



Mae Brechu yn achub bywydau
Vaccination saves lives



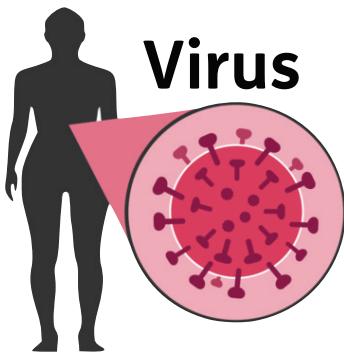
GIG
CYMRU
NHS
WALES

Iechyd Cyhoeddus
Cymru
Public Health
Wales

The MMR vaccine



What is MMR



Virus

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.

About measles



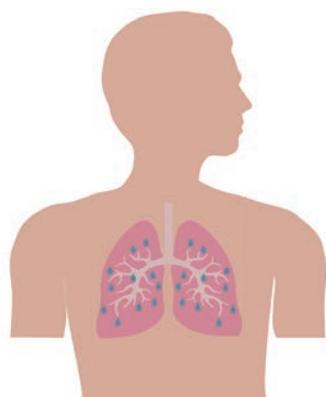
Measles can give you:

- 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.



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 rubella

Rubella does not usually make you feel very poorly.



You might get:

- a sore, lumpy throat

and



- a rash

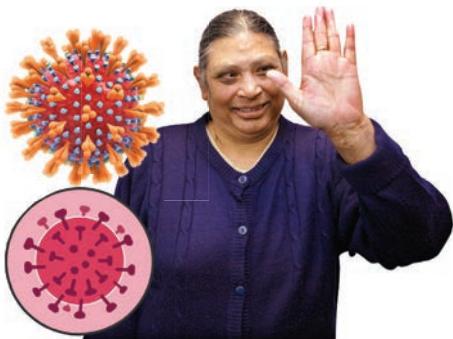


Rubella spreads when people cough and sneeze near other people.



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

About the MMR vaccine

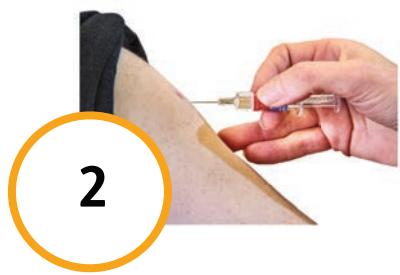


A **vaccine** is a medicine that keeps you safe from catching an illness.

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.

Who should have the MMR vaccine



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



When they are 3 years old they should have their second 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.

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.

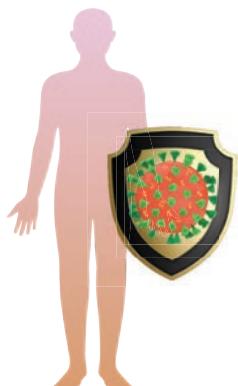
People who should not have the MMR vaccine



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

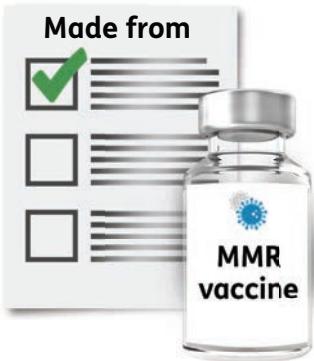


Tell the nurse or doctor if you or your child have ever had a fit or seizure that was not caused by a high temperature.



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.

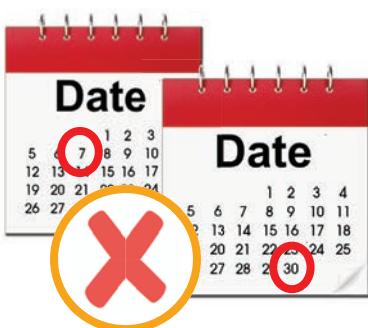
What to do if you or your child is unwell when it is time to have the vaccine



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.

Gelatine in the MMR vaccine



Gelatine 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 gelatine in it.



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



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



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.

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.



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.



