

Shots may hurt a little . . .  
but the 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 immunized. Many of the shots that protect children from serious diseases can also cause discomfort for a while. Here are answers to questions many parents have about the fussiness, fever, and pain their children may experience after they have been immunized. If you don't find the answers to your questions, call the clinic!

My clinic phone number: **Vails Family Practice : (916) 691-4300**

### Call the clinic if you answer "yes" to any of the following questions:

- Does your child have a rectal temperature of 105°F or higher?  
(Remember, a temperature taken under the arm or by mouth usually registers lower than a rectal temperature. You should call the clinic if you are concerned about these temperatures.)
- Is your child pale or limp?
- Has your child been crying for over 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?

### My child has been fussy since you immunized him/her. What should I do?

After immunization, children may be fussy due to pain and/or fever. You may want to give your child acetaminophen, a medicine that helps to reduce pain and fever. Some examples of acetaminophen are Tylenol, Panadol, and Tempra. **DO NOT GIVE ASPIRIN.** See chart below. If the fussiness lasts for more than 24 hours, you should call the clinic.

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

- A clean, cool washcloth may be applied over the sore area as needed for comfort.
- If there is increasing redness or tenderness after 24 hours, call the clinic.
- For pain, give acetaminophen. See chart below. **DO NOT GIVE ASPIRIN.**

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

Check your child's temperature to find out if there is a fever. The most accurate way to do this is by taking a rectal temperature. (Be sure to use a lubricant, such as petroleum jelly, when doing so.) If your child's fever is 105°F or higher by rectum, you need to call the clinic.

If you take the temperature by mouth (for an older child) or under the arm, these temperatures are generally lower and may be less accurate. Call your clinic if you are concerned about these temperatures.

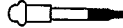


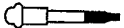





Here are some things you can do to reduce fever:

- Give your child plenty to drink.
- Clothe your child lightly. Do not cover or wrap your child tightly!
- Give your child acetaminophen. **DO NOT USE ASPIRIN.**
- Sponge your child in a few inches of lukewarm (not cold!) bath water.

### My child seems really sick. Should I call the doctor?

If you are worried AT ALL about how your child looks or feels, please call the clinic!

## How much fever-reducing medicine (acetaminophen) should I give my child?

Dose of acetaminophen to be given every 4–6 hours, by age or by weight				
1–3 months 6–11 lbs.	4–11 months 12–17 lbs.	12–23 months 18–23 lbs.	2–3 years 24–35 lbs.	4–5 years 36–47 lbs.
1/2 dropperful infant drops* 	1 dropperful infant drops*  or 1/2 teaspoon children's liquid* 	1 1/2 dropperful infant drops*  or 3/4 teaspoon children's liquid* 	2 chewable (80mg) tablets*  or 1 teaspoon* children's liquid 	3 chewable (80 mg) tablets*  or 1 1/2 teaspoons children's liquid* 

\*Consult your pharmacist to be sure you choose the correct dose and formula for your child.

Adapted from the State of California,  
Immunization Branch  
by the Immunization Action Coalition  
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