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Iechyd Cyhoeddus  
Cymru  
Public Health  
Wales

**Tim Amddiffyn Iechyd**

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**Health Protection Team**

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Gwefan/Web: [www.iechydcyhoedduscymru.org](http://www.iechydcyhoedduscymru.org)  
[www.publichealthwales.org](http://www.publichealthwales.org)

Our ref: RhS-SA

8<sup>th</sup> March 2018

Dear Parent/Guardian

**Re: Measles in the South East Wales area**

You may have already seen or heard some information in the news, and we are writing to inform you that Public Health Wales are aware that measles is currently circulating in South East Wales.

Measles is highly infectious and is generally spread from person to person by coughs and sneezes.

Early symptoms include:

- a high temperature
- cough
- conjunctivitis (painful, red eyes)
- and sometimes small white spots on the inside of the mouth.

A red, blotchy rash appears approximately 3 to 4 days later which usually begins on the face and spreads down over the rest of the body.

If your child develops symptoms they should be kept home from nursery / school and social events such as clubs and birthday parties.

We urge parents not to take children who appear to have symptoms of measles to the GP surgery, A&E department or hospital, where they could put other people at risk, without calling ahead first.

If you suspect your child has measles you should contact your GP or NHS Direct Wales on 0845 46 47 for an assessment.

MMR vaccination is the best means of providing protection against measles. If children have not had the full course of two MMR vaccines,

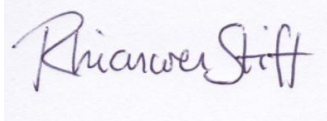


they may not be fully protected. Please contact your GP to arrange a vaccination.

General information on measles disease may be obtained from the website, <http://www.nhsdirect.wales.nhs.uk/encyclopaedia/y/article/Yfrechgoch/?locale=en>

Information on MMR vaccination is available at <http://www.nhsdirect.wales.nhs.uk/doityourself/vaccinations/MMR?locale=en>

Yours sincerely

A handwritten signature in blue ink that reads "Rhianwen Stiff". The signature is written in a cursive style and is placed on a light blue rectangular background.

**Dr Rhianwen Stiff**  
**Consultant in Communicable Control**



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8fed Mawrth 2018

Y frech goch yn ardal Casnewydd a Thorfaen

Annwyl Riant/Gwarcheidwad

**Y Frech Goch yn ardal De Ddwyrain Cymru**

Efallai eich bod chi wedi clywed neu gweld gwybodaeth yn y newyddion yn barod, ond rydym yn ysgrifennu er mwyn rhoi gwybod i chi fod Iechyd Cyhoeddus Cymru yn ymwybodol o achosion o'r frech goch yn ardal De Ddwyrain Cymru ar hyn o bryd.

Mae'r frech goch yn hynod heintus ac yn gyffredinol bydd yn ymledu o un unigolyn i'r llall drwy besychu a thisian.

Ymhlith y symptomau cynnar mae'r canlynol:

- tymheredd uchel
- peswch
- llid yr amrannau (llygaid coch, poenus)
- ac weithiau sbotiau bach gwyn y tu mewn i'r geg.

Bydd y frech goch yn ymddangos tua 3 i 4 diwrnod yn ddiweddarach, sydd fel arfer yn dechrau ar yr wyneb ac yn ymledu i lawr dros weddill y corff.

Os yw eich plentyn yn datblygu symptomau, dylech ei gadw draw o'r meithrin neu ysgol ac o ddigwyddiadau cymdeithasol fel clybiau a phartion pen-blwydd.

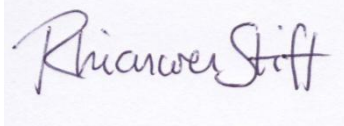
Rydym yn annog rhieni i beidio â mynd â phlant yr ymddengys fod ganddynt symptomau'r frech goch i'r feddygfa, yr adran damweiniau ac achosion brys na'r ysbyty, lle gallent beryglu pobl eraill, heb ffonio ymlaen llaw yn gyntaf.

Dylai rhieni sy'n amau bod gan eu plentyn y frech goch gysylltu â'u meddyg teulu neu ffonio Galw Iechyd Cymru ar 0845 46 47 am asesiad.

Brechiad MMR yw'r ffordd orau bosibl o ddiogelu rhag y frech goch. Os nad yw plant wedi cael y cwrs llawn o ddau frechiad MMR, efallai ni fyddant wedi eu diogelu'n llwyr. Os gwelwch yn dda, cysylltwch â'ch meddyg teulu i drefnu pigiad.

Gellir cael gwybodaeth gyffredinol am y frech goch o'r wefan,  
<http://www.nhsdirect.wales.nhs.uk/encyclopaedia/y/article/Yfrechgoch/>  
Ac am y brechiad MMR o'r wefan  
<http://www.nhsdirect.wales.nhs.uk/doityourself/vaccinations/MMR?locale=cy>

Yn gywir,

A handwritten signature in black ink that reads "Rhianwen Stiff". The signature is written in a cursive style and is placed on a light blue rectangular background.

**Dr Rhianwen Stiff**  
**Ymgynghorydd mewn Rheoli Clefydau Trosglwyddadwy**