

# Ydych chi wedi cael eich Have you had your

# MMMR?

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 rwbela.**

**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](http://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](http://www.nhsdirectwales.nhs.uk)



GIG  
CYMRU  
NHS  
WALES

Iechyd Cyhoeddus  
Cymru  
Public Health  
Wales