



Mae Brechu yn achub bywydau  
Vaccination saves lives



GIG  
CYMRU  
NHS  
WALES

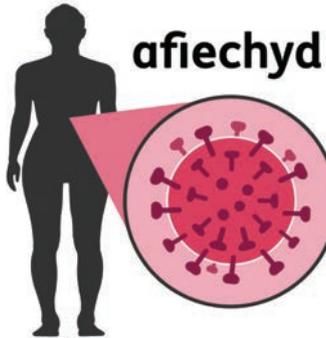
Iechyd Cyhoeddus  
Cymru  
Public Health  
Wales

# Brechlyn MMR



hawdd  
ei darllen

## Beth ydy MMR



afiechyd

MMR ydy'r enw am 3 salwch sef y **frech goch**, **clwy'r pennau** a **rwbela**.

Mae'r **frech goch**, **clwy'r pennau** a **rwbela** yn heintiau sy'n cael eu hachosi gan feirysau.



Mae pob un yn lledaenu'n hawdd i bobl eraill ac yn gwneud i chi deimlo'n sâl iawn.



Mae'n bwysig iawn amddiffyn pobl rhag y frech goch, clwy'r pennau a rwbela.

## Y frech goch



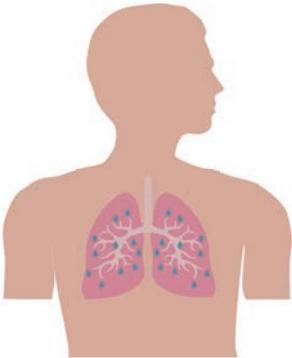
Mae'r frech goch yn gallu rhoi'r canlynol i chi:

- brech

a



- thymheredd uchel o fwy na 38 gradd ar thermomedr



Mae'n gallu bod yn ddifrifol iawn.  
Mae'n gwneud i rai pobl gael haint difrifol yn eu hysgyfaint.



Yn anffodus, mae rhai pobl yn marw o'r frech goch.

## Clwy'r pennau



Mae clwy'r pennau yn gwneud i'ch wyneb a'ch gwddf deimlo'n boenus a lympiog.



Efallai y byddwch chi hefyd yn cael:

- cur pen
- tymheredd o fwy na 38 gradd ar thermomedr
- mae menywod yn gallu cael **ofariau** chwyddedig a phoenus. Mae'r **ofariau** yng ngwaelod eich bol. Mae gennych chi 1 ar bob ochr
- mae dynion yn gallu cael **ceilliau** chwyddedig a phoenus. Mae'r **ceilliau** o dan y pidyn. Weithiau, maen nhw'n cael eu galw'n beli





## Rwbela

Dydy rwbela ddim yn gwneud i chi deimlo'n sâl iawn fel arfer.



Efallai y cewch chi'r canlynol:

- lymphiau a dolur yn y gwddf

a



- brech

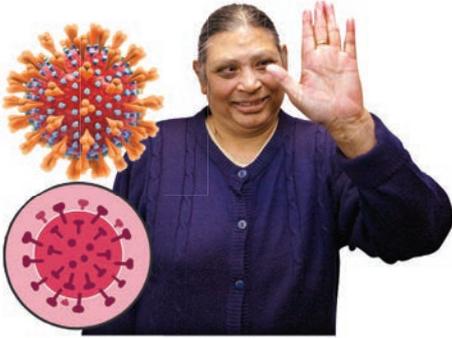


Mae rwbela'n lledaenu pan fydd pobl yn pesychu ac yn tisian wrth ymyl pobl eraill.



Os bydd rhywun beichiog yn dal rwbela, mae'n beryglus iawn i'r babi.

## Brechlyn MMR



Meddyginiaeth sy'n eich cadw chi'n ddiogel rhag dal salwch ydy **brechlyn**.

Mae'r brechlyn MMR yn gallu eich amddiffyn chi rhag y frech goch, clwy'r pennau a rwbela.



Mae brechlyn MMR yn cael ei roi i chi drwy bigiad.



Mae angen 2 bigiad er mwyn i'r brechlyn weithio'n iawn. Does dim rhaid i chi gael y ddau bigiad ar yr un pryd.



Pan gewch chi eich pigiad cyntaf, bydd y meddyg neu'r nyrs yn dweud wrthy'ch chi pryd i gael y pigiad nesaf.

# Pwy ddylai gael y brechlyn MMR



Dylai pob plentyn rhwng 12 mis a 13 mis gael ei bigiad cyntaf.



Pan fydd yn 3 oed, dylai gael ei ail bigiad.



