



# Measles and MMR Vaccination Programme



## Briefing document for Head Teachers, School Staff, Childcare Settings, Colleges and Universities

Cases of measles are rising across the UK. It is a respiratory infection that spreads very easily and can cause serious life changing consequences for some.

This briefing document is for schools, childcare settings, universities and colleges on measles and the MMR (measles, mumps and rubella) vaccination in Wales. Please ensure that all staff have access to this information.

### Measles facts

- 1 Measles is a highly infectious illness. It is contagious before symptoms start.
- 2 For every 100 people not vaccinated against measles, about 90 will catch measles if exposed to the measles virus.
- 3 It can cause serious illness including chest infections, seizures (fits), swelling of the brain, and brain damage. Serious complications can even occur many years after infection.
- 4 Measles can kill.
- 5 There is no cure for measles.
- 6 Children, young people and staff members are at risk of measles infection if they haven't had 2 doses of the MMR vaccination or documented natural infection.

### Eligibility for MMR vaccination

Two doses of the MMR vaccine are offered **free to all children** before they start school at:

- 12-13 months, and
- 3 years and 4 months.

Children and adults who miss any of the doses can still receive them from their GP surgery at any time after they were due, with a month needed between the two doses.

The MMR vaccine should not be given to people who have a lowered immune system or who are pregnant. This is even more reason to ensure that everyone who is eligible has received both MMR doses, to protect those who cannot have the MMR vaccine.

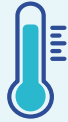
If you are not sure if you have had both doses, it is safer to have too many doses of the vaccine than not enough.

More information about the MMR vaccine and eligibility is available at [phw.nhs.wales/MMRvaccine](https://phw.nhs.wales/MMRvaccine)

## Measles symptoms



Rash



Temperature  
(usually over 38.5°C)



Runny nose



Red, sore,  
watery eyes



Cough

Measles usually starts with cold like symptoms. It can then be followed by a rash a few days later but not always. Sometimes people get small white spots on the insides of the cheeks and insides of lips that last a few days.

It is unlikely to be measles if you have had 2 doses of the MMR vaccine or had measles before, unless you have a condition or are on treatment which weakens the immune system.

For more information about measles symptoms, visit [NHS 111 Wales - Health A-Z : Measles](#)

## What to do if you suspect measles

If you suspect you, or a child/young person has measles you can get advice from NHS 111 or you can make an urgent GP appointment.

The person with suspected measles should not go to any health setting (e.g., GP, hospital, or pharmacy) without ringing ahead first and advising of any symptoms which might suggest measles.

If a doctor suspects measles, the individual should stay off nursery, school, college or work etc. for at least 4 days after the onset of rash (Note: date the rash started is day 0). They should also avoid being in contact with anybody who is:

- Not fully vaccinated for MMR (particularly children under the age of 4).
- Pregnant.
- Immunosuppressed (has a weakened immune system) due to a health condition or treatment.



## What are the risks of being unvaccinated against measles?

As measles is a highly infectious disease it spreads quickly between people who are not vaccinated.

Uptake of the MMR vaccine decreased in Europe during the COVID-19 pandemic which means we are now seeing an increase in cases of measles across the UK and in Wales.

Although not everybody with measles needs to be admitted to hospital, it is a very unpleasant illness even in its mildest form. There is no cure, and some people will be left with life changing brain damage. Serious, untreatable complications of measles can happen years after people have had the illness.

Staff or children/young people who are unvaccinated and who have been in contact with a confirmed measles case will be advised to stay at home for the duration of the incubation period. The incubation period is the time frame it takes for a disease to develop after coming into contact with it. For measles it is up to **21 days (3 weeks) after last exposure to someone with measles.**

## About the MMR vaccine

The MMR vaccine is a safe and highly effective combined vaccine that protects against measles, mumps and rubella (German measles). It contains weakened versions of live measles, mumps and rubella viruses. It is given as an injection into the muscle of the upper arm in older children and adults. It is sometimes given in the thigh muscle but mainly to young children.

Before vaccination against measles existed, it was a very common disease and most people had it. Although many people made a full recovery after having measles, many were left with serious disabilities and some children died.

