



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?



## 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?

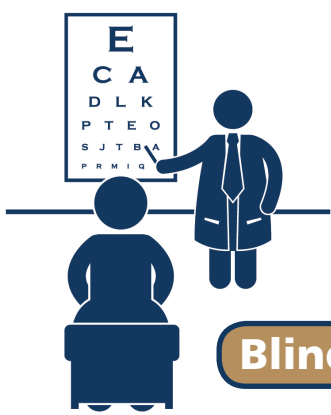


COLD-LIKE SYMPTOMS  
(including fever)

COUGH

RASH

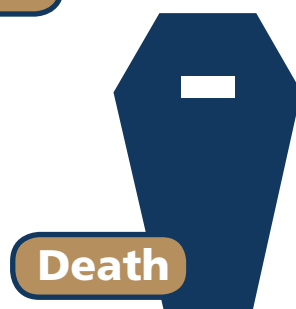
## Possible consequences of measles



**Blindness**

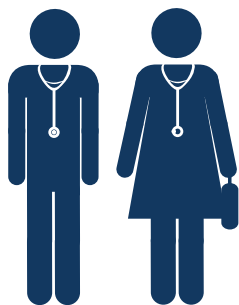


**Deafness**



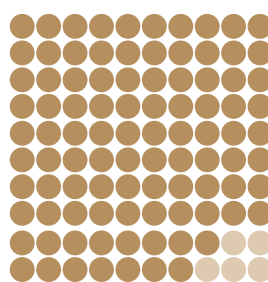
**Death**

## 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](http://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  
darseiliwyd



Ddim yn  
deall y  
pwysigrwydd

## Beth yw'r symptomau?

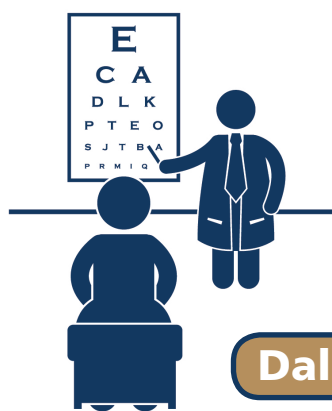


TEBYG I ANNWYD  
(gan gynnwys twymyn)

PESWCH

BRECH

## Canlyniadau posibl y frech goch



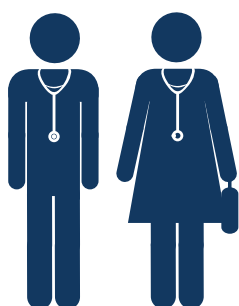
**Dallineb**



**Byddardod**

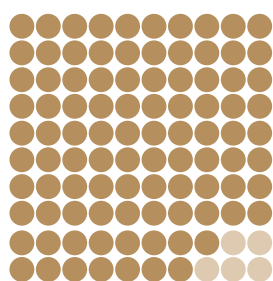
**Marwolaeth**

## 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.galwiechydymru.wales.nhs.uk](http://www.galwiechydymru.wales.nhs.uk)

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