Mae Brechu yn achub bywydau
Vaccination saves lives

Iechyd Cyhoeddus Cymru
Public Health Wales

Y frech goch a'r brechlyn MMR
Gwybodaeth i staff sy'n gweithio mewn carchardai yng Nghymru

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 **ddiogelu** rhag dal y frech goch.

Mae'n bwysig bod holl staff y carchar yn ymwybodol o'r wybodaeth ganlynol.

Beth yw'r frech goch?

Haint a achosir gan feirws yw'r frech goch.

Mae'r frech goch yn lledaenu'n hawdd. Gall person â'r frech goch heintio 9 o bob 10 person nad ydynt wedi cael eu brechu.

Mae feirws y frech goch yn cael ei ddal trwy gysylltiad uniongyrchol â pherson heintiedig neu drwy'r aer pan fydd rhywun yn pesychu neu'n tisian.

Mae symptomau'r frech goch yn cynnwys:

- twymyn (tymheredd uchel);
- llygaid dolurus, coch a dyfrllyd;
- pesychu;
- poen a theimlo'n sâl yn gyffredinol; a
- brech coch-frown blotiog (sydd fel arfer yn ymddangos ar ôl y symptomau cychwynnol). Gall fod yn anoddach gweld y frech ar groen tywyll.

Gall y frech goch fod yn ddifrifol, yn enwedig i bobl â system imiwnedd wan, menywod beichiog a babanod. Gall achosi cymhlethdodau fel heintiau yn y glust, heintiau ar y frest a niwmonia. Gall pobl farw o'r frech goch.

Ynyswch unrhyw un sydd â brech a thwymyn ar unwaith.

Beth yw'r brechlyn MMR?

Mae'r brechlyn MMR yn helpu i'ch diogelu rhag y frech goch, yn ogystal â chlwy'r pennau a rwbela.

Mae plant fel arfer yn cael dau frechlyn MMR fel rhan o'u brechiadau arferol cyn dechrau'r ysgol. Os nad ydych wedi cael y brechlyn MMR, dylech gael dau ddos, un mis ar wahân, i helpu i'ch diogelu rhag y frech goch.

Os nad ydych yn siŵr a ydych wedi cael y brechlyn MMR, mae'n ddiogel cael dosau ychwanegol. Mae'n well cael dosau ychwanegol na pheryglu peidio â chael eich diogelu. Nid oes terfyn oedran uwch ar gyfer y brechlyn, ac mae dau ddos yn darparu amddiffyniad gydol oes i 99 o bob 100 o bobl sy'n cael eu brechu.

Mae'r brechlyn MMR yn ddiogel ac yn effeithiol.

Pam dylwn i gael y brechlyn MMR?

Mae'r frech goch yn mynd ar led yn y DU, a bu achosion o'r frech goch yng Nghymru. Mae risg sylweddol o achosion o'r frech goch mewn carchardai.

Er mwyn diogelu iechyd a llesiant staff carchardai a charcharorion, ac i osgoi amharu ar drefn a gweithrediad y carchar, dylai pob aelod o staff sicrhau eu bod yn cael eu hamddiffyn â dau ddos o'r brechlyn MMR.

Sut mae cael y brechlyn MMR?

Dylai eich meddygfa leol allu rhoi'r brechlyn i chi.

A alla i gael y brechlyn MMR os ydw i'n feichiog?

Ni ddylid rhoi'r brechlyn MMR i rywun sy'n feichiog a dylid ei osgoi am fis ar ôl genedigaeth.

Os ydych wedi cael dau ddos o'r brechlyn MMR cyn beichiogi, dylai fod gennych amddiffyniad da rhag y frech goch, clwy'r pennau a rwbela. Gall y frech goch fod yn ddifrifol iawn yn ystod beichiogrwydd, a dylech osgoi dod i gysylltiad ag unrhyw un sydd â'r frech goch. Dywedwch wrth y tîm gofal iechyd ar unwaith os ydych wedi bod mewn cysylltiad â rhywun â'r frech goch.

