



Mae Brechu yn achub bywydau
Vaccination saves lives



GIG
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Iechyd Cyhoeddus
Cymru
Public Health
Wales

Is it measles?

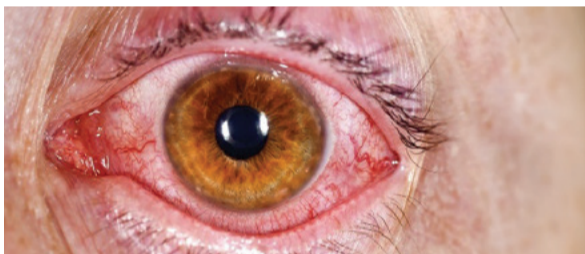
Key messages for primary care

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

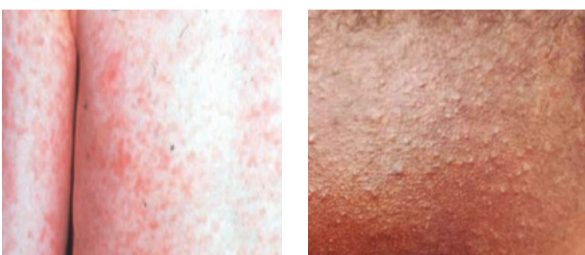
Initial symptoms

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



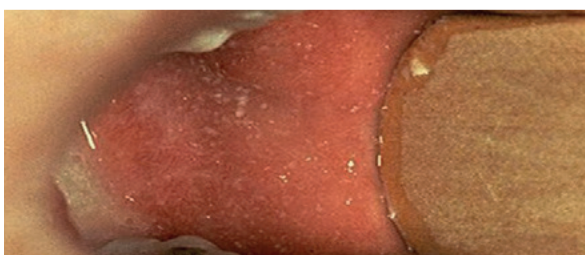
Rash

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.



Scan me for more information on measles, mumps, rubella and chickenpox

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Vaccination

For patients

- Check the patient's vaccination history.
- Offer the appropriate measles-containing vaccine to those not fully protected (once clinically recovered). For eligibility information refer to **phw.nhs.wales/MMRV-MMR-professionals**
- Babies are routinely offered 2 doses of MMRV at 12 months and 18 months.
- MMR is available to older children and adults not eligible for MMRV, who have not received 2 doses of MMR. There is no upper age limit for MMR vaccination.
- **2 doses** of a measles-containing vaccine are needed for the best possible protection.
- Measles-containing vaccine given to infants aged under one year 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 **Measles: the green book chapter** (external site).

For staff

- Staff should provide their employers with documented proof of having a full **2 dose** course of a measles-containing vaccine or have positive antibody tests for measles and rubella.
- Exposure to measles by unprotected staff may require a 21-day work exclusion.

MMRV and MMR information for health professionals: **phw.nhs.wales/MMRV-MMR-professionals**

MMRV and MMR information for the public: **phw.nhs.wales/MMRV-MMR**

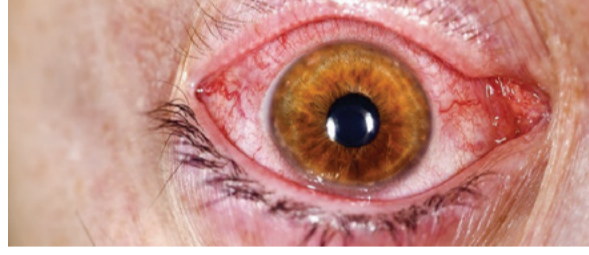
MMRV and MMR information in accessible formats: **phw.nhs.wales/vaccines/accessible-information**

Mae'r wybodaeth hon ar gael yn Gymraeg. This information is available in Welsh.

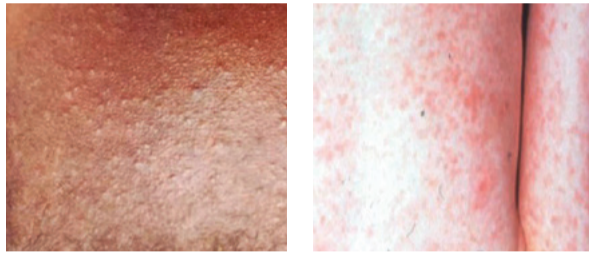
Ai'r frech goch ydyw? Nageseunon allweddol ar gyfer gofal sylfaenol