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.



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.



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



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

or



call NHS 111.

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:

Rhagor o wylod aeth
111.wales.nhs.uk/amdanomi/
defnyddio eich gwybodaeth, ewch i:
I gael gwybod sut mae'r GIG yn



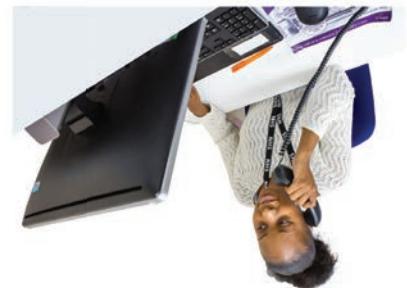
brechlynnau
icc.gig.cymru/brechlynnau/
Cyhoeddus Gymru:
Gallwch chi edrych ar wefan Iechyd



Does dim rhaid talu i ffonio'r rhif yma.
Ffonio 111
hefyd.
Mae'n bosib ffonio GIG 111 Gymru



Os ydych chi eisiau my o wylod aeth
am y brechlyn MMR, gallwch chi siarad
gyda'ch meddyg lleol.



Rhagor o wylod aeth

ffoniwch GIG 111.

neu



Os ydych chi'n poeni, neu os bydd eich
sgil-effeithiau chi neu sgil-effeithiau
eich plenstyн yn gwaelhygu, siaradwch
â'ch meddyg neu nys



Dylai plant dan 16 oed dim cymryd
aspirin.



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



Dydy'r sgil-effeithiau ychwanegol hy'n ddilim yn digwydd i lawer iawn o bobl.



gread ar thermomedr
thymeredd uchel o fwy na 38



Ar ol 3 wytynos, mae'n bosibl y bydd
rhaï pobl yn cael sgil-effeithiau
ychwanegegol. Sef:



Ar ôl 6 i 10 diwrnod, efallai y byddwch chi neu eich plentyн yn cael y sgil - effeithiau hy'n: ddilwroд yn unig.

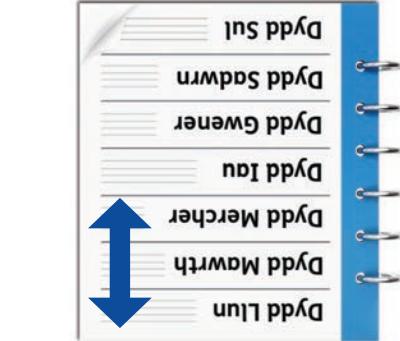
- peidio â theimlo'n llwglyd



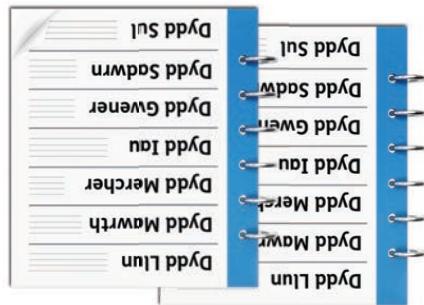
- tymheredd uchel o fwy na 38 gradd



- brech



Mae hydny'n normal. Dylai hyd yn bара
am 1 neu 2 wytynos yn unig.



Ar ôl y pigiad, effalai y bydd eich
braich chi neu frach eich plentyn yn
boenus. Effalai y bydd y frach yn
teimlo'n boeth ac y bydd lwmmp bach
lle rhoddwyd y pigiad.



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



Dydy pawb ddim yn cael sgil-
effeithiau.
Ystyrr sgil-effeithiau ydy pethau sy'n
gallu digwydd i chi neu eich plentyn ar
ol cael y brechlyn.

