Mae Brechu yn achub bywydau
Vaccination saves lives

GIG CYMRU NHS WALES | Iechyd Cyhoeddus Cymru | Public Health Wales

Y Frech Goch: Cadw'n ddiogel

Measles: Stay safe

Mae'r frech goch yn heintus iawn a gall fod yn ddifrifol iawn. Mae'n lledaenu'n hawdd ymysg pobl nad ydyn nhw wedi cael eu brechu. Gall achosi salwch difrifol, fel llid yr ymennydd. Gall pobl, gan gynnwys plant, farw o'r frech goch.

- Cael **2 ddos** o frechlyn sy'n cynnwys y frech goch yw'r amddiffyniad gorau yn erbyn y frech goch.
- Mae'r brechlyn MMRV yn helpu i amddiffyn rhag y frech goch, clwy'r pennau, rwbela a varicella (brech yr ieir). Fe'i cynigir i fabanod pan fyddant yn 12 mis a 18 mis oed.
- Mae'r brechlyn MMR yn helpu i amddiffyn rhag y frech goch, clwy'r pennau a rwbela. Mae ar gael i blant hŷn ac oedolion nad ydynt wedi cael 2 ddos, ac nad ydynt yn gymwys i gael y brechlyn MMRV.
- Os nad ydych chi neu eich plentyn wedi cael 2 ddos o frechlyn sy'n cynnwys y frech goch, gallwch eu cael **am ddim** yn eich practis meddygon teulu.
- Os nad ydych chi'n gwybod a ydych chi neu eich plentyn wedi cael y brechlynnau **am ddim**, gofynnwch yn eich practis meddygon teulu. Nid yw'n rhy hwyr.
- Os oes gennych chi neu eich plentyn symptomau'r frech goch, **arhoswch gartref** a ffoniwch eich practis meddygon teulu neu GIG 111 Cymru. **Ffonio 111**. Mae'n rhad ac am ddim i ffonio'r rhif hwn. **Cadwch draw** o'ch practis meddygon teulu a'ch adran Damweiniau ac Achosion Brys - gallech ledaenu'r salwch i eraill.

Mae rhagor o wybodaeth ar gael ar wefan Iechyd Cyhoeddus Cymru:
icc.gig.cymru/MMRV-MMR

Measles is very infectious and can be very serious. It easily spreads between people who are not vaccinated. It can cause serious illnesses, such as meningitis. People, including children, can die from measles.

- The best protection against measles is **2 doses** of a measles-containing vaccine.
- The MMRV vaccine helps protect against measles, mumps, rubella and varicella (chickenpox). It is offered to babies at 12 and 18 months.
- The MMR vaccine helps protect against measles, mumps and rubella. It is available to older children and adults who have not had 2 doses, and who are not eligible for MMRV.
- If you or your child has not had 2 doses of a measles-containing vaccine, you can get them **free** from your GP surgery.
- If you do not know if you or your child has had the **free** vaccines, ask your GP surgery. It is not too late.
- If you or your child has symptoms of measles, **stay at home** and phone your GP surgery or call NHS 111 Wales. **Phone 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 the Public Health Wales website for more information:
phw.nhs.wales/MMRV-MMR

Symptomau | Symptoms

Brech Rash	Tymheredd Temperature	Trwyn yn rhedeg Runny nose	Llygaid coch Red eyes	Peswch Cough

Sganiwch fi am wybodaeth am y frech goch, clwy'r pennau, rwbela a brech yr ieir

IMM085

Scan me for information on measles, mumps, rubella and chickenpox

IMM085

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