GIG CYMRU NHS WALES | Bwrdd Iechyd Prifysgol Caerdydd a'r Fro
Cardiff and Vale University Health Board

Dear Parent/Guardian,

Measles, Mumps and Rubella (MMR) Vaccination

Your child/children has/have been identified as receiving either 1 or no MMR vaccines. **Two doses** are needed to offer the best protection against Measles, Mumps and Rubella and complete the course.

Measles is a highly infectious viral illness that can be prevented through the MMR vaccine. Measles is a very serious infection and can lead to severe complications, even death. Measles had been uncommon in the UK due to the effectiveness of the Measles, Mumps and Rubella (MMR) vaccine but with declining uptake of vaccinations in recent years cases are rising.

In the case of an outbreak which happened in Cardiff in winter 2023 and other areas of the UK which are ongoing, unvaccinated children were required to isolate which will have a significant impact on their education resulting in weeks or even months of schooling being lost.

Welsh Government has stated that all schools in Wales that have less than 90% MMR vaccine uptake are to be offered the vaccine in school.

The Immunisation team will be visiting your school to offer the MMR vaccine to your child at/after school on Monday 23rd June. Please click the link or scan the QR code below to the electronic consent form for you to complete and submit. If your child is in primary school, there will need to be a parent or guardian present.

Measles Mumps & Rubella (MMR)
Vaccination Consent Form 2025

https://forms.office.com/e/9TaSdD4da2

Anyone can get measles if they have not been vaccinated or have not had measles before, although it's most common in young children.

The infection usually clears in around 7 to 10 days. The initial symptoms of measles develop around 10 days after you're infected. These can include:

- cold-like symptoms, such as a runny nose, sneezing and a cough
- sore, red eyes that may be sensitive to light
- a high temperature (fever), which may reach around 40C
- small greyish-white spots on the inside of the cheeks

A few days later, a red-brown blotchy rash will appear. This usually starts on the head or upper neck before spreading outwards to the rest of the body.

Common complications

Mae Brechu yn achub bywydau
Vaccination saves lives

More common complications of measles include:

- diarrhoea and vomiting, which can lead to dehydration
- middle ear infection (otitis media), which can cause earache
- eye infection (conjunctivitis)
- inflammation of the voice box (laryngitis)
- infections of the airways and lungs (such as pneumonia, bronchitis and croup)
- fits caused by a fever (febrile seizures)

Uncommon complications

Less common complications of measles include:

- liver infection (hepatitis)
- misalignment of the eyes (squint) if the virus affects the nerves and muscles of the eye
- infection of the membranes surrounding the brain and spinal cord (meningitis) or infection of the brain itself (encephalitis)

Rare complications

In rare cases, measles can lead to:

- serious eye disorders, such as an infection of the optic nerve, the nerve that transmits information from the eye to the brain (this is known as optic neuritis and can lead to vision loss)
- heart and nervous system problems
- a fatal brain complication known as subacute sclerosing panencephalitis (SSPE), which can occur several years after measles (this is very rare, occurring in only 1 in every 25,000 cases)

MMR Vaccination

- **MMR** vaccine is safe and highly effective
- millions of doses of the vaccine have been given worldwide for over 30 years
- having the vaccine is the best way to protect your child and others around them
- a version of the vaccine that does not contain gelatine is available

For further information please see https://www.nhs.uk/conditions/measles and https://phw.nhs.wales/topics/immunisation-and-vaccines/vaccination-information1/mmr/

If you think your child has already completed the MMR Course or received doses of the MMR elsewhere, please contact us to update your child's health record.

If you would like to discuss anything, please contact us on the number or email below.

Kind regards,

Cardiff and Vale UHB Immunisation Co-ordinators
Immunisations.co-ordinators.cavuhb@wales.nhs.uk
Tel: 07974 115707

Bwrdd Iechyd Prifysgol Caerdydd a'r Fro
Cardiff and Vale University Health Board

Annwyl Riant/Gwarcheidwad,

Brechiad rhag y Frech Goch, Clwy'r Pennau a Rwbela (MMR)

Nodwyd bod eich plentyn/plant naill ai wedi cael 1 brechiad MMR neu ddim o gwbl. Mae angen **dau ddos** i gynnig yr amddiffyniad gorau yn erbyn y frech goch, clwy'r pennau a rwbela a chwblhau'r cwrs.

Mae'r frech goch yn salwch firaol heintus iawn y gellir ei atal gyda'r brechiad MMR. Mae'r frech goch yn haint difrifol iawn a gall arwain at gymhlethdodau difrifol, hyd yn oed marwolaeth. Roedd y frech goch yn anghyffredin yn y DU oherwydd effeithiolrwydd y brechiad rhag y frech goch, clwy'r pennau a rwbela (MMR), ond gyda nifer y bobl sy'n derbyn brechiadau yn gostwng dros y blynyddoedd diwethaf, mae achosion yn cynyddu.