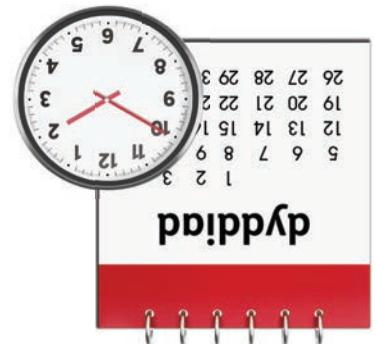


Sgil-effeithiau

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



Fynd â'ch plentyn i gael y brechlyn. ddiddiad ac amser y mae'n rhaid i chi Bydd y llythyr yn dwedu wrthych pa



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



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



Sut mae cael y brechlyn

Gall roi brechlynn MMR i chi sydd heb gelatin yn addo.



Os ydych chi neu eich plentyn yn osgoi siaradwch â'ch meddyg. Petheau sydd â gelatin yn addynt nhyw,



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



Mae wedi cael ei wneud o ran naau o anifeiliaid fel moch. Match o fwyd ydy **gelatin**. Mae wedi

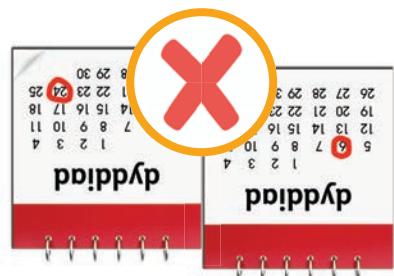


Gelatin yn y brechlynn MMR

Beth i'w wneud os ydych
chi neu eich plenstyн yn saл
Os ydych chi'н posni neu os oes
genyчh chi gwesтиyau, siaradwch ar
person sy'n rho'r brechlyn.
Bydd yn dwed wrthych chi ydy hi'n
dal yn bosibl i chi neu eich plenstyн
gael y brechlyn.



Dylech chi ganslo eich apwyntiad a
gwnaed apwyntiad newydd.
Tymeredd uchel ydy tymheredd o
fwy na 38 gradd ar thermometer.



Os ydych chi neu eich plenstyн yn saл
neu a thymeredd uchel, mae'n well
aros nes byddwch chi'н teimlo'n well.



**Beth i'w wneud os ydych
chi neu eich plenstyн yn saл
pan fydd hi'n amser cael y
brechlyn**



Os oes alergeddau gennych chi neu eich plenstyн ei fod yn iawn i chi neu eich plenstyн ei fod yn person yn gwneud yn siŵr ei brechlyn.

chi ddwedu wrth y person sy'n rhoi'r genyrch chi neu eich plenstyн, dylech Os oes alergedd difrifol i wyaу



- os ydych chi wedi cael adwai rhag alergaid difrifol i'r pigiad MMR cyntaf



or

- os oes genyrch chi alergedd unhyw beth sydd yn y brechlyn
 - os oes genyrch chi alergedd!
- Dylech chi na'ch plenstyн ddim cael y brechlyn:



Mae'r rhian fwyaf o bobl sydd ag alergeddau yn gallu cael y brechlyn MMR heb unhyw problemau.

Os oes alergeddau gennych chi neu eich plenstyн



Dywedwch wrth y nyrs neu'r meddyg
os ydych chi'n feichiog
cael ffitt nad oedd wedi cael ei achos i
gan dymheredd uchel.



● os ydych chi'n feichiog

neu



Eich **system imiwnedd** ydy'r rhian
o'ch corff sy'n helpu i'ch amdiffyg y
chi rhag heintiau.
gwedi gweithio'n dda iawun
imiwnedd sydd ddim yn
os oes genyrch chi **system**



Dy�ech chi na'ch plenstyн ddim cael y
brechlyn MMR:



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



Pwy ddyli'ddym cael y brechlyn MMR

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



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



Gwnewch yn siwr eich bod wedi cael 2
bigiad MR cyn beicchiogi.
Os ydych chi eisiau cael babi,



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



Menywod a beicchiogrwydd

chi.

Os dydych chi newydd sy mud i'r DU,
si aradwch â'ch meddyg neu'n yrys am y
brechlynau sydd eu hangen arnoch



Cysylltwch â'ch meddyg neu'ch yrys.
Os dydych chi ddim yn siwr a oes
angenn i chi gael y brechlyn MMR,



Os na chawsorch chi'r brechlyn pan
oedd eich chi'n blentyn, mae'n dal yn
bosibl i chi ei gael pan fyddwch chi'n
hydn.



