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

Public Health Team

Global Link
Dunleavy Drive
Cardiff / Caerdydd
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To: All secondary schools in Cardiff and the Vale of Glamorgan

26.3.2018

Dear Headteacher,

You may be aware from the news that there have been a number of cases of measles recently in Cardiff and the Vale of Glamorgan.

In light of the outbreak, we have reviewed uptake of the measles, mumps and rubella (MMR) vaccine for pupils across all the secondary schools in our area, and noted that uptake in many schools is **below the level required to prevent spread within the school should a case arise**.

Measles is highly contagious and we would therefore be grateful for your help in urgently highlighting the importance of vaccination against measles in young people, in particular the messages below and on the attached infographic.

You may wish to consider putting this information on your websites, and/or directing parents to it via a text message or app message (e.g. Schoop or Parent Mail), before the Easter break.

Many thanks for your assistance with this important public health issue.

Yours sincerely,

Dr Tom Porter
Consultant in Public Health Medicine
Cardiff and Vale University Health Board / Public Health Wales

Parents in Cardiff and the Vale of Glamorgan are urged to ensure that their children are vaccinated with two doses of MMR.

There has recently been an increase in the number of confirmed cases of measles in South East Wales, including cases in Cardiff and the Vale of Glamorgan.

We know that a number of young people in the Cardiff and Vale of Glamorgan area have not had two doses of MMR vaccination and are therefore at high risk of catching measles if they are exposed to it.

Measles is highly infectious and is generally spread from person to person by coughs and sneezes.

About 1 in 5 children with measles can experience serious complications such as ear infections, pneumonia or meningitis. One in 10 children with measles ends up in hospital and in rare cases it can be fatal.

MMR vaccination is the best means of providing protection against measles. If children have not had the full course of two MMR vaccines, they may not be fully protected.

We urge parents whose children have not received two doses of MMR to contact their GP surgery to arrange this quick, safe and effective vaccine.

More information on [measles](#) and the [MMR vaccine](#) can be found on the NHS Direct Wales website at www.nhsdirect.wales.nhs.uk

26.3.2018

Annwyl Bennaeth,

Efallai i chi glywed ar y newyddion y bu nifer o achosion o'r frech goch yng Nghaerdydd a Bro Morgannwg yn ddiweddar.

Oherwydd yr achosion hyn rydym wedi edrych ar niferoedd y disgyblion sy'n manteisio ar frechlyn y frech goch, clwy'r pennau a rwbela (MMR) yn holl ysgolion uwchradd eich ardal, ac rydym wedi nodi bod yn niferoedd sy'n manteisio arno mewn nifer o ysgolion yn **is na'r lefel sydd ei angen i atal lledaeniad o fewn yr ysgol pe bai achos yn digwydd**.

Mae'r frech goch yn heintus iawn a byddem felly'n ddiolchgar cael eich cymorth i roi sylw ar frys i bwysigrwydd brechu yn erbyn y frech goch mewn pobl ifanc, yn arbennig y negeseuon isod a'r rhai sydd ar y ffeithlun atodedig.

Efallai y byddwch yn dymuno ystyried rhoi'r wybodaeth hon ar eich gwefan a/neu gyfeirio rhieni ati drwy neges destun neu ap (e.e. Schoop neu Parent Mail) cyn gwyliau'r Pasg.

Diolch yn fawr am eich cymorth gyda'r mater iechyd cyhoeddus pwysig hwn.

Yn gywir,



Dr Tom Porter
Meddyg Ymgynghorol mewn Meddygaeth Iechyd Cyhoeddus
Bwrdd Iechyd Prifysgol Caerdydd a'r Fro / Iechyd Cyhoeddus Cymru

Anogir rhieni yng Nghaerdydd a'r Fro i sicrhau bod eu plant yn cael eu brechu gyda dwy ddos o MMR.

Yn ddiweddar bu cynnydd yn nifer yr achosion a gadarnhawyd o'r frech goch yn Ne Ddwyrain Cymru, yn cynnwys achosion yng Nghaerdydd a Bro Morgannwg.

Gwyddom fod nifer o bobl ifanc yn ardal Caerdydd a Bro Morgannwg heb gael dwy ddos o'r brechlyn MMR ac felly maent mewn perygl uchel o ddal y frech goch os byddant yn dod i gysylltiad â hi.

Mae'r frech goch yn heintus iawn a chaiff ei lledaenu yn gyffredinol o un person i'r llall drwy beswch a thisian.

Gall tua 1 o bob 5 plentyn sydd â'r frech goch brofi cymhlethdodau difrifol megis heintiau'r glust, niwmonia neu lid yr ymennydd. Mae un o bob 10 o blant sydd â'r frech goch yn cael eu derbyn i'r ysbyty ac mewn achosion prin gall fod yn anghuol.

Brechlyn MMR yw'r ffordd orau i ddiogelu rhag y frech goch. Os nad yw plant wedi cael y cwrs llawn o ddau frechlyn MMR, efallai na fyddant wedi'u diogelu'n llawn.

Rydym yn annog rhieni plant sydd hyd yma heb dderbyn dwy ddos o MMR i gysylltu â meddygfa eu meddyg teulu er mwyn trefnu'r brechlyn cyflym, diogel ac effeithiol hwn.

Gellir cael rhagor o wybodaeth am y [frech goch](#) a'r [brechlyn MMR](#) ar wefan Galw Iechyd Cymru yn www.nhsdirect.wales.nhs.uk