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

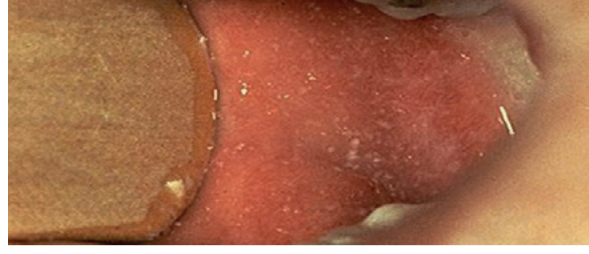
Y Frech Goch



Symptomau cychwynol
 Annwyl, peswch, llid yr amrannau, twymyn (2 - 4 diwrnod cyn i frech ymddangos). Mae'r dwymyn yn cyrraedd uchafbwynt o gwmpas dechrau'r frech.



Brech
 Coch, blotiog, macwlopapwlaidd (ddim yn costi) sy'n para 3 - 7 diwrnod. Mae fel arfer yn dechrau y tu ôl i'r clustiau, gan ledænu i'r wneb ac yn a'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 annibynnadwy 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).

Salwch brech eraill tebyg
 Brech rosynaid, haint parfofeirws, y dwymyn goch - gall nodi'r frech goch yn selledig ar nodweddion clinigol yn unig fod yn annibynnadwy.

Ynswch unrhyw un sy'n cplwyno gyda brech a thymyn ar unwaith


Adolygiad personol

Ar amheuaeth glinigol o'r frech goch, rhybuddiwch staff y dderbynta. Cyfeirwch y claf i ystafell ochr pan fydd yn cyrraedd a'i gadw i ffwrdd oddi wrth gleffion eraill.

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

Gwiriwch am factorau risg y frech 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)?
 • Eithriwch o'r meithrin/lleoliadau addysgol/gwaith am 4 diwrnod cyn a 4 diwrnod ar ôl dechrau'r frech.
 • Dylent ddychweilyd dim ond ar ôl gwella'n llawn oherwydd risg uchel o haint.

Sganiwch fi am wybodaeth am y frech goch, clyw'r penna, rwbela a brech yr ier



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Brechu

Ar gyfer cleifion
 • Gwiriwch hanes brechu cleifion.
 • Cynigiwch y brechlyn priodol sy'n cynnwys y frech goch i'r rhai nad ydynt wedi'u hamddiffyn yn llawn (ar ôl iddynt wella'n glinigol). I gael gwybodaeth am gymhwysedd, ewch i icc.gig.cymru/MMRV-MMR-proffesiynol

• Cynigir 2 ddos o'r brechlyn MMRV i fabanod yn 12 mis a 18 mis oed fel mater o drefn. Mae'r brechlyn MMR ar gael i blant hyn ac oedolion nad ydynt yn gymwys i gael y brechlyn MMRV, ac nad ydynt wedi cael 2 ddos o'r brechlyn MMR. Nid oes teryn oedran uchaf ar gyfer y brechiad MMR. Mae angen **2 ddos** o frechlyn sy'n amddiffyniad gorau posibl.

• Nid yw brechlyn sy'n cynnwys y frech goch a roddir i fabanod o dan flwydd oed yn cael ei gydnabod yn y DU.
 • Mae'n debygol y bydd pobl a aned cyn 1970 wedi cael haint naturiol. Cynigiwch y brechlyn MMR ar gais neu os yw'r unigolyn mewn perygl uchel o ddod i gysylltiad â'r haint. Mae rhagor o wybodaeth ar gael o'r bennod ar y Frech Goch yn y Llyfr Gwyrdd (safle allanol, Saesneg yn unig).

Ar gyfer staff
 • Dylai staff roi prawf ar bapur i'w cyflogwyr eu bod wedi cael cwrs llawn o **2 ddos** o frechlyn sy'n cynnwys y frech goch neu eu bod wedi cael profion gwrthgyrff positif ar gyfer y frech goch a rwbela.
 • Gall staff heb amddiffyniad sy'n dod i gysylltiad â'r frech goch ortod aros i ffwrdd o'r gwaith am 21 diwrnod.

MIMRV ac MMR - Gwybodaeth i weithwyr gofal Iechyd proffesiynol: icc.gig.cymru/MMRV-MMR-proffesiynol
 Gwybodaeth am MMRV ac MMR i'r cyhoedd: icc.gig.cymru/MMRV-MMR
 Gwybodaeth am MMRV ac MMR mewn fformatau hygyrch: icc.gig.cymru/brechlynau/adnoddau-hygyrch