Pan fydd yn 3 oed, dyli i gael ei ail
bigiad.



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



Pwy ddyli i gael y brechlyn

MMR

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



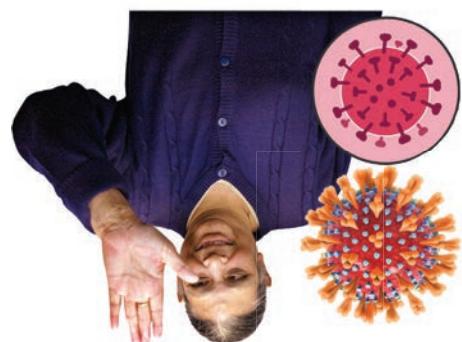
Mae angen 2 bigiad er mwyn i'r brechlyn wetheio'n iawn. Does dim rhaid i chi gael y ddau bigiad ar yr un pryd.



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



Mae'r brechlyn MMR yn gallu eich clwy'r penau a rwbela. amddiffyn chi rhag y frech goch, addiogel rhag dal salwch ydy brechlyn. Meddyginiadeth sy'n eich cadw chi'n



Brechlyn MMR

Dydy rwbela ddim yn gwned i chi
deimlo'n sâl iawnn fel arfer.



Efallai y cewch chi'r canlynnol:
lýmpiau a dolur yn y gwddf
brech
a
pobl erail.



● lýmpiau a dolur yn y gwddf

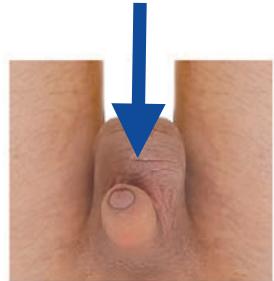
Efallai y cewch chi'r canlynnol:



Rwbela



maen nhw'n cael eu galw'n beli
ceilliau o dan y pidyn. Weithiau,
chwyddedig a phoenus. Mae'r
mae dyuniion yn gallu cael **ceilliau**



ochr
bol. Mae genyrch chi l ar bob
Mae'r **ofariâu** yng ngwaelod eich
ofariâu chwyddedig a phoenus.
mae menywod yn gallu cael



thermometer
tymheredd o fwy na 38 gradd ar



cur pen

Efallai y byddwch chi hefyd yn cael:



lymioig.
wyneb a'ch gwddf deimlo'n boenus a
Mae clwy'r pennau yn gwned i'ch

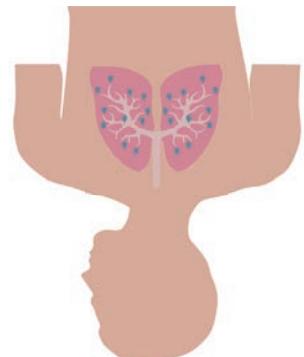


Clwy'r pennau

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



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



- thymheredd uchel o fwy na 38 gradd ar thermometer



a

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



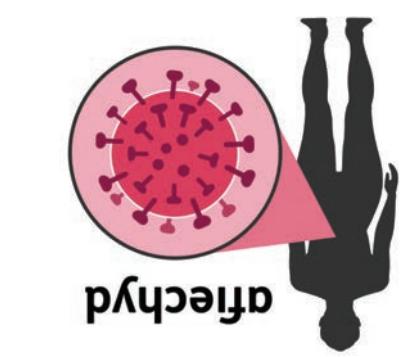
y frech goch

MR 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 heinitiau sy'n cael eu
 hachos i gan feirysau.

Mae pob un yn lleddenu'n haedd i
 bobl eraill ac yn gwned i chi deimlo'n
 sâl iawn.

Mae'n bwyseg iawn am ddiifyn pobl
 rhag y frech goch, clwy'r pennau a
 rwbela.

Beth ydy MR





Brechlyn MMR



Mae Brechlyn yn achub bywydau
Vaccination saves lives