According to the World Health Organization around 128, 000 people died from measles around the world in 2021. Most of them were young children under 5.

All vaccines go through rigorous testing to ensure they are effective and safe. The two vaccines licensed for use in the UK to protect against measles are: Priorix and M-M-RVaxPRO.

No vaccines used by the NHS contain Thiomersal. The vaccine viruses are not grown in egg – people with severe egg allergies can safely receive the MMR vaccine. M-M-RVaxPRO contains highly purified gelatine derived from pigs. More information about this is available here [phw.nhs.wales/porcinegelatine](https://phw.nhs.wales/porcinegelatine). People who would prefer to have a gelatine free MMR vaccine can ask to have Priorix.

A full list of the vaccine ingredients and possible side effects are available at [medicines.org.uk/emc](https://medicines.org.uk/emc) by entering Priorix or M-M-RVaxPro into the search box.

Sometimes the doses of MMR are given earlier than the routine appointments of 12-13 months or 3 years 4 months. This may be because a child was born in a different country or because it has been recommended by a healthcare professional in the UK who is dealing with an outbreak. If a first dose of MMR is given before 12 months of age it will need to be repeated. If a second dose of MMR is given before 15 months of age it will need to be repeated after 18 months. If the child is given the second dose from 15 months of age, no further doses are required.



**It is safe to receive more than 2 doses of MMR vaccine when this is needed.**

## How can you help?

Please check you are **up to date** with your MMR vaccinations.

Please **speak positively** about the MMR vaccination programme with colleagues/parents/guardians and young people – the NHS wants to keep the population safe and well.

The NHS **recommends** MMR vaccination.

In the event of a case of measles in your setting, an outbreak or a need to undertake a vaccination session in your setting, please **engage and work with** the health care professionals involved when needed.



# Yng nghych y brechlyn MMR

Mae'r brechlyn MMR yn trechlyn cyfun diogel ac effeithiol iawn sy'n amddiffyn yn erbyn y frech goch, clwy'r pennau a rwbela (brech goch yr Almaen). Mae'n cynnwys mathau gwahanedig o feirysau byw y frech goch, clwy'r pennau a rwbela. Fe'i rhoddir fel pigiad i gyhyr rhan uchaf y traich mewn plant hyn ac oedolion. Fe'i rhoddir weithiau i gyhyr y glun ond mae hyn yn bennaf i blant ifanc.

Cyn bod brechu yn erbyn y frech goch yn bodoli, roedd yn gletyd cyffredin iawn ac roedd y rhan fwyaf o bobl yn ei gael. Er bod llawer o bobl wedi gwella'n llwyr ar ôl cael y frech goch, roedd llawer wedi'u gadael ag anabledd difrifol a bu farw rhai plant. Yn ôl Setydliad Iechyd y Byd, bu farw tua 128,000 o bobl o'r frech goch ledled y byd yn 2021. Roedd y rhan fwyaf ohonynt yn blant ifanc o dan 5 oed.

Mae'r holl frechlynnau yn mynd drwy broffion trylwyr i sicrhau eu bod yn effeithiol ac yn ddiogel. Y ddau frechlyn sydd wedi'u trwyddedu i'w defnyddio yn y DU i amddiffyn yn erbyn y frech goch yw: Priorix ac M-M-RVaxPRO.

Nid oes unrhyw frechlynnau a ddefnyddir gan y GIG yn cynnwys Thiomersal. Nid yw feirysau'r brechlyn yn cael eu tyftu mewn wy - gall pobl sydd ag alergeddau wyau difrifol dderbyn y brechlyn MMR yn ddiogel. Mae M-M-RVaxPRO yn cynnwys gelatin pur sy'n deillio o foch. Mae rhagor o wybodaeth am hyn ar gael yma [icc.gig.cymru/gelatinMoch](http://icc.gig.cymru/gelatinMoch). Gall pobl y byddar'n well ganddynt gael brechlyn MMR heb gelatin ofyn am Priorix.

