



Mae Brechu yn achub bywydau
Vaccination saves lives



GIG
CYMRU
NHS
WALES

Iechyd Cyhoeddus
Cymru
Public Health
Wales

Is it measles?

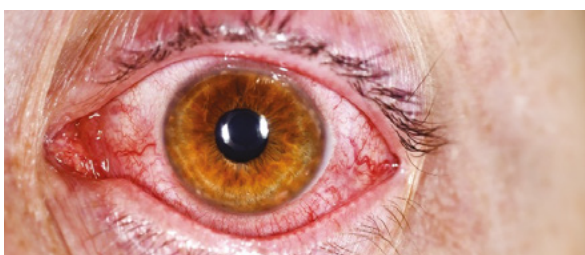
Key messages for primary care

MMR vaccination rates have fallen in Wales. Rash and a temperature? It could be measles. Isolate anyone with a rash and a temperature in a side room on arrival.

Measles

Initial symptoms

Coryza, cough, conjunctivitis, fever (2-4 days before a rash appears). Fever peaks around the onset of the rash.



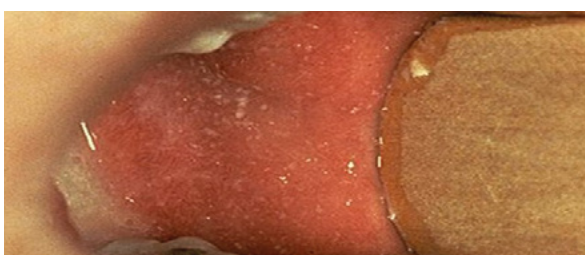
Rash

Red, blotchy, maculopapular (not itchy) lasting 3-7 days. Usually starts behind the ears, spreading to the face then the trunk, and can become generalised (more difficult to spot on dark skin).



Koplik spots

Small white or bluish/white lesions on the buccal mucosa (may appear at rash onset and last for 2-3 days). They are an unreliable marker of measles as they can be confused with other mouth lesions.



Infectious period

8 days (4 days before the rash appears until 4 full days after).

Other similar rash illnesses

Roseola, parvovirus infection, scarlet fever – identification of measles based on clinical features alone may be unreliable.

If you suspect measles

Isolate anyone presenting with a rash and fever immediately

In-person review

On clinical suspicion of measles, alert reception staff. Direct the patient to a side room on arrival and keep them away from other patients.

Reporting

Clinicians should report suspected cases of measles to Public Health Wales urgently by phone to facilitate prompt risk assessment and public health actions. Health professionals can telephone **0300 00 300 32** and/or visit **AWARe/Health Protection Team – Public Health Wales (nhs.wales)**.

Check for measles risk factors

- Unvaccinated or partially vaccinated individual?
- Recent exposure to rash/illness?
- Recent travel to measles-endemic countries/areas?
- Occupation (e.g., healthcare worker, nursery worker)?

Community settings

- Exclude from nursery/educational settings/work for 4 days before and 4 days after rash onset.
- Return only after full recovery due to high infection risk.

Vaccination

For patients

- Check the patient's vaccination history.
- Offer the MMR vaccine to those not fully protected (once clinically recovered).
- Children need 2 doses: the first at 12 months, the second at 3 years and 4 months.
- There is no upper age limit for MMR vaccination.
- MMR vaccination before age 1 is not recognised in the UK.
- People born before 1970 are likely to have had natural infection. Offer the MMR vaccine on request or if they are at high risk of exposure. Further information is available in the **Green Book Chapter 21: Measles**.

For staff

- Employers should ensure all staff have natural immunity or have had a full 2-dose MMR vaccine.
- Exposure to measles by unprotected staff may require a 21-day work exclusion.

MMR information for health professionals: phw.nhs.wales/mmr

MMR information for the public: phw.nhs.wales/MMRvaccine

MMR information in accessible formats: phw.nhs.wales/vaccines/accessible-information

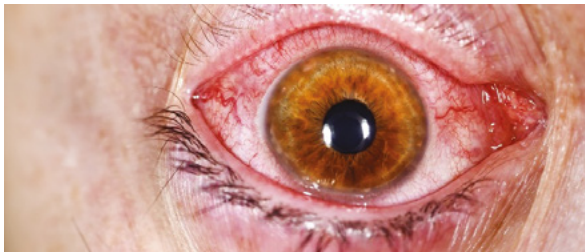


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Ai'r frech goch ydyw?

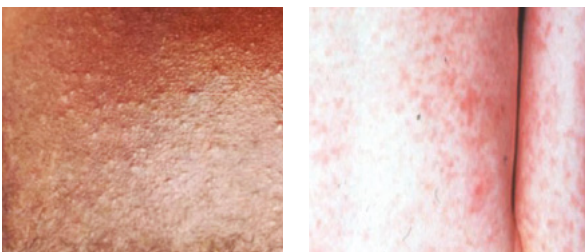
Mae cyfraddau brechiad MMR wedi gostwng yng Nghymru. Brech a thymheredd? Gallai fod yn frech goch. Ynyswch unrhyw un sydd â brech a thymheredd mewn ystafell ochr pan fyddant yn cyrraedd.

