn o bobl gael symptomau tebyg i glwy'r pennau, fel lympiau yn y gwddf a thymheredd uchel. Dim ond dau neu dri diwrnod y mae'r rhain yn para ac nid ydynt yn lledaenu i bobl eraill.

Mae problemau iechyd a achosir gan y frech goch yn waeth o lawer na sgil-effeithiau'r brechlyn.

Pwy na ddylai gael y brechlyn MMR?

- Menywod beichiog.
- Unrhyw un sydd wedi cael adwaith difrifol (sy'n bygwth bywyd) i ddos blaenorol o'r brechlyn neu unrhyw gynhwysyn ynddo.
- Pobl â system imiwnedd wan oherwydd triniaeth neu salwch.

Os byddwch yn sâl gyda thwymyn ar ddiwrnod y brechiad, dylech ohirio eich apwyntiad nes eich bod yn well.

Mynnwch y brechlyn MMR i ddiogelu eich hun ac eraill rhag y frech goch.

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What are the side effects of the MMR vaccine?

Like all medicines, vaccines can cause side effects. Most of these are mild, do not last long, and not everyone gets them.

- **After the vaccination:** You may have a sore arm. It may feel hot where the injection was given, and you may have a small lump. This is normal and should only last for two to three days.
- **Six to 10 days after the vaccine:** You may feel a bit unwell. You may get a rash and a high temperature. These side effects should only last for two or three days.
- **Three weeks after the vaccine:** A very small number of people may get mumps-like symptoms, such as lumps in the neck and a high temperature. These only last two to three days and do not spread to other people.

Health issues caused by measles are much worse than the side effects of the vaccine.

Who should not have the MMR vaccine?

- Pregnant women.
- Anyone who has had a severe (life-threatening) reaction to a previous dose of the vaccine or any ingredient in it.
- People with a weak immune system due to treatment or illness.

If you are ill with a fever on the day of the vaccination, you should delay your appointment until you are better.

Get the MMR vaccine to protect yourself and others from measles.

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Measles and the MMR vaccine

Information for people in Welsh prisons

There have been cases of measles in Wales. Measles can cause serious health problems.
The MMR (measles, mumps and rubella) vaccine can help **protect** you from catching measles.

What is measles?

- Measles is an infection caused by a virus.
- You can catch measles easily by touching an infected person or breathing in the virus when they cough or sneeze.
- **Measles can make some people,** such as those with weak immune systems, pregnant women and babies, **very unwell.**
- People can die from measles.

What is the MMR vaccine?

- The MMR vaccine helps protect you from catching measles. It also helps prevent you from getting mumps and rubella.
- Children normally have two doses of the MMR vaccine before starting school.
- The MMR vaccine is **safe and effective.**

Do I need the MMR vaccine?

- If you have not had the MMR vaccine, you should have two doses, one month apart.
- If you are not sure if you have had the MMR vaccine, it is safe to have more doses.
- You can have the MMR vaccine at any age.

How do I get the MMR vaccine?

- Talk to your healthcare team about getting your MMR vaccinations.
- Fear of injections is common. Speak to the healthcare team if you are worried about getting your vaccinations.

Measles symptoms

Rash | Temperature | Runny nose | Red eyes | Cough