Mae rhestr iawn o gynhwysion y brechlyn a sgil-effeithiau posibl ar gael yn [medicines.org.uk/emc](http://medicines.org.uk/emc) drwy roi Priorix neu M-M-RVaxPRO yn y blwch chwilio. Weithiau rhoddir y dosau MMR yn gynharach na'r apwyntiadau arferol 12-13 mis neu 3 oed 4 mis. Gall hyn fod oherwydd bod plentyn wedi'i eni mewn gwlad wahanol neu oherwydd argymhellad gwethiwr proffesiynol gofal iechyd yn y DU sy'n ymdrin â brigiad o achosion. Os rhoddir dos cyntaf o MMR cyn 12 mis oed bydd angen iddo gael ei ailadrodd. Os rhoddir ail ddos o MMR cyn 15 mis oed bydd angen iddo gael ei ailadrodd ar ôl 18 mis. Os yw'r plentyn yn cael yr ail ddos o 15 mis oed, nid oes angen dosau pellach.



## Mae'n ddiogel derbyn mwy na 2 dos o'r brechlyn MMR pan fo angen hyn.

## Sut y gallwch helpu?

Gwiriwch eich bod wedi cael eich brechiadau MMR diweddaraf.

Siaradwch yn gadarnhaol am y rhaglen trechu MMR gyda chydweithwyr/rhieni/gwarcheidwaid a phobl ifanc - mae'r GIG am gadw'r boblogaeth yn ddiogel ac yn iach.

Mae'r GIG yn argymhell brechiad MMR.

Os bydd achos o'r frech goch yn eich lleoliad, brigiad o achosion neu'r angen i gynnal sesiwn trechu yn eich lleoliad, dylech ymgysylltu â'r gwethiwr gofal iechyd proffesiynol dan sylw a gwethio gyda nhw pan fo angen.



# Symptomau'r frech goch

Brech



Tymheredd (fel arfer dros 38.5 C.)



Trwyn yn rhedeg



Llygaid coch, dolurus, dyfrllyd



Peswch



Mae'r frech goch fel arfer yn dechrau gyda symptomau tebyg i annwyd. Wedyn gall brech ddilyn ychydig ddyddiau'n ddiweddarach ond nid bob amser. Weithiau mae pobl yn cael smotiau bach gwyrn ar y tu mewn i'r bochau a'r tu mewn i'r gwefusau sy'n para ychydig ddyddiau.

Mae'n annhebygol o fod yn frech goch os ydych wedi cael 2 ddos o'r brechlyn MMR neu wedi cael y frech goch yn y gorffennol, oni bai bod gennyhych gyflwr neu ar driniaeth sy'n gwanhau'r system imiwedd.

## Beth i'w wneud os ydych yn amau'r frech goch

Os ydych yn amau bod gennyhych chi, neu blentyn/ person ifanc y frech goch, gallwch gael cynngor gan GIG 111 neu gallwch wneud apwyntiad brys gyda'ch meddyg teulu.

Ni ddylai'r unigolyn yr amheuir bod ganddo'r frech goch fynd i unrhyw leoliad iechyd (e.e. meddygfa, ysbty, neu fferyllfa) heb ffonio ymlaen llaw yn gyntaf a rhoi gwybod am unrhyw symptomau a allai awgrymu'r frech goch.

Os yw meddyg yn amau'r frech goch, dylai'r unigolyn aros i ffwrdd o'r feithrinfâ, yr ysgol, y coleg neu'r gwaith ac ati am o leiaf 4 diwrnod ar ôl dechrau'r frech (Noder: y dyddiad y mae'r frech yn dechrau yw diwrnod 0). Dylent hefyd osgoi bod mewn cysylltiad ag unrhyw un:

- Nad yw wedi'i frechu'n llawn ar gyfer MMR (yn enwedig plant o dan 4 oed).
- Unrhyw un sy'n feichlog.
- Unrhyw un sy'n imiwnoataiedig (sydd â system imiwedd wan) oherwydd cyflwr iechyd neu driniaeth.

## Beth yw'r risgiau o beidio â chael eich brechu yn erbyn y frech goch?

Oherwydd bod y frech goch yn gliefyd heintus iawn mae'n lledaenu'n gyflym rhwng pobl nad ydynt wedi'u brechu.

Roedd canran y rhai a gafodd y brechlyn MMR wedi gostwng yn Ewrop yn ystod pandemig COVID-19 sy'n golgu ein bod bellach yn gweld cynydd yn yr achosion o'r frech goch ar draws y DU ac yng Nghymru.

