



# After the Shot.....

## What to do if your child has discomfort

*Your child may need extra love and care after getting shots. Many of the shots that protect children from serious diseases also can cause discomfort for a while. Here are answers to questions many parents have about the fussiness, fever, and pain their child may experience after they have been immunized.*

**Shots may hurt a little . . .  
but diseases can hurt a lot!**

**Call your doctor or nearest emergency department 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 quit?
- Does your child have a strange, high-pitched cry that isn't normal?
- Is your child's body shaking, twitching, or jerking?
- Does your child have a very noticeable decrease in activity or responsiveness?

### **My child has been fussy since getting the shot. What should I do?**

After a vaccination, children may be fussy or cranky because of pain or fever. Follow your health care provider's instruction for giving pain or fever reducing medicine. **Do not give aspirin.** If the fussiness lasts for more than 24 hours, call your doctor or the nearest hospital emergency department.

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

There are several things you can do to help make your child more comfortable.

- Apply a clean, cool, wet washcloth over the sore area, as needed for comfort.
- If there is increasing redness or tenderness after 24 hours, call your doctor or the nearest hospital emergency department.
- Follow your healthcare provider's instructions for giving pain or fever reducing medicine. **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. An easy way to do this is by taking a temperature in the armpit using a digital thermometer. Here are some things you can do to help reduce the fever:

- Give your child plenty to drink.
- Dress your child lightly.
- Sponge your child in a few inches of lukewarm (not cold) bath water.
- Give fever or pain reducing medicine based on dosing instructions on the package. **Do not give aspirin.** Recheck your child's temperature after 1 hour. Continue to give the medicine for 1-3 days, as needed, based on the instructions on the medicine package.

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

If you are worried **at all** about how your child looks or feels, call your healthcare provider or the nearest emergency department!

If your child's temperature is 100° or higher or if you have any questions, call your healthcare provider or the nearest emergency department.

#### **Recommended fever or pain reducing medication:**

Children's Acetaminophen (Tylenol) - dosage and time as directed on the package.