Os na chawsoch chi'r brechlyn pan oeddech chi'n blentyn, mae'n dal yn bosibl i chi ei gael pan fyddwch chi'n hŷn.



Os dydych chi ddim yn siŵr a oes angen i chi gael y brechlyn MMR, cysylltwch â'ch meddyg neu'ch nyrs.



Os ydych chi newydd symud i'r DU, siaradwch â'ch meddyg neu nyrs am y brechlynnau sydd eu hangen arnoch chi.

## Menywod a beichiogrwydd



Gall fod yn ddifrifol i'ch babi os byddwch chi'n dal rwbela pan fyddwch chi'n feichiog.



Os ydych chi eisiau cael babi, gwnewch yn siŵr eich bod wedi cael 2 bigiad MMR cyn beichiogi.



Allwch chi ddim cael y brechlyn MMR pan fyddwch chi'n feichiog.



Os ydych chi'n feichiog a ddim yn gwybod a ydych chi wedi cael y brechlyn MMR, siaradwch â'ch meddyg neu'ch nyrs.

## Pwy ddylai ddim cael y brechlyn MMR

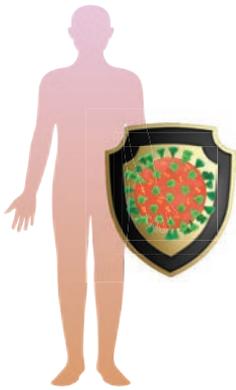


Mae'r rhan fwyaf o bobl yn gallu cael y brechlyn MMR.



Ddylech chi na'ch plentyn ddim cael y brechlyn MMR:

- os oes gennych chi **system imiwnedd** sydd ddim yn gweithio'n dda iawn



Eich **system imiwnedd** ydy'r rhan o'ch corff sy'n helpu i'ch amddiffyn chi rhag heintiau.

neu



- os ydych chi'n feichiog



Dywedwch wrth y nyrs neu'r meddyg os ydych chi neu eich plentyn wedi cael ffit nad oedd wedi cael ei achosi gan dymheredd uchel.

## Os oes alergeddau gennych chi neu eich plentyn



Mae'r rhan fwyaf o bobl sydd ag alergeddau yn gallu cael y brechlyn MMR heb unrhyw broblemau.

Ddylech chi na'ch plentyn ddim cael y brechlyn:



- os oes gennych chi alergedd i unrhyw beth sydd yn y brechlyn

or

- os ydych chi wedi cael adwaith alergaidd difrifol i'r pigiad MMR cyntaf



Os oes alergedd difrifol i wyau gennych chi neu eich plentyn, dylech chi ddweud wrth y person sy'n rhoi'r brechlyn.

Bydd y person yn gwneud yn siŵr ei fod yn iawn i chi neu eich plentyn ei gael.



## Beth i'w wneud os ydych chi neu eich plentyn yn sâl pan fydd hi'n amser cael y brechlyn



Os ydych chi neu eich plentyn yn sâl neu â thymheredd uchel, mae'n well aros nes byddwch chi'n teimlo'n well.



Tymheredd uchel ydy tymheredd o fwy na 38 gradd ar thermomedr.



Dylech chi ganslo eich apwyntiad a gwneud apwyntiad newydd.



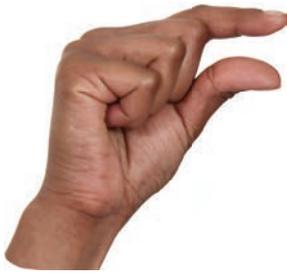
Os ydych chi'n poeni neu os oes gennych chi gwestiynau, siaradwch â'r person sy'n rhoi'r brechlyn.

Bydd yn dweud wrthy'ch chi ydy hi'n dal yn bosibl i chi neu eich plentyn gael y brechlyn.

## Gelatin yn y brechlyn MMR



Math o fwyd ydy **gelatin**. Mae wedi cael ei wneud o rannau o anifeiliaid fel moch.



Mae ychydig o gelatin yn 1 o'r brechlynnau MMR rydyn ni'n eu defnyddio.



Os ydych chi neu eich plentyn yn osgoi pethau sydd â gelatin ynddyn nhw, siaradwch â'ch meddyg.

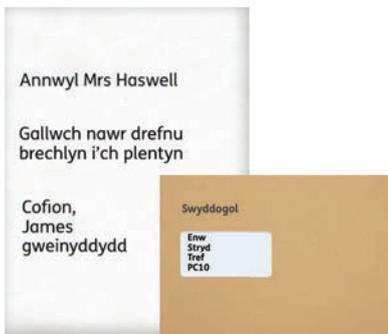


Gall roi brechlyn MMR i chi sydd heb gelatin ynddo.



