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Public Health
Wales

Tim Amdiffyn Iechyd

Iechyd Cyhoeddus Cymru, Ty Mamhilad
Ystad Parc Mamhilad, Pont-y-pwl, Tor-faen NP4 0YP

Health Protection Team

Public Health Wales, Mamhilad House
Mamhilad Park Estate, Pontypool, Torfaen NP4 0YP

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Gwefan/Web: www.iechydcyhoedduscymru.org
www.publichealthwales.org

Our ref: HL/CH/mt

To: Parent/Guardian(s) of children in Newport/Torfaen

Dear Parent/Guardian

Re: Measles in the Newport/Torfaen area

I am writing to inform you that Public Health Wales are aware that measles is circulating in the Newport and Torfaen area.

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 your child develops symptoms they should be kept home from, nursery, school, social events such as holiday clubs and birthday parties.

We urge parents not to take children who appear to have symptoms of measles to the GP surgery, A&E department or hospital, where they could put other people at risk, without calling ahead first.

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

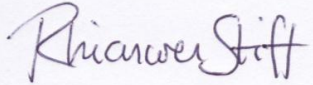
MMR vaccination is the best means of providing protection against measles. If children have not had the full course of two MMR vaccines, they may not be fully protected.

General information on measles disease may be obtained from the website, <http://www.wales.nhs.uk/sitesplus/888/page/66907>.



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 and is set against a light grey rectangular background.

Dr Rhianwen Stiff
Consultant in Communicable Disease Control



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Y frech goch yn ardal Casnewydd

Annwyl Riant/Gwarcheidwad

Y Frech Goch yn ardal Casnewydd a Thorfaen

Rydw i'n ysgrifennu er mwyn rhoi gwybod i chi fod Iechyd Cyhoeddus Cymru yn ymwybodol o achosion o'r frech goch yn ardal Casnewydd a Thorfaen.

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 yw eich plentyn yn datblygu symptomau, dylech ei gadw draw o digwyddiadau cymdeithasol fel clybiau gwyliau a phartion pen-blwydd.

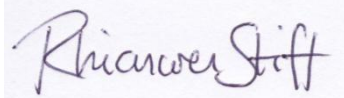
Rydym yn annog rhieni i beidio â mynd â phlant yr ymddengys fod ganddynt symptomau'r frech goch i'r feddygfa, yr adran damweiniau ac achosion brys na'r ysbyty, lle gallent beryglu pobl eraill, heb ffonio ymlaen llaw yn gyntaf.

Dylai rhieni sy'n amau bod gan eu plentyn y frech goch gysylltu â'u 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 yw plant wedi cael y cwrs llawn o ddau frechiad MMR, efallai ni fyddant wedi eu diogelu'n llwyr.

Gellir cael gwybodaeth gyffredinol am y frech goch o'r wefan, <http://www.wales.nhs.uk/sitesplus/888/page/66907>.

Yn gywir,

A handwritten signature in black ink that reads "Rhianwen Stiff". The signature is written in a cursive style and is centered within a light grey rectangular box.

Dr Rhianwen Stiff
Ymgynghorydd mewn Rheoli Clefydau Trosglwyddadwy