Y Fresh Goch



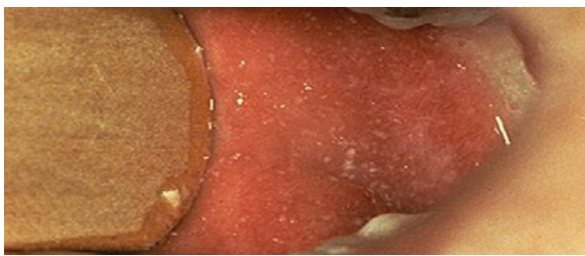
Symptomau cychwynnol

Brech



Coch, blotlog, macwlopapwlaidd (ddim yn costi) sy'n para 3-7 diwrnod. Mae fel arfer yn dechrau y tu ôl i'r clustiau, gan ledaenu i'r wyneb ac yna'r bongorff, a gall fod yn gyffredinol (yn fwy anodd ei gweld ar groen tywyll).

Smotiau Koplik



Briau bach gwyn neu las/gwyn ar fwcosa'r foch (gall ymddangos ar ddechrau'r frech a phara 2-3 diwrnod). Maent yn arwydd annibynadwy o'r frech goch oherwydd gellir eu drysu â briau eraill y geg.

Cyfnod heintus

8 diwrnod (4 diwrnod cyn i'r frech ymddangos tan 4 diwrnod llawn ar ôl hynny).

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Salwch brech eraill tebyg
Brech rosynaidd, haint parfoteirws, y dwymyn goch – gall nodi'r frech goch yn seiliedig ar nodweddion clinigol yn unig fod yn annibynnadwy.

for you and your family.

Adolygiad personol

Ar amhneuæth glinigol o'r trech goch,
rhybuddi'wch staff y dderbynta. Cyfeiri'wch
y claf i ystafell ochr pan fydd yn cyrraedd a'i
gadw i ffwrdd oddi wrth gleifion eraill.

Adrodd

Dylai clinigwyr adrodd am achosion a
amheuir o'r frech goch i lechyd Cyhoeddus
Cymru ar frys dros y ffôn er mwyn hwylyso
asesiad risg prydion a chamanu gweithredau
lechyd cyhoeddus. Gall gweithwyr lechyd
proffesiynol ffonio **0300 00 300 32** a/neu
fynd i **AWARe/Tim Diogelu lechyd -
lechyd Cyhoeddus Cymru (gig.cymru)**

Gewirwisch am Factoran'risg y trech goch:

French goch:

- Unigolyn heb ei frechu neu wedi'i frechu'n rhannol?
- Amlygiad diweddar i frech/salwch?
- Teithio yn ddiweddar i wledydd/ardaloedd lle mae endemig o'r frech goch?
- Galwedigaeth (e.e., gweithiwr gofal iechyd, gweithiwr meithrin)?

Lleoliadau cymunedol

- Eithriwch o'r methrin/lleoliadau addysgol/gwaith am 4 diwrnod cyn a 4 diwrnod ar ôl dechrau'r frech.
- Dylent ddychwelyd dim ond ar ôl gwellat'n llawn oherwydd risg uchel o haint.

Brechiad

Ar gyfer clefion

- Gwiriwch hanes brechiad y claf.
- Cynigiwch y brechlyn MMR i'r rhai nad ydynt wedi'u hamddiffyn yn llawn (ar ôl gwella'n glinigol).
- Mae angen 2 ddos ar blant: y cyntaf pan fyddant yn 12 mis, yr ail pan fyddant yn 3 oed a 4 mis.
- Nid oes tîrlyn oedran uwch ar gyfer brechiad MMR.
- Nid yw brechiad MMR cyn 1 oed yn cael ei gydnabod yn y DU.
- Mae pobl a anwyd cyn 1970 yn debygol o fod wedi cael haint naturiol. Cynigiwch y brechlyn MMR ar gais neu os ydynt yn wynebu risg uchel o amlygiad. Mae rhagor o wybodaeth ar gael yn y **Green Book**

Ar gyfer staff

- Dylai cyflogwyr sicrhau bod gan yr holl staff imiwnedd naturiol neu eu bod wedi cael 2 ddos llawn o'r brechlyn MMR.
- Gall amlygiad i'r frech goch gan staff heb eu hamddiffyn ei gwneud yn ofynnol eu heithrio o'r gwaith am 21 diwrnod.

heithrio o'r gwaith am 21 diwrnod.

Gwybodaeth am MMR i weithwyr
iechyd proffesiynol: ic.gig.cymru/mmr

ic.gig.cymru/brechlynMWR

fformatau hygrych: iccgig.cymru/brechlynnau/adnoddau-hygrych



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