

# After the Shots...

Your child may need extra love and care after getting vaccinated. Some vaccinations that protect children from serious diseases also can cause discomfort for a while.

Here are answers to questions many parents have after their children have been vaccinated. If this sheet doesn't answer your questions, call your healthcare provider.

**Vaccinations may hurt a little... but disease can hurt a lot!**

**Call your healthcare provider or emergency services right away if you answer "yes" to any of the following questions:**

- Does your child have a temperature that your healthcare provider has told you to be concerned about?
- Is your child pale or limp?
- Has your child been crying for more than 3 hours and just won't stop?
- Is your child's body shaking, twitching, or jerking?
- Is your child very noticeably less active or responsive?

- ▶ Please see page 2 for information on the proper amount of medicine to give your child to reduce pain or fever.

## What to do if your child has discomfort

### I think my child has a fever. What should I do?

- ▶ A fever means the child's immune system is "turned on." This may be because the vaccine is working or because the child has an infection.
- ▶ Check your child's temperature. Use the thermometer's instructions or see "How to Check Your Child's Temperature" on [healthychildren.org](http://healthychildren.org)
- ▶ A temperature of 100.4° Fahrenheit (38° Celsius) or higher is a fever.

### Medicines for fever or discomfort:

- ▶ These medicines help with fever and discomfort:
  - Ibuprofen (brand names Advil, Motrin) – lasts about 6 hours
  - Acetaminophen (brand name Tylenol) – lasts about 4 hours
  - **Do not give aspirin to children or teens younger than 18 years!**
- ▶ The medicine dose should be based on your child's weight and your healthcare provider's instructions; see the information below and the charts on page 2.

### Here are more ways to help reduce fever:

- ▶ Give your child plenty to drink.
- ▶ Dress your child lightly. Do not cover or wrap your child tightly.

### Here are more ways to help with a swollen, hot, and red limb:

- ▶ Put a clean, cool, wet washcloth over the sore area for comfort. Do this for 10 minutes 3 times per day.
- ▶ Check the site each day. If it's not improving after 1–2 days, call your healthcare provider.

### If your child seems really sick:

- ▶ This sheet cannot substitute for medical advice. If your child seems very ill, seek medical advice from your healthcare provider.

CONTINUED ON THE NEXT PAGE ▶

**HEALTHCARE PROVIDER:** PLEASE FILL IN THE INFORMATION BELOW.

If your child's temperature is 101 °F or 38.4 °C or higher, or if you have questions, call your healthcare provider.

Healthcare provider phone number 770-991-2176

Medication (if needed) See common dosage form on website  
NAME OF MEDICATION/TYPE OF FORMULATION

Give \_\_\_\_\_ every \_\_\_\_\_ hours as needed.

