



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

# After the Shots . . .

## What to do if your child has discomfort

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 clinic or health care provider.

Clinic or health care provider phone number **770-476-4020**

Call your clinic right away if you answer "yes" to any of the following questions:

- Does your child have a temperature about which your health care provider has told you to be concerned?
- Is your child pale or limp?
- Has your child been crying for more than 3 hours and just won't quit?
- Does your child have a strange cry that isn't normal (a high-pitched cry)?
- Is your child's body shaking, twitching, or jerking?
- Does your child have marked decrease in activity or decrease in responsiveness?

Check the back of this page for information on the proper dosage of medication you can give your child to reduce pain or fever.

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

Check your child's temperature to find out if there is a fever. Do not use a mercury thermometer. If your child is younger than 3 years of age, taking a temperature with a rectal digital thermometer provides the best reading. Once your child is 4 or 5 years of age, you may prefer taking a temperature by mouth with an oral digital thermometer. Tympanic thermometers, which measure temperature inside the ear, are another option for older babies and children. If your child is older than 3 months of age, you can also take an underarm (axillary) temperature, although it is not as accurate.

#### Here are some things you can do to help reduce fever:

- Give your child plenty to drink.
- Clothe your child lightly. Do not cover or wrap your child tightly.
- Give your child a fever-reducing medication such as acetaminophen (e.g., Tylenol®) or ibuprofen (e.g., Advil®, Motrin®). **Do not give aspirin.** Recheck your child's temperature after 1 hour.
- Sponge your child in 1–2 inches of lukewarm water.
- If your child's rectal temperature is 104°F (40°C) or higher or, if you have questions, call your clinic or health care provider.

### My child has been fussy since getting vaccinated.

#### What should I do?

After vaccination, children may be fussy due to pain or fever. You may want to give your child a medication such as acetaminophen (e.g., Tylenol®) or ibuprofen (e.g., Advil®, Motrin®) to reduce pain and fever. **Do not give aspirin.** If your child is fussy for more than 24 hours, call your clinic or health care provider.

### My child's leg or arm is swollen, hot, and red. What should I do?

- Apply a clean, cool, wet washcloth over the sore area for comfort.
- For pain, give a medication such as acetaminophen (e.g., Tylenol®) or ibuprofen (e.g., Advil®, Motrin®). **Do not give aspirin.**
- If the redness or tenderness increases after 24 hours, call your clinic or health care provider.

### My child seems really sick. Should I call my health care provider?

If you are worried at all about how your child looks or feels, call your clinic or health care provider!