Yn achos y brigiad o achosion a ddigwyddodd yng Nghaerdydd yng ngaeaf 2023 ac sydd o hyd yn digwydd yn rhannau eraill o'r DU, fe wnaed yn ofynnol i blant heb y brechiad ynysu, a bydd hyn yn cael effaith sylweddol ar eu haddysg gan arwain at golli wythnosau neu hyd yn oed fisoedd o addysg.

Mae Llywodraeth Cymru wedi dweud y bydd pob ysgol yng Nghymru lle mae llai na 90% o bobl wedi cael y brechiad MMR yn cael cynnig y brechiad yn yr ysgol.

Bydd y tîm Imiwneiddio yn ymweld â'ch ysgol i gynnig y brechiad MMR i'ch plentyn yn yr ysgol / ar ôl ysgol ar Monday 23rd June. Cliciwch ar y ddolen neu sganiwch y cod QR isod i'r ffurflen caniatâd electronig i chi ei llenwi a'i chyflwyno. Os yw eich plentyn yn yr ysgol gynradd, bydd angen i riant neu warcheidwad fod yn bresennol.

Measles Mumps & Rubella (MMR)
Vaccination Consent Form 2025

https://forms.office.com/e/9TaSdD4da2

Gall unrhyw un gael y frech goch os nad ydynt wedi cael y brechiad neu os nad ydynt wedi cael y frech goch o'r blaen, er ei bod yn fwyaf cyffredin ymhlith plant ifanc.

Mae'r haint fel arfer yn clirio o fewn 7 i 10 diwrnod. Mae symptomau cychwynnol y frech goch yn datblygu tua 10 diwrnod ar ôl i chi gael eich heintio. Gall y rhain gynnwys y canlynol:

- symptomau tebyg i annwyd, fel trwyn yn rhedeg, tisian a pheswch
- llygaid coch a dolurus a all fod yn sensitif i olau
- tymheredd uchel (twymyn), a all gyrraedd tua 40C
- smotiau llwyd-wyn bach y tu mewn i'r bochau

Ychydig ddyddiau'n ddiweddarach, bydd brech flotiog goch-frown yn ymddangos. Mae hyn fel arfer yn dechrau ar y pen a thu ôl i'r clustiau cyn lledaenu tuag allan i weddill y corff.

Cymhlethdodau cyffredin

Mae cymhlethdodau mwy cyffredin y frech goch yn cynnwys:

- dolur rhydd a chwydu, a all arwain at ddadhydradu
- haint yn y glust ganol (otitis media), sy'n gallu achosi clust dost
- haint ar y llygad (llid yr amrannau)
- llid y laryncs (laryngitis)
- heintiau ar y llwybrau anadlu a'r ysgyfaint (fel niwmonia, broncitis a crŵp)
- ffitiau a achosir gan dwymyn (ffitiau gwres)

Cymhlethdodau anghyffredin

Mae cymhlethdodau llai cyffredin y frech goch yn cynnwys:

- haint ar yr afu (hepatitis)
- camlinio'r llygaid (llygad croes) os yw'r feirws yn effeithio ar nerfau a chyhyrau'r llygad
- haint ar y pilenni o amgylch yr ymennydd a llinyn y cefn (meningitis) neu haint yr ymennydd ei hun (enseffalitis)

Cymhlethdodau prin

Mewn achosion prin, gall y frech goch arwain at:

- anhwylderau difrifol ar y llygaid, fel haint ar y nerf optig, y nerf sy'n trosglwyddo gwybodaeth o'r llygad i'r ymennydd (gelwir hyn yn niwritis optig a gall arwain at golli golwg)
- problemau gyda'r galon a'r system nerfol
- cymhlethdod angheuol ar yr ymennydd a elwir yn panenseffalitis sglerosing is-acíwt (SSPE), a all ddigwydd sawl blwyddyn ar ôl y frech goch (mae hyn yn brin iawn, gan ddigwydd mewn dim ond 1 o bob 25,000 o achosion)

Brechiad MMR

- mae’r brechiad **MMR** yn ddiogel ac yn effeithiol iawn
- mae miliynau o ddosau o'r brechiad wedi cael eu rhoi ledled y byd ers dros 30 mlynedd
- y brechiad yw'r ffordd orau o amddiffyn eich plentyn ac eraill o'u cwmpas
- mae fersiwn o'r brechiad heb gelatin ar gael

Am fwy o wybodaeth, gwelwch https://www.nhs.uk/conditions/measles a https://icc.gig.cymru/pynciau/imiwneiddio-a-brechlynnau/y-frech-goch-clwyr-pennau-a-rwbela-mmr/

Os ydych chi'n credu bod eich plentyn eisoes wedi cwblhau'r cwrs MMR neu wedi derbyn dosau o'r brechiad MMR yn rhywle arall, cysylltwch â ni i ddiweddaru cofnod iechyd eich plentyn.

Os hoffech drafod hyn ymhellach, cysylltwch â ni ar y rhif neu’r cyfeiriad e-bost isod.

Cofion gorau,

Cydgysylltwyr Imiwneiddio Bwrdd Iechyd Prifysgol Caerdydd a'r Fro
Immunisations.co-ordinators.cavuhb@wales.nhs.uk
Ffôn: 07974 115707