Mae Brechu yn achub bywydau
Vaccination saves lives

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.

- Yr amddiffyniad gorau yn erbyn y frech goch yw **2 ddos** o'r brechiad MMR diogel – yn 1 oed a 3 oed 4 mis.
- Os nad ydych chi neu'ch plentyn wedi cael 2 ddos o'r brechiad MMR gallwch eu cael **am ddim** gan eich meddygfa.
- Os nad ydych chi'n gwybod a ydych chi neu'ch plentyn wedi cael y brechiadau **am ddim**, gofynnwch i'ch meddygfa. Dydy hi ddim yn rhy hwyr.
- Os oes gennych chi neu'ch plentyn symptomau'r frech goch **arhoswch gartref** a ffoniwch eich meddygfa neu ffoniwch GIG 111 Cymru. **Ffoniwch 111**. Mae ffonio'r rhif hwn yn rhad ac am ddim. **Cadwch draw** o'ch meddygfa a'r adran damweiniau ac achosion brys – gallech ledaenu'r salwch i bobl eraill.

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

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 the safe MMR vaccine – at 1 year of age and at 3 years 4 months.
- If you or your child has not had 2 doses of the MMR vaccine you can get them **free** from your GP surgery.
- If you don't know if you or your child has had the **free** vaccines, ask your GP surgery. It's 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/MMRvaccine

Symptomau | Symptoms

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

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