Mae Brechu yn achub bywydau
Vaccination saves lives

Iechyd Cyhoeddus Cymru
Public Health Wales

Y frech goch a'r brechlyn MMR
Canllaw i ymwelwyr â'r carchar

Mae achosion o'r frech goch wedi bod yng Nghymru. Gall y frech goch wneud rhai pobl, fel menywod beichiog, pobl â system imiwnedd wan a babanod, yn sâl iawn.

Yr amddiffyniad gorau yn erbyn y frech goch yw **dau ddos** o'r brechlyn MMR diogel (y frech goch, clwy'r pennau a rwbela).

- Haint a achosir gan feirws yw'r frech goch. Mae'n lledaenu'n gyflym rhwng pobl nad ydynt wedi'u brechu.
- Gallwch ddal yfrech goch trwy gyffwrdd â pherson â'r frech goch neu drwy anadlu'r feirws i mewn pan fydd yn pesychu neu disian.
- Os nad ydych chi neu'ch plentyn wedi cael dau ddos o'r brechlyn MMR, gallwch eu cael **am ddim** gan eich practis meddyg teulu.
- Os nad ydych yn siŵr a ydych chi neu'ch plentyn wedi cael dau ddos o'r brechlyn, gofynnwch i'ch practis meddyg teulu - nid yw'n rhy hwyr.
- Os oes gennych chi neu'ch plentyn symptomau'r frech goch, **arhoswch gartref** a ffoniwch eich practis meddyg teulu neu cysylltwch â GIG 111 Cymru drwy **ffonio 111**. Mae'n rhad ac am ddim i ffonio'r rhif hwn. **Arhoswch i ffwrdd** o'ch practis meddyg teulu a'ch adran Damweiniau ac Achosion Brys - gallech ledaenu'r salwch i eraill.
- Gallwch edrych ar ein gwefan am ragor o wybodaeth: **icc.gig.cymru/brechlynMMR**

Gwnewch yn siŵr eich bod wedi cael eich brechiadau MMR.

Symptomau'r frech goch

Brech | Tymheredd | Trwyn yn rhedeg | Llygaid coch | Peswch

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Measles and the MMR vaccine
A guide for visitors to prison

There have been cases of measles in Wales. Measles can make some people, such as pregnant women, people with a weak immune system and babies, very unwell.

The best protection against measles is **two doses** of the safe MMR (measles, mumps and rubella) vaccine.

- Measles is an infection caused by a virus. It spreads quickly between people who are not vaccinated.
- You can catch measles by touching a person with measles or by breathing in the virus when they cough or sneeze.
- If you or your child has not had two doses of the MMR vaccine, you can get them **free** from your GP surgery.
- If you are not sure if you or your child has had two doses of the vaccine, ask your GP surgery - it's not too late.
- If you or your child has symptoms of measles, **stay at home** and phone your GP surgery or contact NHS 111 Wales by **phoning 111**. It is free to call this number. **Stay away** from your GP surgery and A&E - you could spread the illness to others.
- You can look on our website for more information: **phw.nhs.wales/MMRvaccines**

Make sure you are up to date with your MMR vaccinations.

Measles symptoms

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Clarity approved by Plain English Campaign

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