## Sut mae cael y brechlyn

Fel arfer, mae pobl yn cael brechlyn MMR yn eu meddygfa leol.



Pan fydd hi'n amser i'ch plentyn gael y brechlyn, byddwch chi'n cael llythyr.



Bydd y llythyr yn dweud wrthy ch pa ddyddiad ac amser y mae'n rhaid i chi fynd â'ch plentyn i gael y brechlyn.



Os dydych chi ddim yn gallu mynd â'ch plentyn ar y diwrnod sydd ar y llythyr, cysylltwch â'ch meddygfa.

# Sgil-effeithiau



Ystyr **sgil-effeithiau** ydy pethau sy'n gallu digwydd i chi neu eich plentyn ar ôl cael y brechlyn.

Dydy pawb ddim yn cael sgil-effeithiau.



Efallai na fydd y sgil-effeithiau i gyd yn digwydd ar yr un pryd.



Ar ôl y pigiad, efallai y bydd eich braich chi neu fraich eich plentyn yn boenus. Efallai y bydd y fraich yn teimlo'n boeth ac y bydd lwmp bach lle rhoddwyd y pigiad.



Mae hynny'n normal. Dylai hyn bara am 1 neu 2 wythnos yn unig.

Dydd Llun	Dydd Llun
Dydd Mawrth	Dydd Mawrth
Dydd Mercher	Dydd Mercher
Dydd Iau	Dydd Iau
Dydd Gwener	Dydd Gwener
Dydd Sadwrn	Dydd Sadwrn
Dydd Sul	Dydd Sul

Ar ôl 6 i 10 diwrnod, efallai y byddwch chi neu eich plentyn yn cael y sgil-ffeithiau hyn:



- brech



- tymheredd uchel o fwy na 38 gradd



- peidio â theimlo'n llwglyd

Dydd Llun	↕
Dydd Mawrth	
Dydd Mercher	
Dydd Iau	
Dydd Gwener	
Dydd Sadwrn	
Dydd Sul	

Dylai'r rhain bara am 2 neu 3 ddiwrnod yn unig.

Dydd	Dydd Lli	Dydd Llun
Dydd	Dydd Me	Dydd Mawrth
Dydd	Dydd Me	Dydd Mercher
Dydd	Dydd Ia	Dydd Iau
Dydd	Dydd Gw	Dydd Gwener
Dydd	Dydd Sa	Dydd Sadwrn
Dydd	Dydd Su	Dydd Sul

Ar ôl 3 wythnos, mae'n bosibl y bydd rhai pobl yn cael sgil-ffeithiau ychwanegol. Sef:



- lymphiau yn eu gwddf

a



- thymheredd uchel o fwy na 38 gradd ar thermomedr



Dydy'r sgil-ffeithiau ychwanegol hyn ddim yn digwydd i lawer iawn o bobl.



Gallwch chi neu eich plentyn gymryd paracetamol neu ibuprofen os ydych chi'n teimlo'n sâl ar ôl cael y brechlyn. Cofiwch ddarllen y cyfarwyddiadau ar y pecyn.



Ddylai plant dan 16 oed **ddim** cymryd aspirin.



Os ydych chi'n poeni, neu os bydd eich sgil-ffeithiau chi neu sgil-ffeithiau eich plentyn yn gwaethygu, siaradwch â'ch meddyg neu nyrs



**neu**

ffoniwch **GIG 111**.

# Rhagor o wybodaeth



Os ydych chi eisiau mwy o wybodaeth am y brechlyn MMR, gallwch chi siarad gyda'ch meddyg lleol.



Mae'n bosib ffonio GIG 111 Cymru hefyd.

## **Ffonio 111**

Does dim rhaid talu i ffonio'r rhif yma.



Gallwch chi edrych ar wefan Iechyd Cyhoeddus Cymru:

**[icc.gig.cymru/brechlynnau/  
brechlynnau](http://icc.gig.cymru/brechlynnau/brechlynnau)**



I gael gwybod sut mae'r GIG yn defnyddio eich gwybodaeth, ewch i:

**[111.wales.nhs.uk/amdanomni/  
eichgwybodaeth](http://111.wales.nhs.uk/amdanomni/eichgwybodaeth)**

## More information

If you want more information about the MMR vaccine, you can speak to your local doctor.

You can also phone NHS 111 Wales.  
**Phone 111**

It is free to call this number.