A oes unrhyw resymau pam na ddylid rhoi'r brechlyn MMR?

Ychydig iawn o resymau sydd pam na ellir rhoi'r brechlyn MMR.

Ni ddylid rhoi'r brechlyn i unrhyw un sydd wedi cael adwaith difrifol (sy'n bygwth bywyd) i ddos blaenorol o'r brechlyn, neu unrhyw gynhwysyn yn y brechlyn.

Ni ddylid rhoi'r brechlyn MMR i fenywod beichiog neu bobl sydd â system imiwnedd wan oherwydd triniaeth neu afiechyd.

Os byddwch yn sâl gyda thwymyn ar ddiwrnod eich apwyntiad brechu, gohiriwch yr apwyntiad nes eich bod yn well.

Ble gallaf gael rhagor o wybodaeth am y frech goch a'r brechlyn MMR?

I gael rhagor o wybodaeth am y brechiad MMR, ewch **i icc.gig.cymru/brechlynMMR**

I gael rhagor o wybodaeth am y frech goch, ewch i **GIG 111 Cymru - Iechyd A-Y : Y frech goch** (safle allanol)

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Why should I have the MMR vaccine?

Measles is circulating in the UK, and there have been cases of measles in Wales. There is a significant risk of measles outbreaks in prisons.

To protect the health and wellbeing of prison staff and prisoners, and to avoid disruptions to the prison routine and operation, all staff should make sure they are protected with two doses of the MMR vaccine.

How do I get the MMR vaccine?

Your local GP surgery should be able to provide you with the vaccine.

Can I have the MMR vaccine if I am pregnant?

The MMR vaccine should not be given to someone who is pregnant and should be avoided for one month after birth.

If you have had two doses of the MMR vaccine before becoming pregnant, you should have good protection against measles, mumps and rubella. Measles can be very serious during pregnancy, and you should avoid contact with anyone who has measles. Tell the healthcare team immediately if you have been in contact with someone with measles.

Are there any reasons why the MMR vaccine should not be given?

There are very few reasons why the MMR vaccine cannot be given.

The vaccine should not be given to anyone who has had a severe (life-threatening) reaction to a previous dose of the vaccine, or any ingredient in the vaccine.

The MMR vaccine should not be given to pregnant women or people who have a weakened immune system due to treatment or a disease.

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

Where can I get more information about measles and the MMR vaccine?

For more information about the MMR vaccination, please visit **phw.nhs.wales/MMRvaccine**

For more information about measles, please visit **NHS 111 Wales - Health A-Z : Measles** (external site)

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GIG CYMRU NHS WALES Iechyd Cyhoeddus Cymru Public Health Wales

Measles and the MMR vaccine
Information for staff working in prisons in Wales

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

It is important that all prison staff are aware of the following information.

What is measles?

Measles is an infection caused by a virus.

Measles spreads easily. A person with measles can infect 9 out of every 10 people who have not been vaccinated.

The measles virus is caught through direct contact with an infected person or through the air when someone coughs or sneezes.

The symptoms of measles include:

- a fever (high temperature);
- sore, red and watery eyes;
- coughing;
- aching and feeling generally unwell; and
- a blotchy red-brown rash (which usually appears after the initial symptoms). The rash can be more difficult to spot on dark skin.

Measles can be serious, especially for people with a weak immune system, pregnant women and babies. It can cause complications such as ear infections, chest infections and pneumonia. People can die from measles.

Isolate anyone with a rash and a fever straight away.

What is the MMR vaccine?

The MMR vaccine helps protect you against measles, as well as mumps and rubella.

Children normally have two MMR vaccines as part of their routine vaccinations before starting school. If you have not had the MMR vaccine, you should have two doses, one month apart, to help protect you against measles.

If you are not sure if you have had the MMR vaccine, it is safe to have additional doses. It is better to have extra doses than to risk not being protected. There is no upper age limit for the vaccine, and two doses provide lifelong protection for 99 out of every 100 vaccinated people.

The MMR vaccine is safe and effective.