**Measles Advice 2024**

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| **English – symptom awareness** | **Welsh – symptom awareness** |
| Following a declared measles outbreak in Gwent, Hywel Dda University Health Board is asking anyone showing symptoms of measles to not attend their GP or any other healthcare setting without phoning before arrival, or must immediately notify staff on arrival, to allow prompt isolation and avoid any further transmission.The first symptoms of measles are cold-like and can include a high temperature, sneezing, a cough and red, sore, watery eyes.Small white spots may appear inside the cheeks and on the back of the lips a few days later. These spots usually last a few days.A rash usually appears a few days after the cold-like symptoms. The rash starts on the face and behind the ears before spreading to the rest of the body. The spots of the measles rash are sometimes raised and can join together to form blotchy patches. They are not usually itchy.You can check your symptoms by visiting the [111.wales.nhs.uk/Measles](https://111.wales.nhs.uk/Measles/) and can contact them for advice if you believe you or your child may have measles. | Yn dilyn achos o’r frech goch yng Ngwent, mae Bwrdd Iechyd Prifysgol Hywel Dda yn gofyn i unrhyw un sy'n dangos symptomau'r frech goch i beidio â mynychu eu meddygfa nac unrhyw leoliad gofal iechyd arall heb ffonio cyn cyrraedd, neu mae'n rhaid iddynt hysbysu'r staff ar unwaith pan fyddant yn cyrraedd, i ganiatáu ynysu prydlon ac osgoi unrhyw drosglwyddiad pellach.Mae symptomau cyntaf y frech goch yn debyg i annwyd a gallant gynnwys tymheredd uchel, tisian, peswch a llygaid coch, dyfrllyd a dolurus.Gall smotiau gwyn bach ymddangos y tu mewn I’r bochau ac ar gefn y gwefusau ychydig ddyddiau’n ddiweddarach. Mae’r mannau hyn fel arfer yn para ychydig ddyddiau.Mae brech fel arfer yn ymddangos ychydig ddyddiau ar ôl y symptomau tebyg i annwyd. Mae'r frech yn dechrau ar yr wyneb a thu ôl i'r clustiau cyn lledaenu i weddill y corff. Weithiau mae smotiau brech y frech goch yn codi ac yn ymuno â'i gilydd i ffurfio darnau blotiog. Nid ydynt fel arfer yn cosi.Gallwch wirio symptomau trwy ymweld â [111.wales.nhs.uk/?locale=cy](https://111.wales.nhs.uk/?locale=cy&term=A) a gallwch gysylltu â nhw am gyngor os ydych yn credu bod gennych chi neu eich plentyn y frech goch. |
| **English – MMR awareness** | **Welsh – MMR awareness** |
| Measles is highly infectious and can very easily spread between people who are not vaccinated. The highly effective MMR vaccine is available from your GP, free on the NHS.Parents/guardians can check the MMR vaccine status of their child by looking at their child’s red book.Contact us to arrange your MMR vaccination, or if you are unsure of your vaccination status. Hywel Dda UHB’s communication hub can also advise, please call 0300 303 8322 option 1 or email ask.hdd@wales.nhs.uk. | Mae'r frech goch yn hynod heintus a gall ledaenu'n hawdd iawn rhwng pobl nad ydynt wedi'u brechu.Mae’r brechlyn MMR hynod effeithiol sydd ar gael gan eich meddyg teulu, am ddim ar y GIG.Gall rhieni/gwarcheidwaid wirio statws brechlyn MMR eu plentyn drwy edrych ar lyfr coch eu plentyn.Cysylltwch â ni i drefnu eich brechiad MMR, neu os ydych yn ansicr o'ch statws brechu. Gall hyb cyfathrebu BIP Hywel Dda roi cyngor hefyd, ffoniwch 0300 303 8322 opsiwn 1 neu e-bostiwch ask.hdd@wales.nhs.uk. |