You can look on the Public Health Wales website:  
**phw.nhs.wales/vaccines**

To find out how the NHS uses your information, visit:  
**111.wales.nhs.uk/AboutUs/YourInformation**





call NHS 111.

or



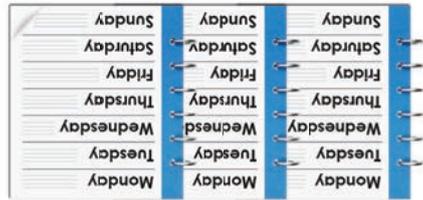
If you are worried, or you or your child's side effects get worse, speak to your doctor or nurse



Children under age 16 should **not** take aspirin.



You or your child can take paracetamol or ibuprofen if you feel unwell after having the vaccine. Remember to read the instructions on the packet.



After 3 weeks some people might get extra side effects. These are:

- lumps in their throat and neck



and

- a high temperature of more than 38 degrees on a thermometer



These extra side effects do not happen to very many people.





After 6 to 10 days you or your child might get these side effects:



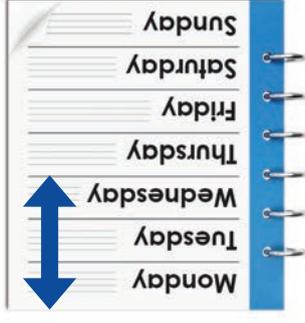
- a rash



- a high temperature of more than 38 degrees



- not feel hungry



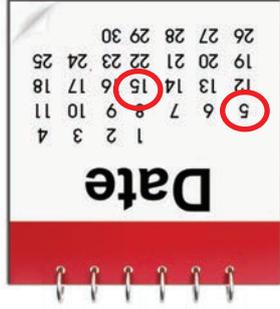
These side effects should only last for 2 or 3 days.

## Side effects

**Side effects** are things that might happen to you or your child after you have had the vaccine.  
Not everyone has side effects.



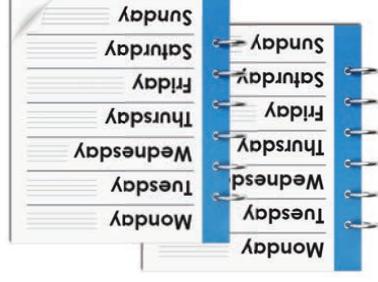
The side effects might not all happen at the same time.

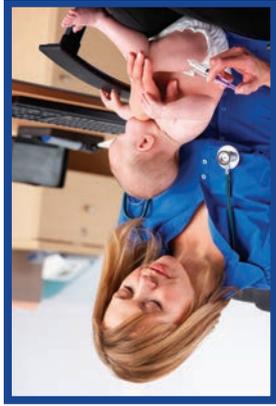


After the injection, you or your child might have a sore arm. The arm might feel hot and have a small lump where the injection was given.



This is normal. It should only last for 1 or 2 weeks.

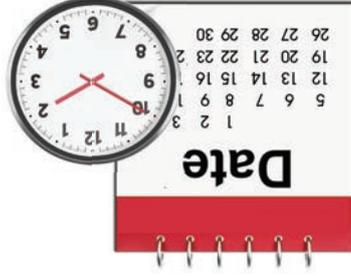




## How to get the vaccine

Children usually have the MMR vaccine at their local doctors surgery.

When it is time for your child to have the vaccine, you will get a letter.



The letter will tell you the date and time you need to take your child for the vaccine.

If you cannot take your child on the day the letter says, contact your doctor's surgery.



# Gelatin in the MMR vaccine

**Gelatin** is a type of food. It is made from parts of animals like pigs.

1 of the MMR vaccines we use has a little bit of gelatin in it.

If you or your child do not have things with gelatin in, talk to your doctor.

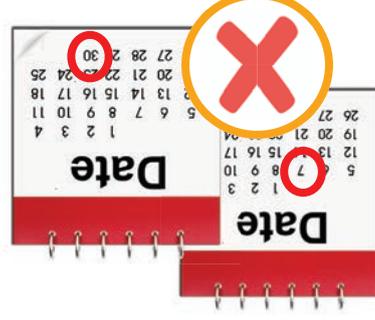
They can give you an MMR vaccine that does not have gelatin in it.



## What to do if you or your child is unwell when it is time to have the vaccine

If you or your child are unwell or have a high temperature, it is better to wait until you feel better.

A high temperature is a temperature more than 38 degrees on a thermometer.



You should cancel your appointment and make a new one.

If you are worried or have any questions, speak to the person giving the vaccine.

They will tell you if you or your child can still have the vaccine.