Er nad oes angen i bawb sydd â'r frech goch gael eu derbyn i'r ysbty, mae'n salwch annymaniol iawn hyd yn oed yn ei ffurf fwyaf ysgafn. Ni ellir ei gwella, a bydd rhai pobl yn cael eu gadael â niwed i'r ymennydd sy'n newid bywyd. Gall cymhlethdodau diffiwl, na ellir eu trin o'r frech goch ddigwydd flynyddoedd ar ôl i bobl gael y salwch.

Bydd staff neu blant/pobl ifanc sydd heb eu brechu ac sydd wedi bod mewn cysylltiad ag achos o'r frech goch a gadarnhawyd yn cael eu cynghori i aros gartref drwy gydol y cyfnod magu. Y cyfnod magu yw'r amserlen i'r clefyd ddatblygu ar ôl dod i gysylltiad ag ef. Ar gyfer y frech goch mae hyn hyd at 21 diwrnod (3 wythnos) ar ôl y cysylltiad diwethaf a rhywun â'r frech goch.



GIG  
CYMRU  
NHS  
WALES



Mae Brechu yn achub bywydau  
Vaccination saves lives

# Rhaglen Frechu'r Frech Goch ac MMR

## Dogfen britio ar gyfer Penaeithaid, Staff Ysgolion, Lleoliadau Gofal Plant, Colegau a Phrifysgolion



Mae achosion o'r frech goch yn cynyddu ar draws y DU. Mae'n haint anadlol sy'n lledaenu'n hawdd iawn a gall achosi canlyniadau difrifol sy'n newid bywydau i rai.

Mae'r ddogfen britio hon ar gyfer ysgolion, lleoliadau gofal plant, prifysgol a cholegau ar y frech goch a'r brechiad MMR (y frech goch, clwy'r pennau a rwbela) yng Nghymru. Sicrhewch fod gan yr holl fynediad at y wybodaeth hon.

## Freithiau am y frech goch

1 Mae'r frech goch yn salwch heintus iawn. Mae'n heintus cyn i'r symptomau ddechrau.

2 Am bob 100 o bobl nad ydynt wedi'u brechu yn erbyn y frech goch, bydd tua 90 yn dal y frech goch os byddant yn dod i gysylltiad â feirws y frech goch.

3 Gall achosi salwch difrifol gan gynnwys heintiau ar y frest, trawadau (ffittiau), chwyddo'r ymennydd, a niwed i'r ymennydd. Gall cymhlethdodau difrifol hyd yn oed ddiwydd flynyddoedd lawer ar ôl yr haint.

4 Gall y frech goch ladd.

5 Ni ellir gwella'r frech goch.

6 Mae plant, pobl ifanc ac aelodau o staff yn wynebu risg o haint y frech goch os nad ydynt wedi cael 2 ddos o'r brechiad MMR neu haint naturiol wedi'i ddogfennu.

## Cymhwysterau ar gyfer brechiad MMR

Mae dau ddos o'r brechlyn MMR yn cael eu cynnig **am ddim i'r holl blant** cyn iddynt ddechrau yn yr ysgol pan fyddant yn:

- 12-13 mis, a
- 3 oed a 4 mis.

Gall plant ac oedolion sy'n colli unrhyw rai o'r dosau barhau i'w derbyn gan eu meddygyfa ar unrhyw adeg ar ôl y dyddiad dyledus, ac mae angen mis rhwng y ddau ddos.

Ni ddylid rhoi'r brechlyn MMR i bobl sydd â system imiwneidd is neu sy'n feichig. Mae hyn hyd yn oed yn fwy o reswm i sicrhau bod pawb sy'n gymwys wedi cael y ddau ddos MMR, i amddiffyn y rhai na allant gael y brechlyn MMR.

Os nad ydych yn siŵr a ydych wedi cael y ddau ddos, mae'n fwy diogel cael gormod o ddosau o'r brechlyn na dim digon.

Mae rhagor o wybodaeth am y brechlyn MMR a chymhwysterau ar gael yn [icc.gig.cymru/brechlynMMR](http://icc.gig.cymru/brechlynMMR)