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1af, Bloc A (Gogledd), Tŷ Caerllion, Ystâd Parc
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Health Protection Team, Public Health Wales, 1st Floor,
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Pontypool
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Ffôn/Tel: 0300 003 0032

Bwrdd Iechyd Prifysgol Aneurin Bevan
Pencadlys, Ysbyty Sant Cadog, Ffordd Y Lodj
Caerllion Casnewydd De Cymru NP18 3XQ

Aneurin Bevan University Health Board
Headquarters, St Cadoc's Hospital, Lodge Road
Caerleon, Newport, South Wales NP18 3XQ

Ffôn: 01633 431759

Our ref: RhS-SA

8 March 2018

Dear Student

Re: Measles in the South East Wales area

You may have already seen or heard some information in the news, and we are writing to inform you that Public Health Wales are aware that measles is currently circulating in South East Wales.

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

Early symptoms include:

- a high temperature
- cough
- conjunctivitis (painful, red eyes)
- and sometimes small white spots on the inside of the mouth.

A red, blotchy rash appears approximately 3 to 4 days later which usually begins on the face and spreads down over the rest of the body.

If you develop symptoms you should stay home from school / college / university and from social events such as clubs and birthday parties.

If you think you may have symptoms of measles, please do not go to the GP surgery, A&E department or hospital, where you could put other people at risk, without calling ahead first.

If you suspect you may have measles you should contact your GP or NHS Direct Wales on 0845 46 47 for an assessment.

MMR vaccination is the best means of providing protection against measles. If you have not had the full course of two MMR vaccines, you may not be fully protected. You can arrange a vaccination with your General Practice.

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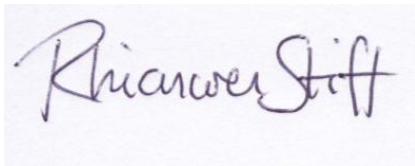
8 March 2018

-2-

General information on measles disease may be obtained from the website,
<http://www.nhsdirect.wales.nhs.uk/encyclopaedia/y/article/Yfrechgoch/?locale=en>

Information on MMR vaccination is available at
<http://www.nhsdirect.wales.nhs.uk/doityourself/vaccinations/MMR?locale=en>

Yours sincerely

A handwritten signature in black ink that reads "Rhianwen Stiff". The signature is written in a cursive style with a clear, legible font.

Dr Rhianwen Stiff
Consultant in Communicable
Disease Control

A handwritten signature in black ink that reads "Sarah Aitken". The signature is written in a cursive style with a clear, legible font.

Dr Sarah Aitken
Director of Public Health



GIG
CYMRU
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WALES

Iechyd Cyhoeddus
Cymru
Public Health
Wales

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8fed Mawrth 2018

Annwyl Myfyriwr / Myfyrwraig

Y Frech Goch yn ardal De Ddwyrain Cymru

Efallai eich bod chi wedi clywed neu gweld gwybodaeth yn y newyddion yn barod, ond rydym yn ysgrifennu er mwyn rhoi gwybod i chi fod Iechyd Cyhoeddus Cymru yn ymwybodol o achosion o'r frech goch yn ardal De Ddwyrain Cymru ar hyn o bryd.

Mae'r frech goch yn hynod heintus ac yn gyffredinol bydd yn ymledu o un unigolyn i'r llall drwy besychu a thisian.

Ymhlith y symptomau cynnar mae'r canlynol:

- tymheredd uchel
- peswch
- llid yr amrannau (llygaid coch, poenus)
- ac weithiau sbotiau bach gwyn y tu mewn i'r geg.

Bydd y frech goch yn ymddangos tua 3 i 4 diwrnod yn ddiweddarach, sydd fel arfer yn dechrau ar yr wyneb ac yn ymledu i lawr dros weddill y corff.

Os ydych chi yn meddwl efallai eich bod chi yn datblygu symptomau, dylech cadw draw o'r ysgol / coleg / prifysgol ac o ddigwyddiadau cymdeithasol fel clybiau a phartion pen-blwydd.

Os ydych chi yn meddwl bod gennych chi y frech goch, os gwelwch yn dda, peidiwch â mynd i'r feddygfa, yr adran damweiniau ac achosion brys na'r ysbyty, lle gallwch beryglu pobl eraill, heb ffonio ymlaen llaw yn gyntaf.

Os ydych yn meddwl fod symptomau'r frech goch arnoch, dylech cysylltu â'ch meddyg teulu neu ffonio Galw Iechyd Cymru ar 0845 46 47 am asesiad.

Brechiad MMR yw'r ffordd orau bosibl o ddiogelu rhag y frech goch. Os nad ydych chi wedi cael y cwrs llawn o ddau frechiad MMR, efallai na fydddech wedi eich diogelu'n llwyr. Gallwch trefnu pigiad trwy cysylltu â'ch meddyg teulu.

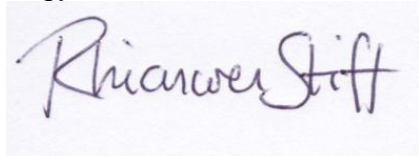
Gellir cael gwybodaeth gyffredinol am y frech goch o'r wefan,

<http://www.nhsdirect.wales.nhs.uk/encyclopaedia/y/article/Yfrechgoch/>

Ac am y brechiad MMR o'r wefan

<http://www.nhsdirect.wales.nhs.uk/doityourself/vaccinations/MMR?locale=cy>

Yn gywir,



Dr Rhianwen Stiff
Ymgynghorydd mewn Rheoli
Clefydau Trosglwyddadwy



Dr Sarah Aitken
Cyfarwyddwr Iechyd y Cyhoedd