# If you or your child has allergies

Most people with allergies can have the MMR vaccine with no problems.

You or your child should not have the vaccine if you:

- are allergic to anything that the vaccine is made from

or

- have had a serious allergic reaction to the first MMR injection



If you or your child have a serious allergy, you should tell the person giving the vaccine.

They will check to make sure it is ok to for you or your child to have it.

# People who should not have the MMR vaccine

Most people can have the MMR vaccine.

You or your child should not have the MMR vaccine if you:

- have an **immune system** that does not work very well
- Your **immune system** is the part of your body that helps to protect you from infections.

or

- are pregnant

Tell the nurse or doctor if you or your child have ever had a fit or seizure that was not caused by a high temperature.



# Women and pregnancy

Catching rubella when you are pregnant can be very serious for your baby.

If you want to have a baby, check you have had 2 MMR injections before getting pregnant.

You cannot have the MMR vaccine when you are pregnant.

If you are pregnant and do not know if you have had the MMR vaccine, talk to your doctor or nurse.



# Who should have the MMR vaccine

All children aged between 12 months and 13 months should have their first injection.



If you did not have the vaccine when you were a child, you can still have it when you are older.

If you are not sure if you need to have the MMR vaccine, contact your doctor or nurse.



If you have just moved to the UK, talk to your doctor or nurse about what vaccines you need.



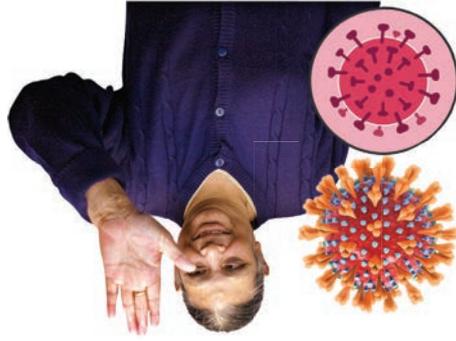
# About the MMR vaccine

A **vaccine** is a medicine that keeps you safe from catching an illness. The MMR vaccine can protect you from measles, mumps and rubella.

Getting an MMR vaccine is done by giving you an injection.

You need 2 injections for the vaccine to work properly. You do not have both of the injections at the same time.

When you have your first injection, the doctor or nurse will tell you when you need the next one.



# About rubella

Rubella does not usually make you feel very poorly.

You might get:

- a sore, lumpy throat



and

- a rash



Rubella spreads when people cough and sneeze near other people.



If a pregnant person catches rubella it is very dangerous for the baby.



# About mumps

Mumps makes your face and neck feel really sore and lumpy.



You might also have:

- a headache



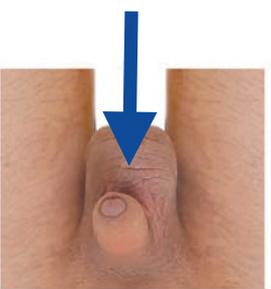
- a temperature of more than 38 degrees on a thermometer



- women can get swollen and painful ovaries. Ovaries are at the bottom of your tummy. You have 1 on each side



- men can get swollen and painful testicles. The testicles are under the penis. They are sometimes called balls



# About measles

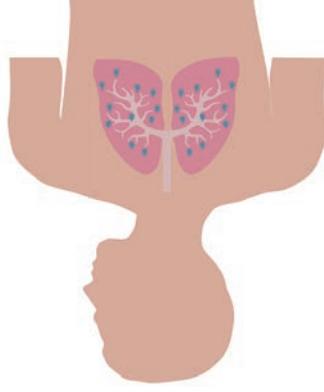
Measles can give you:

- a rash



and

- a high temperature of more than 38 degrees on a thermometer



It can be really serious. It makes some people get a serious infection in their lungs.



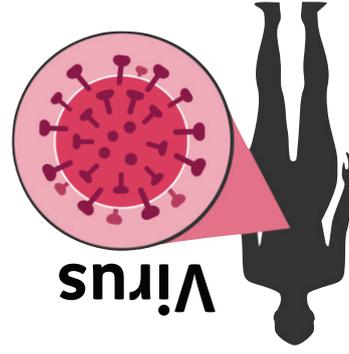
Sadly, some people die from measles.

## What is MMR

MMR is the short name for 3 illnesses called **measles, mumps and rubella**.  
**Measles, mumps and rubella** are infections caused by viruses.

They all spread easily to other people and make you feel very poorly.

It is really important to protect people from measles, mumps and rubella.





# The MMR vaccine

Mae Brechu yn achub bywyddau  
Vaccination saves lives

