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Bwrdd Iechyd Prifysgol  
Abertawe Bro Morgannwg  
University Health Board

ABM Headquarters  
One Talbot Gateway,  
Seaway Parade, Port Talbot  
SA12 7BR

Date: 10 May 2013

Letter to Directors of Education

Dear Colleague

### **Measles and MMR - Please keep the Urdd National Eisteddfod spotless**

You will be aware that large numbers of children, teachers, parents and carers are due to attend the Urdd National Eisteddfod which is being held in Boncath, Pembrokeshire from 27 May until 1 June. Measles cases have been reported in children from across Wales and large festivals such as this one pose a risk of spread and further measles outbreaks developing. People who are incubating measles may become infective to others before they even start to feel ill. The only way to limit spread of measles is by individuals having high levels of protection against the infection, either through having had measles in the past or through 2 doses of MMR vaccine. People who were born before 1970 are likely to be immune from contact with measles in their childhood.

Children look forward to the cultural and social events of the Urdd and it would be a shame to let measles spoil that for anyone. I would be grateful if you could circulate this message to all in your school so that the children and adults born from 1970 onwards intending to go to the Urdd can be aware of the situation and make arrangements to have their MMR, if needed, before they go. One dose of MMR protects 95% of people, two doses protects over 99%. As there needs to be one month between the two doses there will not be time for unvaccinated people to have two doses beforehand but having one dose gives a good level of protection and the second can be given at a convenient time after returning from the Urdd.

**Vaccination can be arranged by either attending a drop in vaccination session which will be held in your area on Saturday, 11<sup>th</sup> and 18<sup>th</sup> May or by contacting your GP surgery. I would urge you to arrange this as soon as possible.**

Thank you for your ongoing support in tackling measles.

Yours sincerely

Dr Sara Hayes  
Director of Public Health



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Bwrdd Iechyd ABM yw enw gweithredu Bwrdd Iechyd Lleol Prifysgol Abertawe Bro Morgannwg  
ABM University Health Board is the operational name of Abertawe Bro Morgannwg University Local Health Board  
Pencadlys ABM / ABM Headquarters, 1 Talbot Gateway, Port Talbot, SA12 7BR. Ffon / Tel: (01656) 752752



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Pencadlys ABM  
Un Porthfa Talbot,  
Rhodfa'r Forffordd, Port Talbot  
SA12 7BR

Dyddiad: 10 Mai 2013

Llythyr i Gyfarwyddwyr Addysg

Annwyl gydweithiwr

## **Y frech goch a MMR – Sicrhewch fod Eisteddfod Genedlaethol yr Urdd yn ddiogel**

Rydych yn ymwybodol y bydd nifer mawr o blant, athrawon, rhieni a gofalwyr yn mynd i Eisteddfod Genedlaethol yr Urdd ym Moncath, Sir Benfro rhwng 27 Mai ac 1 Mehefin. Mae achosion o blant yn dal y frech goch wedi'u hadrodd ledled Cymru, ac mae gwyliau mawr fel hon yn peri risg o ledaeniad ac achosion pellach o'r frech goch yn datblygu. Gallai pobl sy'n magu'r frech goch fod yn heintus i eraill hyd yn oed cyn iddynt ddechrau teimlo'n dost. Yr unig ffordd o gyfyngu lledaeniad y frech goch yw drwy unigolion â lefelau uchel o amddiffyniad rhag yr heintiad, naill ai drwy fod wedi cael y frech goch yn y gorffennol neu drwy gael dau ddos y brechlyn MMR. Mae pobl a anwyd cyn 1970 yn debygol o fod yn imiwn oherwydd cysylltiad â'r frech goch yn eu plentyndod.

Mae plant yn edrych ymlaen at ddigwyddiadau diwylliannol a chymdeithasol Eisteddfod yr Urdd, a byddai'n drueni gadael i'r frech goch dorri ar hwyl pawb. Buaswn yn ddiolchgar petaech yn anfon y neges hon at bawb yn eich ysgol er mwyn i blant ac oedolion a anwyd o 1970 ymlaen sy'n bwriadu mynd i'r Eisteddfod fod yn ymwybodol o'r sefyllfa a gwneud trefniadau i gael eu pigladau MMR, os oes angen, cyn iddynt fynd. Mae un dos MMR yn diogelu 95% o bobl, a dau ddos yn diogelu dros 99%. Am fod angen un mis rhwng y ddau ddos, bydd amser i bobl heb eu brechu gael y ddau ddos ymlaen llaw, ond mae cael un dos yn rhoi lefel da o amddiffyniad, a gellir cael yr ail ar amser cyfleus ar ôl dychwelyd o'r Eisteddfod.

**Gellir trefnu brechu naill ai drwy fynd i sesiwn frechu galw heibio a gynhelir yn eich ardal ar 18 Mai neu drwy gysylltu â'ch meddyg teulu. Anogaf eich bod yn trefnu hyn cyn gynted â phosib.**

Diolch am eich cefnogaeth barhaus wrth fynd i'r afael â'r frech goch.  
Yr eiddoch yn gywir

*Sara Hayes*

Dr Sara Hayes  
Cyfarwyddwr Iechyd y Cyhoedd



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