

Ydych chi wedi cael eich Have you had your

MMMR?

MEASLES MUMPS RUBELLA

Os oes gennych chi amheuaeth
ffoniwch eich meddygfa
i gael gwybod

Mae angen dau ddos arnoch chi. Cynigir brechiad **MMR** i bob plentyn rhwng 12 a 13 mis oed, gydag ail ddos yn 3 oed a 4 mis. Mae'n bosib eich bod wedi **colli** un o'r dosau hyn ac felly nid ydych chi wedi'ch gwarchod yn llawn rhag y **frech goch, clwy'r pennau a rwbel.**

Gall unrhyw un a anwyd ar ôl 1970, gan gynnwys pobl sy'n symud i'r DU, gael brechiad MMR am ddim.

Nid yw'n rhy hwyr.

**Am fwy o wybodaeth:
Galw Iechyd Cymru ar 0845 46 47
www.nhsdirectwales.nhs.uk**

If in any doubt
call your GP surgery
and find out

You need two doses. The **MMR** vaccine is offered to all children aged 12 - 13 months, with a second dose aged 3 years and 4 months. It's possible you may have **missed** one of these doses and therefore not be fully protected against **measles, mumps and rubella.**

Anyone born after 1970, including people moving to the UK, can have a free MMR vaccine.

It's not too late.

**For further information:
NHS Direct Wales on 0845 46 47
www.nhsdirectwales.nhs.uk**



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