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Dear parent, care giver

Measles cases are on the rise in the UK, so it's more important than ever to ensure children are up to date with their MMR (measles, mumps and rubella) vaccines. Measles is highly contagious and can lead to serious complications, but two doses of MMR vaccine provide safe and effective protection.

The Health Board is undertaking a 'catch up' vaccination for children over the school holidays between the 4th and 22nd August.

We are planning to contacting the parents of all school aged children who may have missed one of the following vaccines and to invite them into one of Community Vaccinations Centres (CVCs) across CTM:

- **Measles, Mumps and Rubella (MMR)**

This vaccination is normally given at 12 months and 3 years and 4 months at your GP surgery and is a two-dose vaccine. The MMR vaccine gives protection against Measles, Mumps and Rubella. Measles, mumps and rubella are highly infectious diseases that can easily spread between people who are not vaccinated.

- **Human Papillomavirus (HPV)**

This is normally given in school year 8 (12/13 years of age) by the school nursing service in schools. This vaccine helps protect boys and girls from HPV-related cancers.

- **Meningococcal groups A, C, W and Y (MenACWY)**

This vaccination is normally given in school year 9 (at 13/14 years of age) by the school nursing service in schools. This vaccination provides protection against meningitis and septicaemia caused by four groups of meningococcal bacteria – A, C, W and Y.

- **Tetanus, Diphtheria and Polio (Td/IVP)**

This vaccination is normally given in school year 9 (at 13/14 years of age) by the school nursing service in schools. This vaccination completes the 5-dose course which will give most people lifelong protection against tetanus, diphtheria and polio.

We would ask that if you receive an invitation to attend for a vaccine, that you do take up the offer as vaccines are very important in preventing children becoming very ill and even saving lives.

Further information regarding these vaccinations and the infections they protect from can be found at www.phw.nhs.wales or via the QR code below:



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If you do not receive an invite but believe your child has missed one of these vaccines, please contact us on 01685 726464 (Monday – Friday 9am – 5pm).

Yours sincerely

Philip Daniels

Executive Director Public Health



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Annwyl riant, gofalwr

Mae achosion o'r frech goch ar gynnydd yn y DU, felly mae'n bwysicach nag erioed sicrhau bod plant yn cael eu brechlynnau MMR (y frech goch, clwy'r pennau a rwbela). Mae'r frech goch yn heintus iawn a gall arwain at gymhlethdodau difrifol, ond mae dau ddos o'r brechlyn MMR yn darparu amddiffyniad diogel ac effeithiol.

Mae'r Bwrdd Iechyd yn cynnal brechiad 'dal i fyny' i blant dros wyliau'r ysgol rhwng 4 a 22 Awst.

Rydym yn bwriadu cysylltu â rhieni pob plentyn oedran ysgol a allai fod wedi methu un o'r brechlynnau canlynol a'u gwahodd i un o'r Canolfannau Brechu Cymunedol (CVCs) ar draws CTM:

- **Y Frech Goch, Clwy'r Pennau a Rwbela (MMR)**

Fel arfer, mae'r brechiad hwn yn cael ei rhoi yn 12 mis oed a 3 blynedd a 4 mis oed yn eich meddygfa ac mae'n frechlyn dau ddos. Mae'r brechlyn MMR yn rhoi amddiffyniad rhag y Frech Goch, Clwy'r Pennau a Rwbela. Mae'r frech goch, clwy'r pennau a rwbela yn glefydau heintus iawn sy'n gallu lledaenu'n hawdd rhwng pobl nad ydyn nhw wedi'u brechu.

- **Papilomafirws Dynol (HPV)**

Fel arfer, mae hyn yn cael ei rhoi ym mlwyddyn ysgol 8 (12/13 oed) gan y gwasanaeth nyrsio ysgol mewn ysgolion. Mae'r brechlyn hwn yn helpu i amddiffyn bechgyn a merched rhag canserau sy'n gysylltiedig â HPV.

- **Grwpiau meningococol A, C, W ac Y (MenACWY)**

Fel arfer, mae hyn yn cael ei rhoi ym mlwyddyn ysgol 9 (yn 13/14 oed) gan y gwasanaeth nyrsio ysgol mewn ysgolion. Mae'r brechiad hwn yn darparu amddiffyniad rhag meningitis a septisemia sy'n cael eu hachosi gan bedwar grŵp o facteria meningococol – A, C, W ac Y.

- **Tetanws, Difftheria a Polio (Td/IVP)**

Fel arfer, mae hyn yn cael ei rhoi ym mlwyddyn ysgol 9 (yn 13/14 oed) gan y gwasanaeth nyrsio ysgol mewn ysgolion. Mae'r brechiad hwn yn cwblhau'r cwrs 5 dos a fydd yn rhoi amddiffyniad gydol oes i'r rhan fwyaf o bobl yn erbyn tetanws, difftheria a pholio.

Rydym yn gofyn, os cewch wahoddiad i fynychu am frechiad, eich bod yn manteisio ar y cynnig gan fod brechlynnau'n bwysig iawn wrth atal plant rhag mynd yn sâl iawn a hyd yn oed achub bywydau.

Mae rhagor o wybodaeth am y brechiadau hyn a'r heintiau y maen nhw'n amddiffyn rhagddyn nhw ar gael yn <https://icc.gig.cymru/> neu drwy'r cod QR isod:



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Os na chewch wahoddiad ond eich bod yn credu bod eich plentyn wedi methu un o'r brechlynnau hyn, cysylltwch â ni ar 01685 726464 (Dydd Llun – Dydd Gwener 9am – 5pm).

Yr eiddoch yn gywir,

Philip Daniels

Cyfarwyddwr Gweithredol Iechyd y Cyhoedd