GIG CYMRU NHS WALES | Iechyd Cyhoeddus Cymru Public Health Wales

Measles: what you need to know

Preventing measles

2 MMR VACCINATIONS

FIRST
at 12-13 months

SECOND
at 3 years and 4 months

What does MMR vaccinate against?

- **Mumps**
- **Measles**
- **Rubella** (German measles)

The MMR vaccine

- **SAFE**
- **EFFECTIVE**
- **FREE**

Why don't people get the vaccination?

Frightened of needles

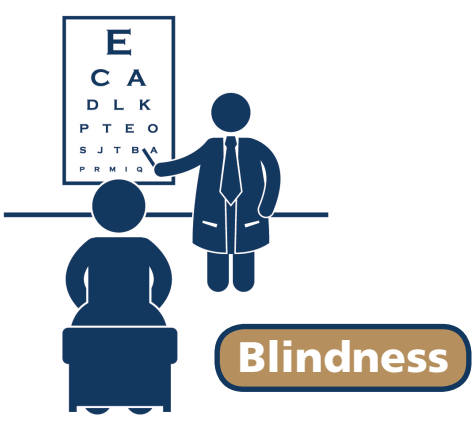
Discredited report

Don't understand importance

What are the symptoms?

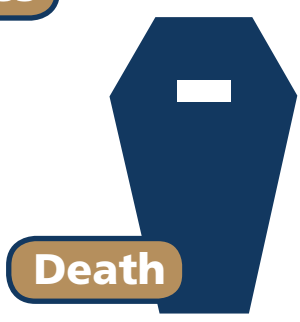
- COLD-LIKE SYMPTOMS (including fever)
- COUGH
- RASH

Possible consequences of measles



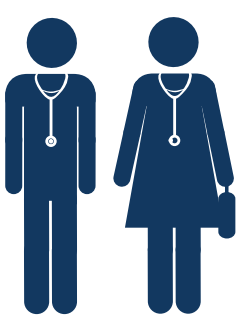
Blindness

Deafness



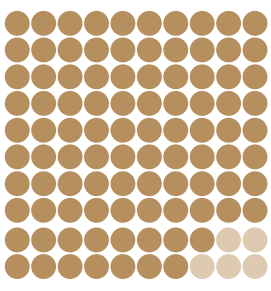
Death

Where to go for vaccination?



GP surgery

Importance of vaccination



Need **95%** vaccinated to protect everyone

Further information:

NHS Direct Wales
www.nhsdirect.wales.nhs.uk
0845 4647

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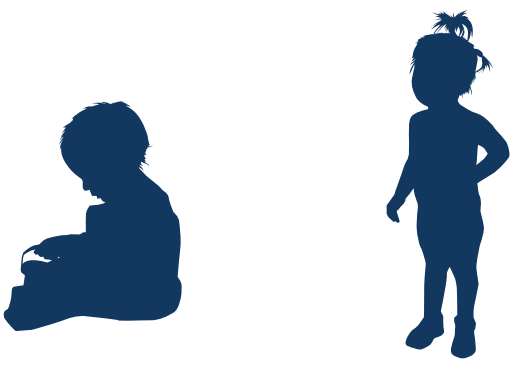
Y frech goch:

yr hyn y mae angen i chi ei wybod

Atal y Frech Goch

2 FRECHIAD MMR



Y CYNTAF
12-13 mis coed

YR AIL
3 blwydd a 4 mis oed

Beth mae'r brechlyn MMR yn amddiffyn yn ei erbyn?

- Clwy'r pennau
- Y frech goch
- Rwbela (y frech Almaenig)

Y brechlyn MMR

- **DIOGEL**
- **EFFEITHIOL**
- **AM DDIM**

Pam nad yw pobl yn cael eu brechu?

- Ofn nodwyddau
- Adroddiad a danseiliwyd
- Ddim yn deall y pwysigrwydd

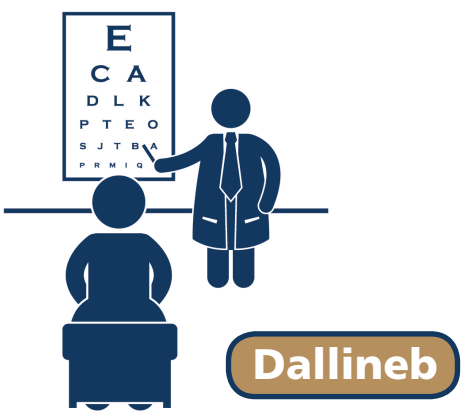
Beth yw'r symptomau?

TEBYG I ANNWYD
(gan gynnwys twymyn)

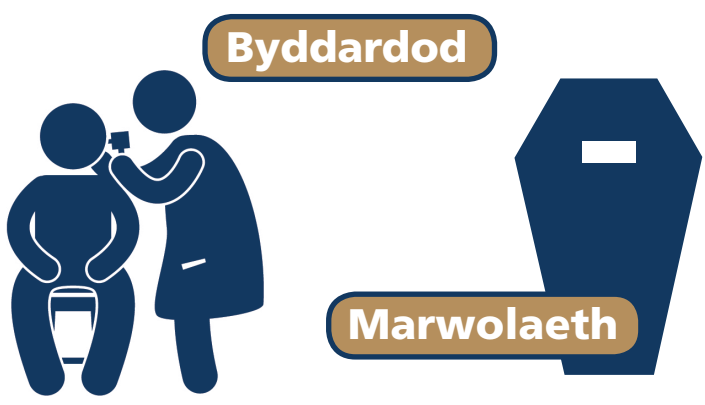
PESWCH

BRECH

Canlyniadau posibl y frech goch



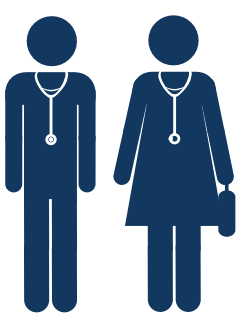
Dallineb



Byddardod

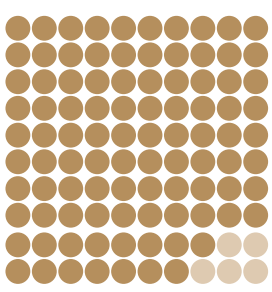
Marwolaeth

Ble i fynd i gael brechiad?



Meddygfa

Pwysigrwydd brechu



Mae angen i

95%

gael eu brechu er mwyn diogelu pawb

Rhagor o wybodaeth:

Galw Iechyd Cymru

www.galwiechydcymru.wales.nhs.uk
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